AGE-RELATED CHARACTERISTICS OF PHYSICAL DEVELOPMENT AND PHYSICAL FITNESS OF YOUNG FOOTBALL PLAYERS

Mominov Feruzjan Ilkhomovich
Bukhara state pedagogy Institute , Physical culture faculty ,
Physical education and sports department teacher

Anatasia : Young players physical readiness high efficiency increase and training processes optimization and to age about training process organize reach right .

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One of the main requirements for the high efficiency of the training system of athletes is to strictly consider their age-related and individual anatomical and physiological characteristics. This allows to correctly solve the issues of selection and orientation in sports, selection of training tools and methods, standardization of training and competition loads, prediction of possible achievements.

Each age-related stage has its own characteristics of the structure of individual functions, which change during sports activities.

The growth and development of the organism will not be uniform. Each age-related stage is a unique stage with its own characteristics, characteristics, morphological and functional changes.

, the periods of junior school age (7-10 years old), middle school age or adolescence in school (11-15 years old) and senior school age or youth (16-18 years old) are distinguished.

A quiet development of functional systems is characteristic for the stage of small school age, in which the growth rate of the body length is slightly higher

than the body mass. At this time, the bones are soft and bend easily, the flexibility of the spine is high, the curvature of the neck and chest is formed. The connecting device will have high elasticity.

Muscles develop unevenly - first the large muscles of the body, the muscles of the legs and the shoulder girdle, then the small muscles , in which the muscles of the arms grow faster than those of the legs.

The development of all organs and systems of children continues from 11 to 15 years. Puberty also occurs during this period. Due to this, a vigorous reconstruction of the work of all organs and systems takes place. The growth of body length and mass increases significantly. As muscle mass increases, so does strength, with maximal strength gains occurring one year after body mass gain.

The process of skeletal formation takes place, the curvature of the spine changes to a permanent state, and the musculoskeletal system approaches that of adults.

Rapid growth of bone tissue occurs during youth. By the age of 17-18, not only the height growth, but also the ossification of long bones is completed. At the age of 15-16, the upper and lower bones (joints) of the spine begin to ossify and fuse with the ribs. The spine is much stronger, and the chest continues to develop strongly, in these young people, they are less prone to deformation and are resistant to high loads. By the age of 17-18, the process of fusion of pelvic bones is completed, but their complete ossification occurs at the age of 20-25. The ossification process lasts a long time, it occurs at all stages of the body's development and is completed by the age of 20-25. Skeletal muscles continue to grow and improve functionally from age 15 to 18. Bones make up 43-44% of body mass during this period. By the age of 14-16, skeletal muscles and ligaments reach a high level of development. At the same time, the cross-section of muscle fibers, the weight of individual muscles increases, the connective tissue structures are strongly developed.

The body length of children at the above-mentioned ages was greater in

football-playing children, where the greatest difference was observed between 10 and 14 years of age. The increase in body length of children who play football is uneven compared to that of children who do not play football:

- at the age of 10-11, the smallest (much lower than that of children who do not play football) growth is observed, which is probably due to the adaptation of the organism to loads at this age and earlier;

- At the age of 11-12 years, the rapid growth of body length begins, and the growth rates of children who play football and those who do not play match each other;

- At the age of 13-14, children who play football have a higher growth rate than children who do not play football.

Thus, two jumps are observed in the growth of body length in young football players - at the age of 11-12 years and at the age of 13-14 years, during which the growth rate of children who do not play football is the same.

The growth of the legs of children who play football occurs in the same way as the growth of the body length: at the age of 10-11 it grows slowly, at the age of 11-12 the growth rate occurs by leaps and bounds, and at the age of 13-14 The growth of the legs is more pronounced with age.

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