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Organization of football clubs in schools and improving the physical fitness of those involved in them (on the example of 4-5 graders)

Igamberdiev Obidjon Rubdulla Ogli[1]
[1]Uzbekistan state university of physical education and sport, Tashkent, Uzbekistan

Abstract

Purpose: The article describes the organization of football clubs in schools, the development of a set of exercises suitable for students of grades 4-5 engaged in them, and the effectiveness of using exercises aimed at improving their physical fitness.
Methods: During the training, the football club was evaluated using questionnaires, theoretical analysis, methods of comprehensive personal research, as well as statistical methods for determining the reliability of average sizes and standard tests provided by VI Lyakh, assessing physical fitness: 30 m running; Running at a distance of 4x10 m; Long jump from standing position; Running for 6 minutes; 1000 m running.
Results: According to the results of the tests obtained during the study, the relative difference in statistical characteristics in the experimental group improved by 17.41% compared to the beginning of the experiment, the relative difference between the experimental and control groups averaged 9.02% of the total statistical results. According to the results of the article, it can be said that the issue of organizing football clubs in secondary schools, dividing young people into age groups (by class), training aimed at improving their physical fitness is relevant.
Conclusion: The In general education schools , in the context of attracting students of grades 4-5 to football clubs and improving their physical fitness , the following topical problems can be identified: strictly take into account age characteristics when organizing football clubs in schools and ensure the regularity of the clubs' activities; development of exercises aimed at improving the physical fitness of students in grades 4-5 engaged in football clubs; to determine the effectiveness of exercises aimed at improving the physical fitness of students in grades 4-5 and the implementation of their achievements.

Keywords: Physical training, football club, age characteristics, comprehensive training, elements of football, control tests, load size, comparative analysis.

Introduction

The decree of the President of the Republic of Uzbekistan “On measures to bring the development of football in Uzbekistan to a completely new level”, covering topical issues of football, such as the transformation of football into the most popular sport among the population, the selection of young players with a high level of leadership, in paragraph 1 of section 1 of the decree, special attention is paid to the regular organization of football competitions in neighborhoods and organizations (Ukaz Prezidenta, 2019).

Of course, due to the effectiveness of the large-scale work carried out in the system, the requirements for physical training of schoolchildren are also increasing. It is important to carefully prepare students for various competitions in order to ensure the implementation of decisions and resolutions. Given this, it is clear that increasing their physical fitness is an urgent problem.

Methods

The data in the article are collected on the basis of monitoring analyses for 2 years. To systematize the clubs organized in secondary schools, a study of the satisfaction of organized clubs was conducted. To determine the level of physical fitness of students in grades 4-5 who are engaged in clubs, special control tests and analysis of the results were conducted.

Results and discussion

Taking into account the low level of physical fitness of pupils in grades 4-5 of secondary schools, it is necessary to work on increasing the level of their physical fitness. Despite the abundance of scientific works devoted to the problem of the development of physical qualities of schoolchildren in physical education lessons, there is not enough information about the targeted use of playing football to solve this problem. State standards for the content of physical education in secondary schools include more materials on sports games. However, young schoolchildren are given relatively little time to master the technical elements and tech-

