

## CHANGES THAT OCCUR IN THE ORGANISM OF YOUNG PLAYERS UNDER THE INFLUENCE OF AGE CHARACTERISTICS AND THEIR PHYSICAL FITNESS

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### Annotation

In this article Information is provided about the age characteristics of young players and the changes that occur in their organism under the influence of their physical fitness

**Keywords:** sport, experiment, young sportsmen.

### Introduction

Zamonaviy sportni rivojlantirish tendentsiyalari yuqori sport mahoratiga erishish uchun tayyorgarlik ko'rishning uzoq muddatli tizimli jarayonini oldindan belgilab beradi, sport zaxiralari tizimi zarurligini ta'kidlaydi. Bu yuqori malakali zaxirani tayyorlash eng muhim muammolardan biri bo'lgan futbolga to'liq taalluqlidir. Yosh sportchilarni tayyorlash sport mahoratining rivojlanishini, funktsional imkoniyatlarini o'sishini va ularni maksimal darajada amalga oshirishni ta'minlaydigan uyg'un ketma-ket o'qitish metodologiyasiga asoslanishi kerak. Shu munosabat bilan yosh futbolchilarni tayyorlash tizimidagi asosiy bosqichlardan biri 11 yoshdan 15 yoshgacha bo'lgan sportga ixtisoslashuv bosqichi hisoblanadi. Shu munosabat bilan futbolchilarning jismoniy tayyorgarligi jarayonini individuallashtirish va differensiallashtirish muammosini hal qilish tobora muhim ahamiyat kasb etmoqda. Bu, shuningdek, moslashuv kursining funktsional tayyorgarligi va diagnostikasining asosiy tarkibiy qismlarini ishlab chiqishda farqlash uchun ham amal qiladi. Shu munosabat bilan, allaqachon dastlabki tayyorgarlik bosqichida, eng muhim vazifalardan biri yosh futbolchilarning individual tipologik xususiyatlarini aniqlashdan iborat bo'lib, kelajakda boshlang'ich va yuqori ixtisoslashuv bosqichlarida yo'l-yo'riq bo'lib xizmat qiladi. o'yin rolining xususiyatlariga muvofiq funktsional ixtisoslashuvning asosini tashkil qiladi va morfologik va funktsional ixtisoslashuvning shakllanishini ta'minlaydigan vositalarni tabaqalashtirilgan tanlash uchun asos bo'lib xizmat qiladi, buning samaradorligini

belgilaydigan funktsional imkoniyatlarni tanlab adaptiv takomillashtirish tushuniladi. muayyan faoliyat.

Mutaxassislik bosqichlarida funktsional tayyorgarlik jarayonini qurishda, albatta, yana bir jihatni hisobga olish kerak. Bu tananing yoshga bog'liq rivojlanishining qonuniyatlarini hisobga olgan holda va birinchi navbatda, bolalarning individual funktsional tizimlarining rivojlanishining sezgir davrlarini hisobga olgan holda. Bugungi kunga kelib yosh sportchilar, xususan, futbolchilarning asosiy jismoniy sifatlarini rivojlantirishning nozik davrlari belgilab berilgan. Yosh organizmning asosiy funktsional tizimlari va xususiyatlarining rivojlanishining sezgir davrlari aniqlanadi va tavsiflanadi. Albatta, jismoniy tayyorgarlikning asosiy tarkibiy qismlarini rivojlantirishni rejalashtirishda funktsional imkoniyatlarning yoshga bog'liq shakllanishining barcha qonuniyatlarini hisobga olish kerak.

Shunday qilib, hozirgi vaqtda zamonaviy sport turlarining rivojlanish tendentsiyalari bilan bog'liq bo'lgan futbol bo'yicha sport zaxiralarini tayyorlash tizimini takomillashtirish zarurati va sportchilarning zaruriy tayyorgarligini ta'minlash uchun yanada oqilona texnologiyalarda amaliyot o'tkazish zarurati. uzoq muddatli o'qitish jarayonining barcha bosqichlarida va xususan, boshlang'ich mutaxassisliklar bosqichida. Shu nuqtai nazardan, yosh sportchilarni tayyorlashni loyihalashning istiqbolli yondashuvlaridan biri mashg'ulot effektlarini tashkil qilishning blok-modulli texnologiyasi bo'lishi mumkin. Shu bilan birga, ushbu muammoning ko'plab savollari hali ham etarli darajada ishlab chiqilmagan. Ushbu qoidalar ushbu tadqiqotning dolzarbligini belgilaydi.

Jismoniy tarbiya va sport mashg'ulotlarining uzoq muddatli jarayoni inson rivojlanishining yosh xususiyatlarini, uning tayyorgarlik darajasini, jismoniy fazilatlarni rivojlantirish va harakat qobiliyatlarini shakllantirish xususiyatlarini diqqat bilan hisobga olgan holda muvaffaqiyatli bo'lishi mumkin. tanlangan sport turining o'ziga xos xususiyatlari.

