

**MECHANISMS FOR IMPROVING THE PHYSICAL FITNESS OF STUDENT
FOOTBALL PLAYERS.**

Navro'zov Umar Tursunqulovich

Teacher of the Department of Sports Activities

Bukhara State University

Annotation: This article presents a methodology for using active games and specialized exercises to improve the physical fitness and health levels of student football players. Considering the age-specific characteristics and health status of children at this stage, methods have been developed to provide appropriate physical loads while preventing fatigue and supporting recovery. The development of physical qualities in football players is directly linked to specialized physical exercises and active games. The article addresses a range of issues related to the comprehensive development, physical growth, and improvement of health levels of players through the use of these specialized exercises. Additionally, scientifically based strategies for developing the balance between aerobic and anaerobic activity, as well as strength and speed indicators in football players, are presented.

Keywords: Physical education, health, specialized exercises, upbringing, motor preparation, physical qualities, training, student football players, club training exercises, active games, personality, hardening, mechanism, physical fitness.

Today, in our Republic, the attention given to physical education and sports and the conditions being created are becoming a matter of state policy. In football, as in all other sports, emphasis is placed on monitoring the individual abilities of young players, controlling their physical development and fitness indicators, establishing a continuous monitoring and analysis system based on these indicators, and implementing reliable diagnostic tests to identify football-specific skills.

Moreover, in the process of targeted development of the individual abilities of talented young football players, it is important to select effective tools, plan training processes, and expand modern management capabilities. This allows for the development of project-based models of advanced training methodologies, a task considered highly significant by scientific and pedagogical specialists.

It should be particularly emphasized that in order to further develop youth and professional football in Uzbekistan, establish football clubs in higher education institutions, strengthen their material base, train a new generation of athletes, and enhance the international reputation of national football, the President of the Republic of Uzbekistan issued Decree No. PF-5887 on December 4, 2019, *“On Measures to Bring Football Development in Uzbekistan to an Absolutely New Level.”* This decree outlines key tasks, including creating the necessary conditions for preparing and improving young football players capable of joining youth national teams and completing the rosters of Super League clubs.

In addition, a number of laws and regulatory legal documents in this field, including the Decree of the President of the Republic of Uzbekistan No. PF-5924 dated January 24, 2020, *“On Measures to Further Improve and Popularize Physical Education and Sports in the Republic of Uzbekistan”*, the Resolution of the Cabinet of Ministers No. 118 dated February 13, 2019, *“On Approving the Concept for the Development of Physical Education and Mass Sports in the Republic of Uzbekistan for 2019–2023”*, the Decree of the President of the Republic of Uzbekistan No. PQ-115 dated April 7, 2023, *“On Additional Measures for Comprehensive*

Development of Mass and Professional Football”, as well as other relevant regulatory legal acts, all serve to promote the development of football both in the country and in higher education institutions.

Types of training in football hold particular importance. In particular, special physical preparation is a process that contributes to success in a specific activity and reflects the specialized demands of a person’s motor abilities.

In football, physical preparation is the combination of physiological capacities necessary for a player to repeatedly perform high-intensity movements during the game, maintain stable technical and tactical performance, and protect themselves from injuries.

A detailed understanding of the principles of organizing and managing training processes allows for the renewal and modernization of training methods and forms, the use of modern approaches to optimal design, systematic implementation and control, achieving high quality, and improving the structure and content of training sessions.

The main tasks of the general training stage are to increase the level of physical fitness of athletes, to develop the physical qualities that lie at the heart of high sports achievements in a particular sport, to study new, complex competition programs. During the general training phase, the main focus is on increasing the functional capabilities of young players, on comprehensive general physical training. Technical and tactical training is aimed at restoring movement skills and tactical skills, improving them and mastering new ones. From the very beginning, a large volume is allocated to exercises that develop endurance, strength, agility, flexibility and, to a lesser extent, to exercises that develop agility and exercises of a fast-strength nature. At the beginning, it is not recommended to hold friendly matches, since the organism of young players will not yet be ready for large tensions in the competitions. It is recommended to hold friendly meetings at the end of the stage. From the very beginning, a large volume is allocated to exercises that develop endurance, strength, agility, flexibility and, to a lesser extent, to exercises that develop agility and exercises of a fast-strength nature. At the beginning, it is not recommended to hold friendly matches, since the organism of young players will not yet be ready for large tensions in the competitions. It is recommended to hold friendly meetings at the end of the stage. To develop general endurance (aerobic capacity), it is effective to conduct training daily at the beginning of the stage. To do this, at the end of the second training session (of any orientation), cross – country running is recommended for 10-15 minutes (yqch-150 shots/min).