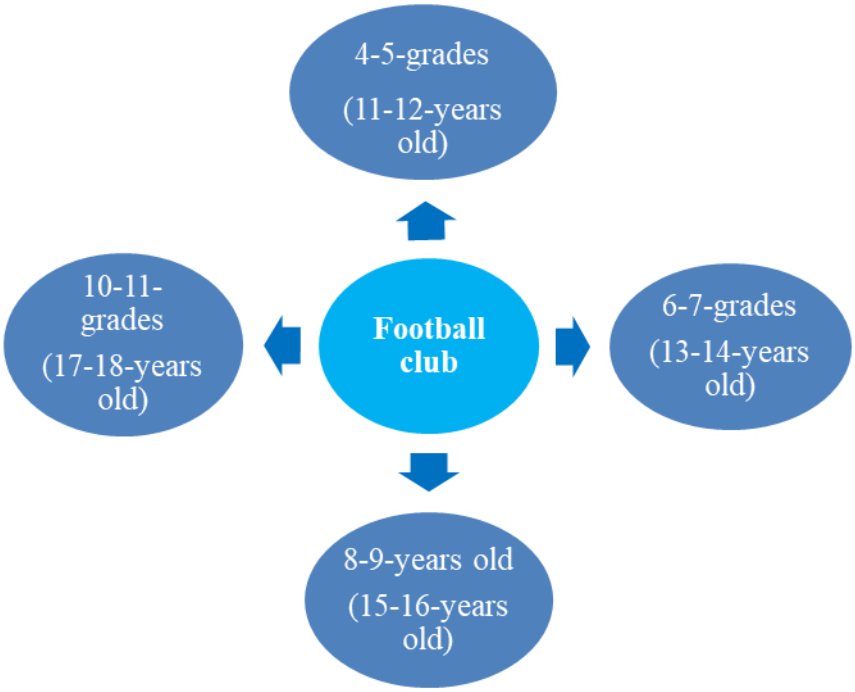


Figure 1. Division of students into age groups.

niques of playing football. To do this, first of all, it is necessary to monitor the physical fitness of students, to develop a set of exercises aimed at a comprehensive increase in physical fitness. Using such sets of exercises, it is necessary to develop specific recommendations aimed at improving the physical fitness of students in grades 4-5. Based on the above, the organization of football clubs in a secondary school and the development of methods to improve their physical fitness determine the relevance of our scientific research.

From the responses of the respondents who took part in the survey, it became clear that the football sectors that we conduct in secondary schools are not systematized and unsatisfactory.

Classes should be organized according to the age of the participants, and the workload should be planned according to the characteristics of the body. The proposed system of organizing clubs allows you to reach a larger number of students and systematically organize football clubs.

Students of grades 4-5 are 11-12 years old, students of grades 6-7 are 13-14 years old, students of grades 8-9 are 15-16 years old, 10-11 graders will be 17-18 years old, respectively. Many of our scientists emphasize that the loads given to young players depend on age, and training should be planned taking into account the age of the body. In football clubs organized in most secondary schools, the age of participants is not taken into account (Ahmatov, 2013).

One of the most important factors in organizing clubs in secondary schools is taking into account the class (age of participants). In many studies, player training and training planning are separated exactly as we have outlined (see Figure 1).

Today, football is one of the most popular sports. Perhaps that is why many authors believe that football should be used to improve the physical fitness of young people, regular participation in football has a comprehensive impact on young people, which indicates the need to create clubs in addition to physical education at school (Lyakh, et al., 2005).

At the same time, it is necessary to take into account the peculiarities of the age development of children of this age, to assess the readiness of the body and its individual systems to engage in this sport. It is known that children from 7 to 12 years old attending primary school are suitable for the development of various physical qualities.

To determine the effectiveness of training in football clubs organized in secondary schools, control tests were conducted in experimental and control groups. Below are the results of the tests performed before and after the study.

The results show that the studies conducted in the experimental group have yielded their

results. We see that the relative growth efficiency of all the tests used in the study was high in the experimental group. In particular, the long jump from a standing position was 155.68 cm at the beginning of the experiment and 191.63 cm at the end of the experiment.

Table 1. An example of a workout.

Training № 10
20th april 2021 **Coach: Igamberdiev O.R.**
Venue: Gym of the 293rd school **Time 17.00.**
Duration: 90 minutes **Age: 11-12 years old.**
Number of participants: 16
Tasks:
1) Development of the starting speed
2) Training of passing the ball with the inside of the foot
3) Continue to teach group tactics in attack
Type of study: complex
Load: Medium
Equipment: balls, chips, poles, shirt fronts.

