

**DYNAMICS OF INDICATORS OF SPECIAL PHYSICAL TRAINING OF
FOOTBALL PLAYERS AGED 13-15 IN VARIOUS AMPULAS.
" IN THE EXAMPLE OF THE GOALKEEPERS "**

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Annotation: *More and more attention is paid to the presence of general physical qualities during the period when the goalkeeper's organism's working capacity is at its maximum level or manifests different modes of muscle activity. At the same time, it is necessary to pay attention to the development of a number of other qualities in the player.*

Keywords: *football, athletes, endurance, speed, agility, training exercises, general and special training, ampoule, functional goalkeeper.*

Relevance of the research: The fact that special attention is paid to the development of football in our republic and the growing weight of achievements of our football players in world arenas creates the basis for the development and popularization of youth football and the further development of football as a sport.

Purpose of the study: Dynamics of indicators of special physical training of 13-15-year-old goalkeepers.

Research objectives: identification and analysis of the special physical training of 13-15-year-old goalkeepers according to scientific and methodological literature.

Determination of the physical development of football players in the experimental and control groups of 13-15-year-old goalkeepers.

Goalkeepers of the 13-15 age category of the sports schools in which the research process was conducted, in the process of pedagogical testing, reflected the results shown below. The results of testing the technique of directing the ball at a long and accurate distance showed that 11 young goalkeepers of the control group averaged 27.25 ± 5.43 seconds, and 11 goalkeepers of the experimental group - 25.97 ± 5.48 seconds. When comparing the reliability of statistical differences in the technique of accurate long-distance passing, practically all 22 subjects reported $p > 0.05$ (Table 3.24).

The results of the experiment conducted to determine the dynamics of the development of aerial ball control (jangler) technique in young goalkeepers were as follows. The control group scored an average of 29.95 ± 7.95 times, while the experimental group scored

28.70±7.96 times. When comparing the technique of catching the ball in the air, it was found that the goalkeepers of both teams reached $t=1.04$. 3.24-jadval

Indicators of special physical training of 13-15-year-old goalkeeper-football players of Surkhandarya ($X \pm t$)

	Indicators	NG (n-11) $\bar{X} \pm \sigma$	%	TG (n-11) $\bar{X} \pm \sigma$	%	t	p
.	Accurate long-distance pass	27,25 ±5,43	9,9	25,97 ±5,48	1,1	,28	> 0,05
.	Air Ball Control (Jangler) (times)	29,95 ±7,95	7,4	28,70 ±7,96	7,7	,04	> 0,05
.	Dribbling the ball between posts and hitting the goal.	8,12± 2,01	4,7	8,76± 2,08	3,7	,05	> 0,05
.	Ball dribbling for 30 m	7,78± 1,89	4,2	8,38± 2,01	3,9	,01	> 0,05

The next research process was carried out in the goalkeepers of this age group on the technique of dribbling the ball between posts and striking the goal to determine special speed qualities. 11 goalkeepers of the control group spent an average of 8.12±2.01 seconds. In the members of the experimental group, this process averaged 8.76±2.08 seconds. When comparing the reliability of statistical differences in the technique of dribbling the ball between the posts and striking the goal, we witnessed that almost all subjects showed $p>0.05$.

To determine the dynamics of the development of special speed qualities of goalkeepers aged 13-15, we aimed to adopt with them the exercise of dribbling the ball for a distance of 30 m. The control group's goalkeepers initiated the research process. They spent an average of 7.78±1.89 seconds on this type of exercise. The next process occurred in the subjects of the experimental group. It turned out that they achieved an average result of 8.38±2.01 for the specified exercise. When comparing the development of ball dribbling technique over a distance of 30 m with all 22 goalkeepers, it was noted that $t=1.01$ (see Table 3.24).

CONCLUSION

In the field of football in Uzbekistan, especially in young football players, increasing attention is paid to the presence of special endurance qualities during the period when the activity and work capacity of the body is at a high potential or manifests different modes of muscle strength activity. In addition, it is necessary to pay attention to the development of other qualities that are important for the sports activity of football players. When selecting exercise elements in training sessions, it is necessary to pay special attention to the physical qualities of these goalkeepers (speed-strength, speed, agility, endurance, flexibility).

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