Hozirgi vaqtda yuqori sport natijalariga erishish uchun bolalik davrida harakat faoliyati va funktsional tayyorgarlik asoslarini o'z vaqtida qo'yish kerak degan pozitsiya shubha ostiga olinmaydi. Shu sababli, turli bilim sohalari mutaxassislarining inson organizmida sodir bo'ladigan jarayonlarni har tomonlama o'rganishga qiziqishi tasodifiy emas. Anatomik, fiziologik, biokimyoviy, psixologik va boshqa jarayonlarni ko'rib chiqishga imkon beradigan ko'plab turli xil tadqiqotlar o'tkazildi, ular asosida bolalar va yoshlarning jismoniy rivojlanishining yoshga bog'liq xususiyatlari va rivojlanish xususiyatlari aniqlanadi. turli sport turlari bo'yicha harakat qobiliyatlarini shakllantirish tahlil qilindi. Turli yoshdagi maktab o'quvchilari bilan o'tkazilgan bir qator tadqiqotlarda yugurish, sakrash, otish va boshqalar kabi harakatlarni o'rganishda jismoniy rivojlanishning tabiiy sur'atlari hisobga olingan.

Turli yosh bosqichlarida jismoniy sifatlarning tabiiy o'sish sur'atlari bir xil emasligi aniqlandi. Mashg'ulot ta'sir qilish usulini tanlashda qaror qabul qilishda jismoniy

mashqlarni bir martalik va takroriy bajarish ta'sirida o'yinchining tanasida o'zgarishlarning o'ziga xos xususiyatlarini hisobga olish kerak. Jumladan, ma'lumki, darsdgi keyingi mashg'ulot yoki darsning o'zi qaysi holatda takrorlanishiga qarab, umuman faoliyat jarayonida nafaqat mehnat qobiliyatining o'zgarishi, uning sifat ko'rsatkichlari, balki sportchining funktsional imkoniyatlarini o'zgartirishdagi uzoq muddatli natijaga bog'liq. Bundan tashqari, takroriy mashqlar uchun ba'zi shartlar o'sishiga emas, balki individual tana tizimlarining ishlash darajasining pasayishiga olib kelishi mumkin. Shuni ham hisobga olish kerakki, bajariladigan mashqlarning xilma-xilligi cheksiz bo'lishi mumkin emas, chunki mashg'ulot jarayonida tanada asosiy vosita ko'nikmalarini takomillashtirishni belgilaydigan ijobiy va salbiy o'zaro bog'liqliklarning mavjudligini ta'minlash kerak.

Shuni ham unutmaslik kerakki, agar futbolchining tanasi muntazam ravishda bir nechta, teng kuch, qisqa muddatli va zaif dasturlarning ta'siriga duchor bo'lsa (masalan, chidamlilik, kuchni muvofiqashtirish fazilatlar va boshqalar), u holda har qanday ta'lim ko'rsatkichlariga moslashishning mumkin bo'lgan eng yuqori darajasini ta'minlamasligi mumkin bo'lgan barcha dasturlarga bir xil va past darajadagi moslashuv bo'ladi. Agar dasturlardan birining ta'sir kuchi kuchayib, intensivligi yoki davomiyligi bo'yicha boshqalarga qaraganda ko'proq bo'lsa, u holda tana boshqa dasturlarni chiqarib tashlash yoki bostirish tufayli kuchliroqqa moslashadi. Bunday holda, aniq tartibga solish bilan mashg'ulotlarning tor yo'nalishi ko'proq bir tomonlama moslashishni beradi, ammo uning darajasi eng yuqori bo'ladi.

Sportchilarni tayyorlash tizimining yuqori samaradorligining asosiy shartlaridan biri bu yosh va individual anatomik va fiziologik xususiyatlarni qat'iy hisobga olishdir.

Bu sizga sportni tanlash va yo'naltirish, mashg'ulot vositalari va usullarini tanlash, mashg'ulotlar va raqobatbardosh yuklarni normallashtirish, mumkin bo'lgan yutuqlarni bashorat qilish masalalarini to'g'ri hal qilish imkonini beradi. Har bir yosh davri sport faoliyati jarayonida o'zgarib turadigan alohida tizimlarning tuzilishi va funktsiyalarida o'ziga xos xususiyatlarga ega. Organizmning o'sishi va rivojlanishi notekis sodir bo'ladi. Har bir yosh bosqichi o'ziga xos xususiyatlar, xususiyatlar, morfologik va funktsional o'zgarishlarga ega bo'lgan o'ziga xos davrdir. Jismoniy tarbiya nazariyasida kichik maktab yoshi (7-10 yosh), o'rta yoki o'smir maktab yoshi (11-15 yosh), shuningdek, katta yoki yosh (16-18 yosh) ni ajratib ko'rsatish odatiy holdir. )

Yoshlik davri vaznga nisbatan tananing o'sish sur'atlarining ma'lum bir ustunligi bilan funktsional tizimlarning silliq rivojlanishi bilan tavsiflanadi. Bu vaqtda suyaklar hali ham ancha yumshoq va oson egiladilar, umurtqa pog'onasi juda moslashuvchan, bachadon bo'yni va ko'krak qafasidagi egrilik hosil bo'ladi. Ligamentli apparat yuqori elastiklikka ega. Mushaklar notekis rivojlanadi - dastlab magistralning, pastki ekstremitalarning va elkama-kamarning katta mushaklari, keyinroq kichik mushaklar va yuqori oyoq-qo'llarning mushaklarining kuchayishi pastki qismlarga qaraganda

tezroq sodir bo'ladi. 11 yoshdan 15 yoshgacha barcha organlar va tizimlarning rivojlanishi davom etadi.

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