Training parts	Content	Duration	Organizational and methodological guidelines
The initial part is 20 minutes	formation, greeting, explanation of lesson tasks	2 minutes	Dividing group to 2 teams
	1. Handball 9x9. 	16 minutes	The game will be played on a field 40x20 meters Rest The approximate plan of the weekly cycle between games during the tournament for 13-15 players in football schools and academies during the interval stretching exercises are performed under the guidance of a coach You can't run with the ball, move fast and look for an empty zone Stretching of the main muscle groups Pre-define the area for the next exercise
	- passing the ball with both hands; - stretching exercises; - hitting the same ball on the ground; - stretching exercises; - roll the same ball; - stretching exercises; - Extension without limiting the number of foot touches.	3 minutes 1 minute 3 minutes 1 minute 3 minutes 1 minute 4 minutes	
	2. Rest interval		
The main part is 65 minutes	**The main part of the lesson**	2 minutes	Divide the team into 2 groups of 9 players each.
	1. Speed and agility exercises. 	5 minutes	Place 10 chips at a distance of 40-50 cm from each other. Doing it in the flow method. The legs and arms work at maximum speed while moving. Moving hands forward up and not to the sides. Running from the last chip to the pole with a maximum effort of 5 meters. Slowly returning back to the start.
	- a simple race ahead between the chips; - the same action with the right side; - the same action with the left side; - running forward with high knees; - the same action with the right side; - the same action with the left side; - running forward by increasing the speed.	1 minute 10 minutes 2 minutes 10 minutes 1 minute 1 minute 1 minute	Drinking water Return and pause for 40-45 seconds. Each group performs 5 repetitions. Running is performed at maximum speed.
	2. Rest interval **3. An action game for starting speed** Two teams are placed at a distance of 5 m from each other. At the signal of the coach, the team on one line runs away from the team on the other line. The second one should catch them at a distance of 10 m. **4. Rest interval** **5. Passing the ball in pairs with the inside of the foot (vengerka).**		
	- the partner stands and passes, the other player receives the ball and returns it with steps to the side; - the same exercise by changing the partner; - throwing the same ball on knee, the player takes the ball with his knee, lowering it down and returning the ball; - passing balls to each other, one moves forward and the other moves back; - the partner stands still and throws the ball with his hands, the player steps aside and throws the ball back into his hands with the inside of his foot; - the same exercise by changing the partner; Rest interval 5. 8x8 game with 2 goalkeepers. The use of group combinations "wall", "run-in" in the attack. Rest between intervals	1 minute 1 minute 1 minute 1 minute 30 min. (2 episodes of 15 min.) 5 minutes	Place the chips in 2 rows with an interval of 2 m. The exercise is performed by the frontal method. First on the right leg, then on the left. Distance 20 m The square size is 40x20m. There is no limit to touching the ball. The game is played according to simplified rules. Explaining the game situations.
The final part - 5 minutes	Slow running, breathing adjustment exercises, training notes, tasks.	5 minutes	Evaluate the order and activity of the players. Homework.

Table 2. Statistical analysis of the results of the control (CG) and experimental (EG) groups according to the selected tests at the beginning of the pedagogical experiment.

№	Tests	Control group (n=12)			Experimental group (n=12)			Difference	
		$\overline{X}$	σ	V	$\overline{X}$	σ	V	Absolute%	Relative %
1	Long jump from standing position, cm	157.44	18.64	11.84	155.68	18.54	11.91	-1.76	1.12
2	Running for 6 minutes	1160.36	159.97	13.79	1179.74	164.74	13.96	19.38	1.67
3	Shuttle run 4x10, s	12.83	1.38	10.76	12.98	1.42	10.94	0.15	1.17
4	30 m running, s	6.14	0.66	10.75	6.26	0.68	10.86	0.12	1.95
5	1000 m running, s	404.24	55.87	13.82	401.14	55.89	13.93	-3.1	0.77

