



**THE INFLUENCE OF FOOTBALL SPORTS CLUBS IN HIGH SCHOOLS ON THE  
DEVELOPMENT OF PHYSICAL QUALITIES OF 12-13-YEAR-OLD STUDENTS**

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**Abstract**

This is in the article students for general education in their schools organize to be done from class except affairs and his structural part has been football sports circles importance and 12-13 years old student children physical qualities i.e agility , quickness, strength, endurance, flexibility effect about theoretical info and practical recommendations statement done \_

**Keywords:** From class except works, Physical qualities, agility, quickness, strength, endurance, flexibility Physical development, Sports games.

**ВЛИЯНИЕ ФУТБОЛЬНЫХ СПОРТИВНЫХ КЛУБОВ В ВУЗЕ НА РАЗВИТИЕ  
ФИЗИЧЕСКИХ КАЧЕСТВ СТУДЕНТОВ 12-13 ЛЕТ.**

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**Аннотация:**

В данной статье рассмотрены внеурочная деятельность, организованная для учащихся общеобразовательных школ и значение футбольных спортивных секций, входящих в ее состав, и физические качества учащихся 12-13 лет, т.е. ловкость, быстрота, сила, выносливость., описаны теоретические сведения и практические рекомендации о влиянии эластичности.

**Ключевые слова:** Внеклассная работа, физические качества, ловкость, быстрота, сила, выносливость, гибкость, физическое развитие, спортивные игры.



## Relevance of the Topic:

Great attention should be paid to the development of physical culture and sports in the Republic of Uzbekistan. Spiritual and educational values, national customs and traditions were restored, especially many activities related to physical education and sports were implemented.

Speech of the President of the Republic of Uzbekistan on September 4, 2019 on "Additional tasks for the development of physical education and sports", "Concept of the development of physical education and mass sports for 2019-2022", 2020 Decree No. 5924 of the President of the Republic of Uzbekistan dated January 24, "On measures to improve and popularize physical education and sports", dated October 30, 2020, "Wide implementation of a healthy lifestyle and public "On measures for the further development of sports" and other regulatory legal documents, the role of physical education classes conducted in general education schools is very important, and these classes serve to establish basic training for schoolchildren. Taking into account that this alone cannot be enough for the further development and popularization of physical education and sports in our country, it was necessary to study the activities of extracurricular activities and sports clubs, which are part of it, in general educational institutions. Taking into account that sports clubs are the main form of extracurricular activities, within sports clubs, we tried to scientifically substantiate the effect of the aforementioned "Football sports clubs" on the development of students' physical qualities through our research work.

The activity of "Extracurricular activities" in general education schools is very comprehensive, and its specific tariff is, "Exercises in general education schools after the end of the school day" it is accepted to call the system of training, sports and wellness activities as extracurricular activities. [1]

In addition, the "school physical education team" performs the main tasks and is classified as follows .

**School physical education team** (hereinafter referred to as MJTJ) it is a community-based organization of voluntary, self-initiated, and self-motivated students that assists schools and families in the implementation of student physical education.

We will get acquainted with the main three councils of the school's physical education team in the implementation of this activity. They are:

1. Public organizational affairs council .
2. Educational and sports activities council .
3. <<. Alpomish >> and << Barchinoy >> health test council .



Public organizational affairs of the council activity with getting to know we go out Basically this council activity many healthy events in itself sums up . This is it in council school from his students optional attitude activists they are appointed that's it council activities full to put and organize to reach plans and will spend

**From class except of work competition shape** common education at school take to go physical education process and this process contained all physical education to work the end role performs, public way organized from events one is counted .

From class except affairs during held of competitions main conditions - mass , stability , organization of competitions \_ district ( city ) stage term with coordinated . Competition during defined upload and them of the student age , organism development and preparation suitability attention is taken . Of course competitions organization and transfer to himself special as below in sequence \_ done is increased .

