

METHODS OF USING MODERN TECHNOLOGIES IN THE PROCESS OF TRAINING QUALIFIED FEMALE FOOTBALL PLAYERS

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Abstract

This article interprets the ways of developing women's football in our country, the opinions of experts working in the field. It is aimed at the practical implementation of the most effective ways to develop the field. The topic of ways to use modern technologies for the technical training of skilled female football players is widely covered. Historical characteristics of physical education and sports development, methods of increasing training efficiency and control questions were developed based on modern approaches. In the conclusion, recommendations are given on the use of pedagogical technology in teaching lessons.

Keywords: Qualified, female football players, technical training, modern technology, physical education, sports, lecture, lesson.

Introduction

Annotatsiya

Ushbu maqola yurtimizda ayollar futbolini rivojlantirish yo'llari, soxada faoliyat olib borayotgan mutaxassislarning fikr-mulohazalari talqin qilingan. Soxani rivojlantirishning eng samarali yo'llarini amalda tadbiq etishga qaratilgan. Malakali futbolchi ayollarni texnik tayyorgarligiga zamonaviy texnologiyalardan foydalanish yo'llari mavzusi keng yoritilgan. Jismoniy tarbiya va sport taraqqiyotining tarixiy xususiyatlari ma'ruza darslarida zamonaviy yondashuvlar asosida mashg'ulotlar samaradorligini oshirish usullari va nazorat savollari ishlab chiqilgan. Xulosa qismida o'quv mashg'ulotlarini o'rgatishda pedagogik texnologiyani qo'llash bo'yicha tavsiyalar berilgan.

Kalit so'zlar: malakali, futbolchi ayollar, texnik tayyorgarlik, zamonaviy texnologiya, jismoniy tarbiya, sport, ma'ruza, dars.

Аннотация

В данной статье интерпретируются пути развития женского футбола в нашей стране, мнения экспертов, работающих в этой сфере. Оно направлено на практическую реализацию наиболее эффективных способов развития месторождения. Широко освещена тема путей использования современных технологий для технической подготовки квалифицированных футболисток. На основе современных подходов разработаны исторические характеристики развития физического воспитания и спорта, методы повышения эффективности тренировок и вопросы контроля. В заключении даются рекомендации по использованию педагогических технологий на уроках.

Ключевые слова: квалифицированные, футболистки, техническая подготовка, современные технологии, физическое воспитание, спорт, лекция, урок.

INTRODUCTION

The basis of the modern education system is a high-quality and high-tech environment. Its creation and development is technically complex, but such an environment serves to improve the education system and introduce information and communication technologies in education. The Resolution of the President of the Republic of Uzbekistan No. PK-191 dated September 28, 2005 "On the Organization of the Public Educational Information Network of the Republic of Uzbekistan" and the Resolution of the Coordinating Council of the Cabinet of Ministers of the Republic of Uzbekistan on the Development of Computerization and Information and Communication Technologies No. 22 dated June 20, 2008, which was developed in accordance with the The curriculum allows for the widespread use of modern methods of teaching through information technologies in the subjects taught.

LITERATURE ANALYSIS

Improving the quality of educating young people and providing them with modern knowledge, as well as forming a well-rounded personality for our society, are among the most important goals of the education system. All actions taken in the process of continuous education are important in achieving this goal. In the renewed education, modern lessons are necessary to ignite the embers in the student's heart, develop him in all aspects, and lead him from knowledge to knowledge.

A modern lesson is such a lesson in which the teacher, taking advantage of the student's existing capabilities, uses his intellectual potential and ensures his development. The student, in turn, deeply assimilates knowledge and takes steps towards spiritual perfection. [3,5]

Achieving high efficiency in physical education lessons can only be achieved through the correct organization of the lesson and the widespread use of effective types of modern information media.

Therefore, one of the pressing issues today is the use of effective methods of organizing physical education lessons in accordance with modern requirements and based on new pedagogical and information technologies.

The goals and objectives of working on this topic are to ensure that students have in-depth and up-to-date knowledge on the module "Physical, Technical and Tactical Training of Female Footballers", to study effective methods of modern new pedagogical and information technologies, and to achieve this goal, we have set the following tasks: - study and analyze scientific and methodological, information and Internet sources. - to highlight modern teaching and advanced foreign practices, as well as methods of applying information technologies to the educational process.

The practical significance of the work is to form the theoretical and practical knowledge and skills of students in the training sessions on the module "Ways of using modern technologies for the technical training of skilled female football players", to strengthen their interest in training, and to increase the level of assimilation of the module materials through modern information technologies [3,10]. The implementation of tasks is the direct duty of every educational institution. The successful application of pedagogical technologies in the educational process requires each subject teacher to have special knowledge and skills, as well as methodological training necessary in pedagogical practice. It should be emphasized that the term pedagogical technology itself has been defined by each scholar who has conducted research in this area from his or her own perspective. For example: "Pedagogical technology is a set of psychological and pedagogical principles, a special set of forms, methods, techniques, teaching methods, and educational tools. At the same time, it also represents the organizational and methodological factor of the pedagogical process" (V. Likhachev).