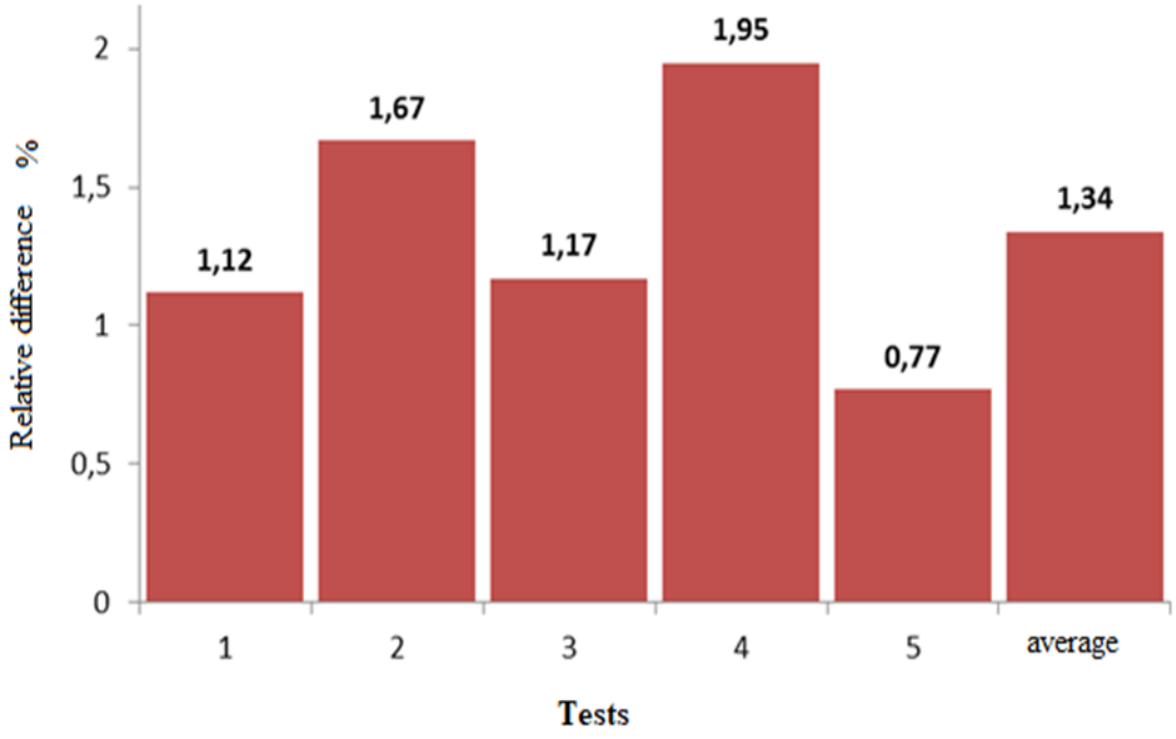


Figure 2. The arithmetic mean of relative increments is 1.34%.

Table 3. Statistical analysis of the dynamics of changes in the results of the control group (n = 12) in the selected tests during the pedagogical experiment.

№	Tests	Start of the experiment			End of the experiment			Relative increase%	t	P
		$\overline{X}$	σ	V	$\overline{X}$	σ	V			
1	Long jump from standing position, cm	157.44	18.63	11.83	174.17	20.04	11.51	10.63	2.12	<0.05
2	Running for 6 minutes	1160.36	158.36	13.65	1277.64	167.94	13.14	10.11	1.76	>0.05
3	Shuttle run 4x10, s	12.83	1.38	10.76	11.88	1.24	10.44	7.40	1.77	>0.05
4	30 m running, s	6.14	0.66	10.75	5.69	0.59	10.37	7.33	1.76	>0.05
5	1000 m running, s	404.24	55.87	13.82	373.64	51.74	13.85	7.57	1.39	>0.1