Initially held of the competition charter is written and him transfer program is made . Har how competition charter the following departments in itself embodies :

- a) of the competition name , why dedication ;
- b) his purpose and task ;
- c) time and transfer place \_
- g) to the competition leadership who by transfer ;
- d) competition program ;
- e) competition participants ;
- j) transfer condition ;
- z) winners to determine
- i ) the winners reward \_
- k) participation the name of " notifying " that it will happen

of the competition content or program of the competition type and placed duties with is determined .

Also general education school students for morning gymnastics the body education exercises are also important . \_ In the morning hygienic gymnastics school public organizational affairs activists from , teacher control under each 8-12 bodies per day education from the exercise consists of was , healing exercises will be held .[1]

Above all data to you public organizational affairs activities by introducing transition for statement done \_



This is it councils in line Educational and sports activities council from class except of work main included in the composition It is a sports club training organization and them take to go own undertake takes \_

Educational sports work council own in the activity basically active to students in classes physical training in sports organizational to work responsible counted to athletes , organizers , sports club team members and their to chairpersons , community sports coaches , guides , community sports referees , sports according to of teams captains , guides and sports community judges preparation seminar take going school of students leader to activists and MJTJsi of the council to activists relies on General number of 13-15 people consists of to be can \_ This is it council activity sports training \_ and to them school students attraction reach and this through school of students physical readiness development lies \_

Above telling passed The role of this council is incomparable in the fact that sports clubs are the main form of extracurricular activities. We provide schoolchildren with information about which sports are suitable for sports club training and how it can be evaluated by the health test council of <<Alpomish>> and <<Barchinoy>> We will stop during the introduction of the activity.

The activities of the "Alpomish" and "Barchinoy" health test councils deal with issues related to physical development of students and the collection of norms related to it from schoolchildren in September and its assessment. If we briefly touch on the physical development of students, we can call it the physical development of the child's body, which increases in size and improves in quality. [2]

This board can directly assess whether the physical education and sports activities conducted on the students have a positive or negative effect on the rules Table 1. At the same time, it would not be an exaggeration to assume that this is the content of the activity of this council. We have brought to your attention a sample of the norms of the health test council of <<Alpomish>> and <<Barchinoy>>, which will be taken from schoolchildren until September 20 and at the end of the year until May 25.



Test exercises and normative norms for them (11-12 years old) Table 1

| t / r | Test types                      | Unit of measure                                 | Son children |        | girl children |        |
|-------|---------------------------------|---|--------------|--------|---------------|--------|
|       |                                 |   | Account      | target | Account       | Target |
| 1     | 60 m . to _ to run              | Sec   | 9.9          | 9.6    | 10.2          | 10     |
| 2     | Arg' amcida jump                | Marta   | 70           | 80     | 75            | 85     |
| 3     | Cross country 1000 m            | min. Sec _                                      | 4.10         | 4.50   | 5.50          | 5.20   |
| 4     | For length running come jump    | Sm  | 340          | 380    | 300           | 320    |
| 5     | Tennis ball to throw            | Meter   | 35           | 40     | 18            | 23     |
| 6     | Rope climbing                   | Meter   | 2.8          | 3.0    | 2.5           | 3.0    |
| 7     | On the seat hands bend to write | Marta   | -            | -      | 4             | 6      |
| 8     | On the turnstile attraction     | Marta   | 4            | 6      | -             | -      |
| 9     | Swimming (untimed)              | min. sec . _                                    | 30           | 40     | 25            | 30     |
| 10    | for a walk                      | Km  | 5            | 6      | 4             | 5      |
| 11    | Ball games and relays           | Movement technique right perform qualifications |              |        |               |        |

As all physical education and sports coaches know, sports are defined in schools according to State Educational Standards (DTS), such as football, basketball, volleyball, swimming, wrestling, athletics and handball. The lessons organized in schools serve not to show high results in sports, but to improve the health, education and training of young students. At this point, extracurricular activities in schools are also important in the implementation of the above tasks. But it also has a different side to the lesson, in the afternoon children participate in voluntary sports activities and in the process of satisfying their need for movement, they acquire the basic skills they will need in future sports. At this point, we took into account the fact that this activity is well developed in general education schools and it is superior to other forms of extracurricular activities, i.e. effective aspects.