Pedagogical technology is a substantive technique for implementing the educational process, Pedagogical technology is a description of the process of achieving planned learning results. "Pedagogical technology is a comprehensive model of the pedagogical activity of students and teachers in designing, organizing and conducting the educational process by creating the necessary conditions for them. "Pedagogical technology is a pedagogical "It represents the systematic set and order of implementation of personal capabilities, equipment and methodological means used to achieve goals" (M.V. Klarin).

"Pedagogical technology is a content generalization that encompasses the content of all definitions of various authors (sources)." (G.K. Selevko). Thus, it can be seen from these definitions that at present there is no complete and single definition of this concept. not done. "Pedagogical technology is a set of systematic methods that allow to identify the interaction of human resources and technical resources in the process of teaching and

learning in order to optimize teaching methods. The main tools for improving the technical skills of qualified female football players are the following.

1. To achieve the performance of specialized movements - techniques based on the technique of the football sport in a highly stable and clearly defined state of change.
2. To gradually transform the learned techniques into the basis of technique in the effective implementation of competitive activity in accordance with the goal.
3. To improve the structure of the impact, dynamics, kinematics and rhythm of movement, taking into account the individual characteristics of female football players.
4. To improve the technical perfection and efficiency of female football players in extreme competition conditions.
5. To improve the technical skills of female football players in accordance with the requirements of sports practice and scientific and technical indicators.

RESULTS

Scientific studies and observations show that if physical exercises are specific to a particular type of sport and are repeated over and over again, this can lead to one-sided growth and development in children. For example, regular rock climbing or weightlifting can stunt a child's growth in the torso and neck. Even when there is a complex technical base of sports, in particular, sports games, gymnastics, individual wrestling, these do not have a positive effect on the child's body and their harmonious growth. The child's body can develop in all directions with the help of several types or sets of physical exercises. [4,10]

In the process of forming a person's physical culture, participants not only master movements and the knowledge associated with them, but also develop their physical abilities.

Currently, the terms "Physical abilities" and "Physical qualities" are used to describe a person's movement capabilities. These concepts are similar in some ways, but they are not the same. Unfortunately, in the literature one can find some conflicting views on the definition and relationship of these concepts. For example, G.G. Natalov understands physical abilities as forms of manifestation of the functional systems participating in the motor activity of the organism and determining its effect, while A.P. Matveev considers the possibilities inherent in a person, which are realized in motor activity and are mainly formed by physical qualities; Thirdly, abilities are understood as innate signs of development based on the psychophysiological and morphological characteristics of the organism.

DISCUSSION

Technical training is aimed at teaching female football players the technique of movements and bringing them to perfection. Sports technique is a way of performing a sports

movement, which is characterized by a certain degree of efficiency in the use of their psycho-physical capabilities by female players.

The importance of sports technique is not the same in all sports. Four groups of sports that have their own sports technique are distinguished:

1. Speed-strength sports (sprinting, throwing, jumping, weightlifting, etc.). The technique in these sports is designed in such a way that the sprinter must develop the most powerful and rapid forces during the leading stages of the competition, for example, during the sprint, long and high jump, and when performing the final movements in throwing the javelin, discus, etc.
2. Sports that require the demonstration of endurance (long-distance running, cross-country skiing, cycling, etc.).
3. Sports that are mainly based on the art of movement (gymnastics, acrobatics, diving, etc.). The technique should ensure the beauty, expressiveness and clarity of the athlete's movements.
4. Sports games and martial arts. Technique must provide the athlete with high efficiency, stability and versatility of movements in the ever-changing conditions of competitive wrestling.

The technical training of a female football player is distinguished by the fact that she can perform the movements she has mastered and mastered their technique. A sufficiently high level of technical training is called technical mastery. These indicators of technical skill are especially important in sports with a very large reserve of technical movements - sports games, martial arts, gymnastics, figure skating. The effectiveness of mastering a sports technique is determined by the degree of proximity of the sports movement technique to the individual optimal variant. The effectiveness of the technique is assessed by several methods: a) comparing it with some biomechanical standard. [5,5]

CONCLUSION

We have formed the theoretical foundations of the topic of ways to use modern technologies for the technical training of qualified female football players by thoroughly studying the information on the priority areas of training, types of training that develop, types of sports and the development of educational, pedagogical and scientific worldview, the results of analysis, the results of scientific research and conclusions of representatives of this field. The objectives for each lesson must be clearly defined; each lesson must be conducted on the basis of modern pedagogical technologies; control tasks of four different levels of complexity must be formulated for each lesson; the lesson must be organized in such a way that it builds on the knowledge of students;

In conclusion, the use of modern forms and methods of teaching in lessons plays a major role in the conscious, quick, and deep thinking of students. Also, if teachers master pedagogical technologies and effectively apply them in their activities, we will have the

opportunity to ensure the quality and efficiency of education, and to train competitive personnel.

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