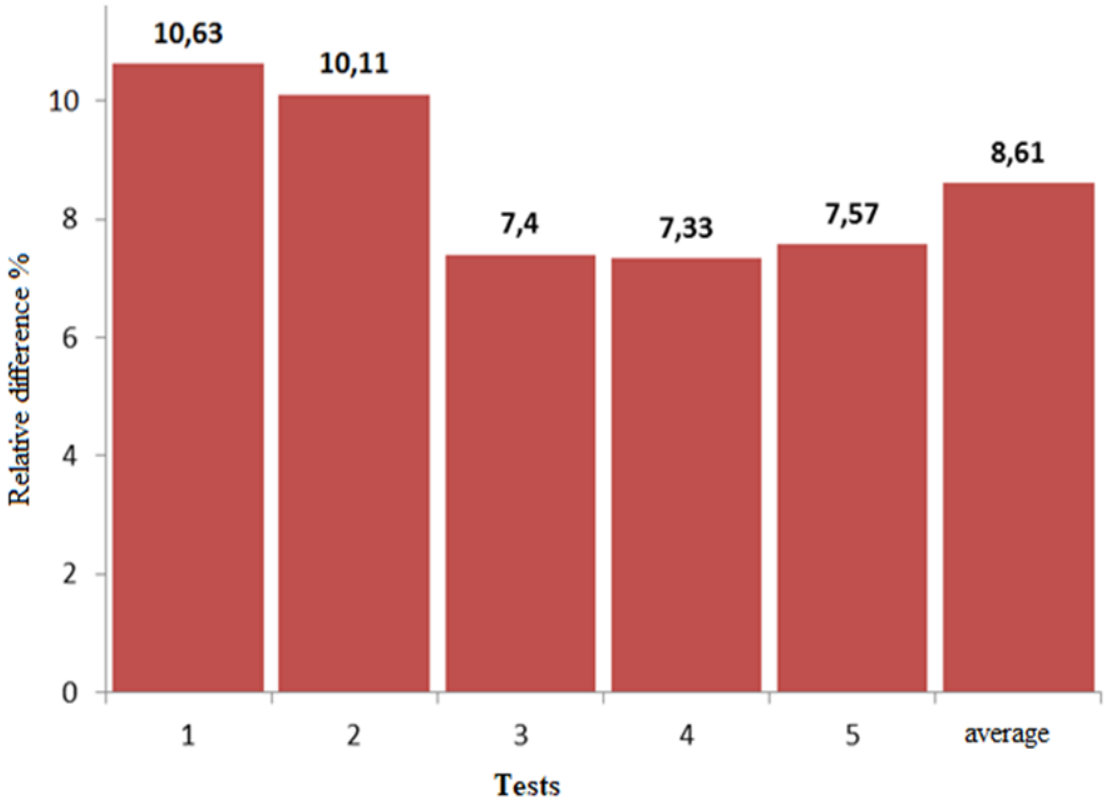


Figure 3. Relative dynamics of the growth of the results of the control group of subjects on the selected tests during the pedagogical experiment.

Table 4. Statistical analysis of the dynamics of changes in the results of the experimental group (n = 12) according to the selected tests during the pedagogical experiment.

№	Tests	Start of the experiment			End of the experiment			Relative increase%	t	P
		$\overline{X}$	σ	V	$\overline{X}$	σ	V			
1	Long jump from standing position, cm	155.68	18.54	11.91	191.63	20.96	10.94	23.09	4.45	<0.001
2	Running for 6 minutes	1179.74	164.74	13.96	1452.84	192.58	13.26	23.15	3.73	<0.01
3	Shuttle run 4x10, s	12.98	1.42	10.94	11.05	1.14	10.32	14.87	3.67	<0.01
4	30 m running, s	6.03	0.66	10.95	5.34	0.57	10.67	11.44	2.74	<0.05
5	1000 m running, s	401.14	55.89	13.93	342.96	46.72	13.62	14.50	2.77	<0.05