Below are the main reasons why we believe that sports clubs are the main form of extracurricular activities. They are:

1. The scope of sports clubs in schools.
2. Most of the students participate in sports clubs.
3. The fact that sports circles are immune to various diseases and harmful habits.
4. It can be explained that sports clubs have a high impact on the physical fitness of students and that they are a base for regular sports activities in the future.



We consider the organization of this activity as an example of the Hanbol sports club, which is part of the sports science program and is interesting for all the boys and girls of the school and has a very positive effect on physical training. we go out

This sport is very versatile, considering the 5 main physical qualities (speed, agility, endurance, strength and flexibility) and its educational importance, the mutual respect for the team and the opposing team is very high in it, and Children who regularly practice in this environment will have high ethics and aesthetics. In this place, it will be possible to participate in regular training with sports from the age of 10-12.[3]

In general schools, these sports clubs are regulated, according to which the training is held for children of the same age, 2 or 3 days a week, from 60 to 90 minutes. Among many sports, football has a very positive effect on the development of children's health and physical qualities. In addition, this type of sport can have a positive effect on the physical development and physical qualities of not only boys, but also girls. This will further increase the practical importance and scope of the sports club.

Below, we have experimented with 10 boys who regularly participate in football sports clubs organized in the 21st general education school belonging to the KTB of Torakorgan district of Namangan region and the KTB of Torakorgan district of Namangan region. We selected 10 members of the Volleyball sports club of the same age from the 21st school as a control group. We recorded the following results in Table 2 while observing the activity of the sports club and the development of the physical qualities of the students involved in it.

According to it, we can see the final results of the students in this research group and in the control group. When we determine the physical fitness of the members of the sports club, we use 60-meter running, pull-ups, 3x10 smooth running, standing long jump It consists of things like throwing a tennis ball.

Below, based on the standards developed for each physical quality, the physical fitness of the football club participants is assessed with the t-student criterion.



**Table 2**

**The indicators of physical fitness of 12-13-year-old students participating in the football club at the 21st general education school of Toragorgan district after the experiment .  
(n=20)**

| t/r | Tests                                       | Sex | n  | Experience<br>$x \pm m$ | Control<br>$x \pm m$ | T    | P     |
|-----|---|-----|----|-------------------------|----------------------|------|-------|
| 1   | 60 meter run                                | oh  | 10 | $11.33 \pm 0.43$        | $11.79 \pm 0.36$     | 4.88 | >0.01 |
| 2   | Turni kka hesitation                        | oh  | 10 | $2.80 \pm 0.90$         | $3.70 \pm 0.87$      | 4.30 | >0.01 |
| 3   | 3x10 moksimon to run                        | oh  | 10 | $10.60 \pm 0.45$        | $11.14 \pm 0.43$     | 5.24 | >0.01 |
| 4   | Out of place standing up to the length jump | oh  | 10 | $168.40 \pm 3.42$       | $176.10 \pm 5.64$    | 7.46 | >0.01 |
| 5   | Tennis ball to throw                        | oh  | 10 | $28.80 \pm 1.89$        | $26.60 \pm 2.33$     | 4.53 | >0.01 |

## Summary

As a result of the study of scientific and methodical literature and observation of the training process of football players in practice, insufficient attention is paid to the development specific to the activity of the competition, and the lack of a methodological approach to such activities in the stages of the preparation period does not allow the effective organization of the development of activities in young athletes. it became known.

Taking into account that the formation of the level of physical fitness of athletes in football training sessions, the implementation of physical fitness of players has a good effect, taking into account the fact that the formation of the level of physical fitness of athletes has a significant positive effect through the rotational organization of football exercises.



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