

**BASIS OF FORMING PHYSICAL ABILITIES OF GENERAL SECONDARY
SCHOOL STUDENTS***Eshmatov Gayrat Egamberdievich**Associate Professor, Department of Physical
Education and Sports, Karshi State University*

Annotation: In the article general middle education schoolboy physical abilities formation so so, on this issue special literature study this shows that the school in students physical adjectives develop methods according to of research relevance despite this in the field affairs number very few. Their most only is theoretical. School of students physical abilities of formation pedagogical basics physical preparation study in the process separately experts with him school in students endurance develop between directly Depends. Endurance problem and him/her develop methods school students between very less studied. We are at school. in the students to age related physical adjectives to the characteristics related no how research we did not find. Purposeful endurance training start the optimal age for determination for information no.

Key words: ability, endurance, pedagogical, school, schoolboy, exercise, load.

School of students physical abilities of formation pedagogical basics physical preparation study in the process separately experts with him school in students endurance develop between directly dependency They installed it. So M. K. Ho won school of students physical readiness learn 4x20 m repeats running using their also determine the indicators gave, in athletes physical adjectives every one-sided develop the necessity, without them physical ability problems solution as It won't be. Just like this Juice ON (1970), reader mainly power and determination shortage because of tactical to mistakes road to put emphasized. Above of what has been said all modern football tactics athletes to speed endurance to increase separately requirements to put about the idea confirms.

School in the students physical qualities, that including endurance develop Likhachev LI from 11-12 years old to start offer They do. children and in teenagers speed, strength and of endurance the most fast growth two or three from the year then happened to be They determined, i.e. 7-10-13 years old 16-19 years old. He is also a school students many in cases over 21 years old starting to stress good to adapt emphasizes. Therefore, its in the opinion of the masters team for struggling school students training of the load dose strict to individualize needy

Speed-strength adjectives to age related changes learn so, their level and speed 14-16 years old increase 11-13 and 16-17 years old periods this indicators stabilization trend with a little growth with described. Sukharev AG As noted, 8-9 year olds the children preparation

in the process high tempo, big endurance and strength requiring exercises exercises not included need .

A. F. Tikhomirov statement, unfortunately , today It is still relevant today . So by V. Ponedelnik his/ her own football in the reference book internal of football previous their successes to lose our players to speed endurance and athletics according to behind to remain with connects, GS Zonin term to the team to lose German of the players to speed in endurance advantage with connects. Therefore for VN Kuzmina stating that our players " endurance " and more " resilience " is needed.

MD Tovarovsky of the players physical adjectives learn so , their main physical adjectives development mainly winter in the period happened to be record will . Competition during this qualities to develop enough attention not to give athlete's indicators sharp to decrease take comes. A series research of the players training and games of movement activity during enough complete description own inside takes. Games and training pedagogical point of view from the point of view analysis so, this researchers endurance, especially speed descriptive exercises size and intensity The authors this they found out that the game during school student, for example, sprints in 3-5 minutes and accelerations from 1000 to 2500 m using run need. Hungarian coach J. Palfay game during school pupil from 3-4 to 25-30 m was distance the most fast at speed pressing the passage observations based on Lyukshinov stating that the game during school The pupil is 10-15 m away . maximum 30-60 times at speed runs . School of the students muscle your work intensity As the descriptor A.N. Krestovnikov (1951) noted, the game during school pupil up to 14.5-17 km run possible. J. Palfay to the information because of this distance noticeable at the level smaller, it ranges from 736 to 2484 m.

Czechoslovakian football specialist M.Houtka wrote was that the player in the game only sprints distance of 1300-1500 m using pressing passes , its in my opinion , this player in 90 minutes pressing past general 10% of the distance organization does . A. Chanadi by 2-3 years training to experience 16-17 years old school students between held observations this showed that the game during (70 minutes) school The movement activity of the pupils is 2-4 seconds. continue enough maximum 16-20 short bursts of intensity from explosions consists of are , they are 50-70 seconds in total organization does . every one game and 25-30 medium intensive short explosions, every one 3-6 seconds, total 2-25 minutes.

High qualified in the players to speed endurance learn Yes, Yu.N. Lopachev the most many sprints first in the first half - in the 18th minute of the game, in the second - in the 54th minute From there finally, the rule as a rule , tremors number decrease is observed and period in the end - their a little increase is observed . From this except for some in cases such tremors short time in the middle, in others - middle in between and finally, in others time range noticeable to value àtdi - 10, sometimes and 15 minutes more.