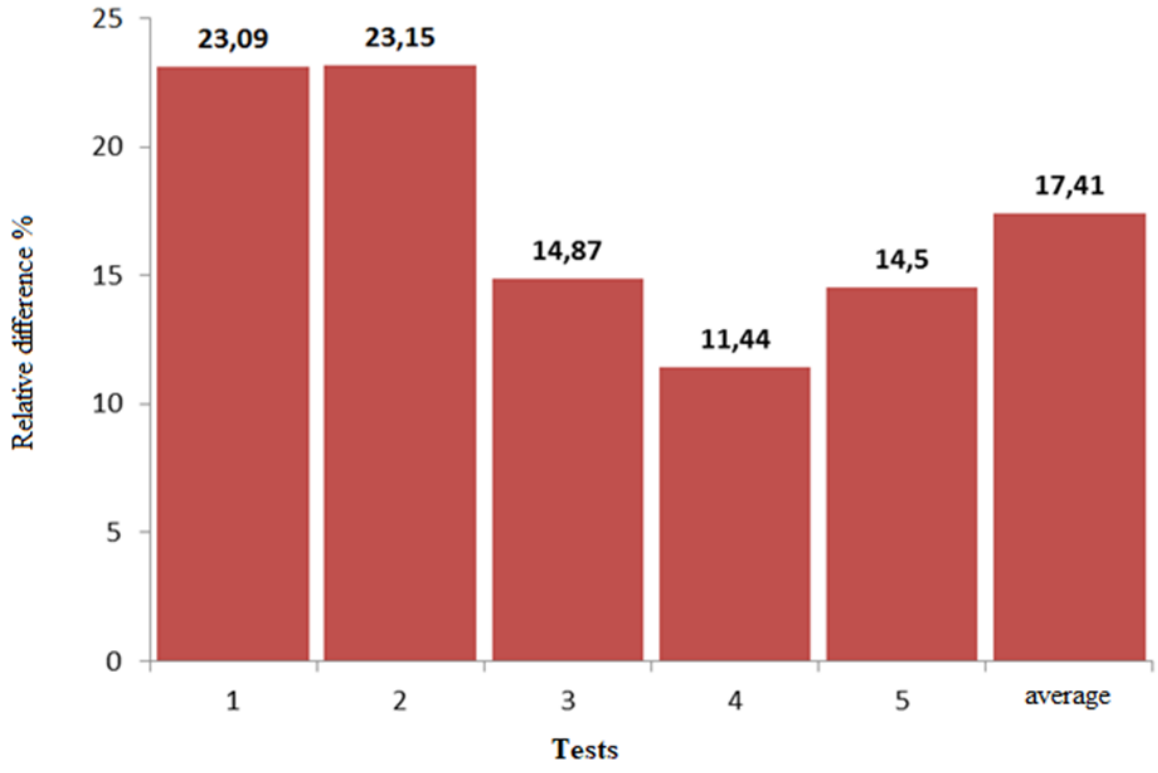


Figure 4. Relative dynamics of the growth of the results of the experimental group of subjects on selected tests in the process of pedagogical experiment.

Table 5. Statistical analysis of the results of the NG and TG groups according to the selected tests at the end of the pedagogical experiment.

№	Tests	Start of the experiment			End of the experiment			Relative increase%	t	P
		$\overline{X}$	σ	V	$\overline{X}$	σ	V			
1	Long jump from standing position, cm	174.17	20.04	11.51	191.63	20.96	10.94	10.02	2.09	<0.05
2	Running for 6 minutes	1277.64	167.94	13.14	1452.84	192.58	13.26	13.71	2.38	<0.05
3	Shuttle run 4x10, s	11.88	1.24	10.44	11.05	1.14	10.32	6.99	1.71	>0.1
4	30 m running, s	5.69	0.59	10.37	5.34	0.57	10.67	6.15	1.48	>0.1
5	1000 m running, s	373.64	51.74	13.85	342.96	46.72	13.62	8.21	1.52	>0.1

The results showed a relative difference in statistical characteristics of 10.02%.

