

FOOTBALL AS A MEANS OF ORGANIZATION FREE TIME STUDENTS

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Abstract: *The article highlights the issues of the effective organization of students' football activities in their free time.*

Keywords— football, free time, leisure, active rest, physical development.

1. INTRODUCTION

Football is a sport that people talk and argue about a lot, they like to play football, they like to watch football, many believe that they know football well, which is due to its popularity and recognition among representatives of various age groups and professions. Today football is considered as a sports and pedagogical discipline, which presupposes a clear training system. Football is a rule-based rivalry between two teams where the team that scores the most goals is declared the winner. Such rivalry can only exist if the players of both teams have technical and tactical skills, know how to interact with each other, and know the rules of the game. It is known that the system of teaching football, like other similar disciplines of the sports and pedagogical cycle, must include the consistent development of knowledge, skills and abilities. The technology of teaching the game of football is a connecting link between the theory of learning and its practical implementation, that is, the projection of the theory of learning onto the plane, which forms the learning system. We have developed a scheme that characterizes the elements of the technology of playing football. We conventionally divided the football discipline into seven large blocks, interconnected and forming a certain sequence: the first block includes elements of the game technique; the second is tactics; third - issues related to teaching methods; fourth - components of sports training; fifth - everything related to the holding of football competitions; sixth - research methodology; the seventh block - issues of psychological orientation, bioenergy, nutrition and hygiene, injury prevention, medical supervision and self-control, as well as the history of football.

2. MATERIALS AND METHODS

This division is determined by the fact that the issues of the systematic nature of training are not sufficiently developed, which often leads to the disorderly use of various blocks in the educational and training process. However, before starting to study the game of football as an academic discipline, it is necessary to have a clear understanding of the interest of children and adolescents in football in particular. Recently, on the pages of the press, radio, on television, as well as in pedagogical circles, the issue of involving children in active

physical education and sports has been discussed, and the problem is considered from the point of view of the possibility of organizing such work near the place of residence. Another outstanding Soviet teacher A.S. Makarenko advised to solve the problem of youth employment through the educational process taking place on every square meter of land, since most teenagers spent their free time outside universities, in the family, in the yard and on the street. Today, the courtyard, street, microdistrict have significantly changed their appearance and, as a result, the buildings ousted teenagers from their play area. Gone are the competitions traditionally held by housing offices among courtyard and street teams. An analysis of the use of students' free time on the basis of time sheets (Table 1) shows that 48.7% of students spend 2 to 3 hours of free time in the yard or on the street, often outside the control of their parents, teaching staff and the public.

3. RESULTS AND DISCUSSIONS

Taking into account the fact that educational work with adolescents at the place of residence is poorly organized in the republic, the possibility of "harmful" influence of the street is not excluded. The danger of the street in poor control and educational impact on adolescents.

The questionnaire survey also made it possible to determine the forms of sports-mass and physical-health-improving work that satisfies the desires of adolescents. We have identified a teenage club as the main form, where teenagers in their free time are engaged in sports sections, participate in various mass sports events: "Runner's Day", "Jumper's Day", football and table tennis tournaments, checkers and chess. In such a club, schoolchildren of different ages are engaged, purposefully and with interest spend their free time, joining in physical education and sports. It should be noted that "difficult" teenagers who committed theft, runaway, drank alcohol, etc., also attended the club. Among the reasons that prompted a teenager to commit one or another offense, the following were identified: a dysfunctional family, unemployment of children in their free time, lack of proper work at the place of residence, and others. The use of physical education, classes in sports sections contributed to the prevention of delinquency by adolescents, since, while spending their free time in the club, they were under the supervision of a teacher-organizer, carried out various assignments, and conducted individual work with them. In

recent years, the forms and methods of working with adolescents have changed, since the system of values has changed, as evidenced by the survey data among adolescents (Table 3). It should be noted that children have not been waiting for adults for a long time to create conditions for playing football, and play the ball where there are elementary conditions for this.

Often, the playground is an unequipped place where the necessary precautions are not followed, and the attributes of football ethics (gear, inventory and equipment) are absent. Playing football, adolescents satisfy the need for movement, receive a number of positive emotions and an energy charge for subsequent educational activities.

4. CONCLUSION

In games, adolescents actively rest, develop physically and psychologically, despite the fact that the cognitive and educational effect is not provided. Unfortunately, as practice shows, the school did not become the center of organizing the free time of schoolchildren. The operating Nukus football school employs a group of qualified coaches and teachers, formerly famous football players, who carry out the educational process with children of different ages, taking into account modern football technologies. Talented teenagers in football do not remain without due attention, and participation in various tournaments brings positive educational results.

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