Interesting is that international football conference (1992) many experts in practice the most good clubs both in athletes and young people teams representatives also have resilience, especially speed level to decrease take coming one row shortcomings record They did. Exercises intensity decrease is also noted was done because school students speed endurance

exercises mainly warming up during applies and this this of quality to develop help does not give.

In football endurance develop according to offer made recommendations mainly theoretical to the character has. On this issue in literature experimental based practical recommendations not found. Lyukshinov NM school of the students content, character and size according to special readiness school students international teams with to compete in competitions (games) coming to activity opportunity until zoom in necessary emphasizes. To achieve this for modern in football game of situations to oneself typical features reflection provider exercises (physical, technical) and tactical preparation) share increase they need school of students high to oneself typical indicators to provide and game class increase need.

Dyachkov In my opinion, if the training lasts 3-3.5 hours continue if so, then their intensity from the game noticeable will be low. Thus together, the student work ability maximum 1.5 hours It is required to be, i.e.. player this time inside his/her own all energy resources game to the load suitable accordingly spend to receive need. School student's endurance increase for SA Savin 800-2000 m range running, 3-5 km distance running, skiing flying, swimming and on a bicycle to walk recommendation He does. He does. all exercises average at speed to perform necessary emphasizes. D. Petrovich of football to oneself typical features in consideration received without, the ball dribbling with one at the time running through endurance to develop offer did.

Hollman V. calculated It turned out that the game during defenders from 5 m to 25 m was general 49 times with a distance of 800 m blow they give, school student's clear work time and 60 minutes. This relationship with him in the defenders speed and endurance develop need said to the conclusion arrived: in the 25 m race speed and general at a distance of 1000-2000 m repetitive blows through (45-50 times) speed endurance.

A. Listello stating that the season at the beginning school students physical upbringing main purpose endurance development. Therefore for that speed increase from running 1000 m for use offer did French coach Marseille Schmitt, first next, school in the students speed adjectives development, to the ball sprinters such as on the run one kind elementary speed development, ball with and without a ball many times to move quickly ability to occupy recommendation Sukharev AG in general to football typical was movement mode structure to oneself typical from the characteristics come out, endurance develop considers it necessary. Kirillov AA various exercises using complicated to the effect advantage gives and Platonov VN Fast walking and ski running (5-10 km), rowing rowing, swimming, alternately running, sports games (basketball, hockey, handball) ball, tennis) 10-30 minutes, cycling, 1500-3000 m running.

To speed endurance develop for 5x30 m, 4x60 m, 6x40 m and etc. repetitive running if used, then segments between 25 and 60 seconds pause to do recommendation Special endurance develop for the following used: two one-sided games, football competitions, high intensive game exercises (5x5, 3x4, 5x4 and others), ball with in turn running, time up to 2-2.5 hours extending two one-sided games. VF Polunin exercises individual dosage considers it necessary. School in the students endurance determination and develop for D. Ioseliani also used the 60 m sprint (10 times).

School students performance one row authors by using the learned test (three 5 x 30 m repeats in a series running), this one of time in itself school of students special readiness determines. Their in my opinion, high level work every for one segment stable work deadline with They are characterized by low speed indicators or their instability, as well as from the segment to the segment or from the series to the series running speed decrease enough at the level considered to be non-working.

Some authors to the mind see to speed of endurance decrease level school of students physical readiness to the level directly depends on. SA is the same so in the opinion. Savin, Chanadi A. I. M. Asovich school in students speed endurance develop 12 x 25 m run for exercises to enter offer they do, slowly increasing with the increasing load repetitive muscles your work impact under student in the body progressive functional and systematic changes face gives.

Conclusion instead of many Europe in countries, small in cities children to school on a bicycle They go. This practice Netherlands, Finland and In France especially famous, therefore this is also for in countries bicycle driving at school high is evaluated. Foreign state in schools the students physical upbringing and with sports their activities regarding experiments learning, sports – this physical from exercises to use based and the most high to the results to achieve aimed at games, competitions in the style of activity that The students small from age starting physical education, sports attraction to do them social in life own instead to find wide road opens. Endurance physical adjectives developed student in the future intellect high, will solid become adult enough.

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