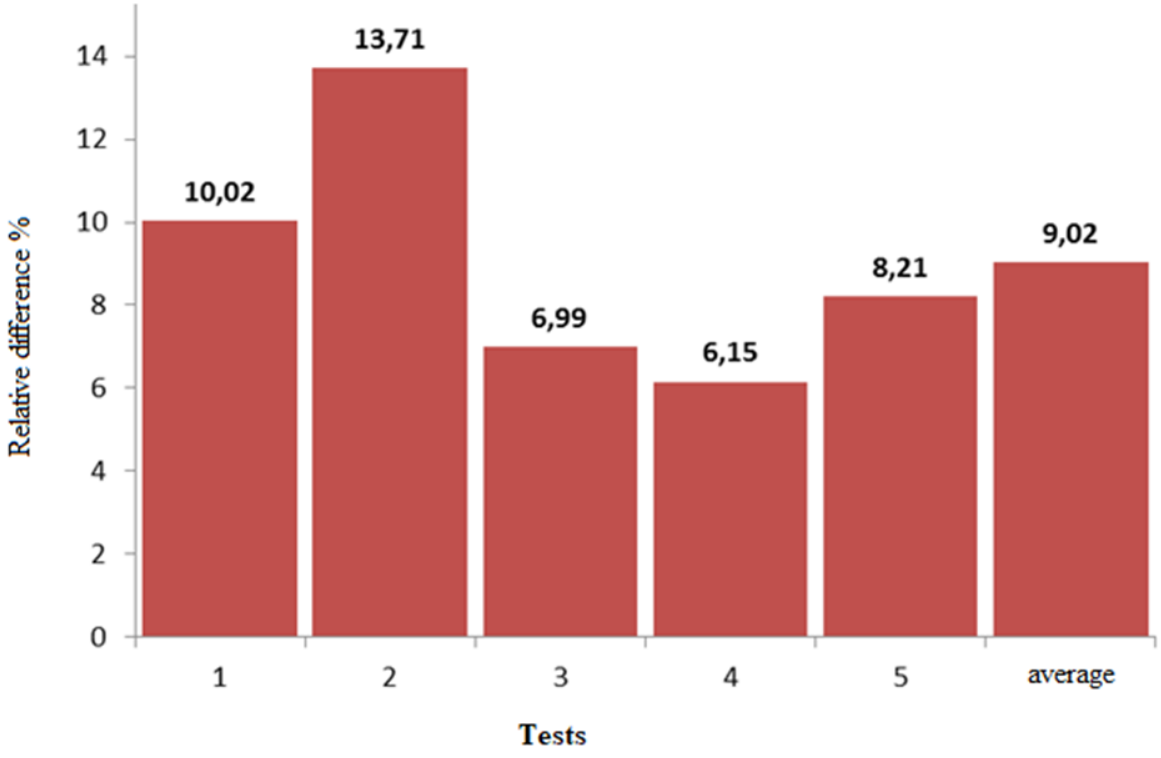


Figure 5. Analysis of the relative differences in the statistical characteristics of the results of the CG and EG groups according to the selected tests at the end of the pedagogical experiment.

The 6-minute run was 1,179.74 meters before the study compared to 1,452.84 meters after the study. The relative difference in the statistical characteristics of the results obtained was 13.71%.

In the next 4x10 m control test, the result of the preliminary study was 12.98 s, while the test result at the end of the study was 11.05 s. The relative difference in the statistical characteristics of the results obtained was 6.99%.

In the 30-meter run, the result obtained at the beginning of the experiment was 6.26 s, and at the end of the experiment - 5.34 s. The relative difference in the statistical characteristics of the results obtained was 6.15%.

In the 1000-meter running test, the result obtained at the beginning of the experiment was 4.01.14 seconds, and at the end of the experiment, the result of this test was 3.44.96 seconds. The results showed a relative difference in statistical characteristics of 8.21%.

The relative difference in the statistical characteristics of the tests in the experimental group improved by 17.41% compared to the beginning of the experiment, the relative difference between the experimental and control groups showed that the relative difference in the statistical characteristics of the overall results averaged 9.02%.

Conclusion

Based on the above considerations, football relies on a certain set of exercises that make a significant contribution to the comprehensive development of physical fitness using sports and its elements. Therefore, there are a number of practical works aimed at improving the physical fitness of students in grades 4-5:

- systematization of football clubs organized in secondary schools;
- conducting training sessions in football clubs, taking into account the age of the participants;
- approval and regularity of control tests assessing the physical fitness of participants of football clubs;
- improving the methods of improving the physical fitness of students in grades 4-5, taking into account the best world practices.

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AUTHOR BIOGRAPHY



Obidjon Rubdulla Ogli IGAMBERDIEV

Employment
Scientific researcher at Uzbekistan state university of physical education and sport.

Degree
MD

Research interests
Sport Science, Physical Education, Theory and methodology of football, Physical training, comprehensive training

E-mail: obidjonigamberdiyev@gmail.com