Using such exercises harmoniously increases the aerobic productivity of the body. In addition, aerobic loading increases the oxidation of lactic acid accumulated in the blood under the influence of the previous load at the end of training. Starting in the middle of the stage, it is possible to conduct one training session to develop general endurance, and it is enough to provide support. Using such exercises harmoniously increases the aerobic productivity of the body. In addition, aerobic loading increases the oxidation of lactic acid accumulated in the blood under the influence of the previous load at the end of training. Starting in the middle of the stage, it is possible to conduct one training session to develop general endurance, and it is enough to provide support. For this, a continuous run of 140-160 beats/min of YQCh mode in different conditions, varying degrees of intensity is used. This is basically a continuous type of work.

At this time, in addition to special physical training, attention is paid to quick-strength training. Game techniques and tactical exercises are performed in full size, exercises that develop speed and all its components, special endurance development exercises are more widely used.

Aerobic-anaerobic guided loadings are planned. Yqch at 150-175 rounds/min limit. is time, in addition to special physical training, attention is paid to quick-strength training. Game techniques and tactical exercises are performed in full size, exercises that develop speed and all its components, special endurance development exercises are more widely used.

Aerobic-anaerobic guided loadings are planned. Yqch at 150-175 rounds/min limit. Non-specific and specific exercises are used for this. The coordination complexity of the exercises gradually increases.

At the stage of special preparation, direct preparation for competitions is carried out. Special physical training and, in particular, fast-strength training, work on special endurance occupy a leading place in training. Particular attention is paid to the adaptation of movement skills to complex gaming conditions. At this stage, it is necessary to pay close attention to the preparation for rebuilding the movement apparatus to soil conditions and simultaneously increasing the intensity of training loads. The volume of work is slightly reduced, but the intensity increases. Training methods also change: from steady and variable to repetitive and interval. The technical elements and variations of the game are widely re

The leading factor reflecting the physical fitness level of football players is the aerobic component of endurance. The second most important factor is the anaerobic glycolytic component of endurance, and the third is the stability of technique under disruptive influences.

Aerobic endurance accounts for 70–80% of a football match, as most of the activity relies on aerobic metabolism. High aerobic endurance determines the athlete's overall work capacity and the speed of recovery during the game. VO_2max , the anaerobic threshold, and the functional indicators of the cardiovascular system are the main determinants of this quality. It serves as the primary energy source for prolonged activity and depends on mitochondrial density, capillary networks, and the efficiency of oxidative enzymes.

Anaerobic power and endurance come into play during fast counterattacks, pressing, and short-distance sprints, where the athlete actively utilizes the anaerobic glycolytic system. Despite high lactate production, the rapid anaerobic recovery cycle during the game enhances the footballer's efficiency. During high-intensity efforts lasting 10–30 seconds, lactate accumulates quickly, but high recovery capacity during the game allows repeated use of this system.

To train quick endurance, a run with pauses of 15 to 30 seconds is used to relax the 15-30 meter pieces. The total number of running pieces in one session can reach 30-40. Usually, they are performed with forward throws of the body from 6-8 series to 5.0 train quick endurance, a run with pauses of 15 to 30 seconds is used to relax the 15-30 meter pieces. The total number of running pieces in one session can reach 30-40. Usually, they are performed with forward throws of the body from 6-8 series to 5. The rest interval between each series is up to 45 seconds. As a means of training strength skills, we used exercises recommended with high resistance, exercises with external resistance and exercises weighted with personal body weight. They are different objects (balls filled inside, dumbbells, gymnastic seat v.Ass a means of training strength skills, we used exercises recommended with high resistance, exercises with external resistance and exercises weighted with personal body weight. They are different objects (balls filled inside, dumbbells, gymnastic seat v.b.) with a partner, on special simulators, with resistance from the external environment - running exercises on sand, on rocky terrain. A player's agility is the ability to perform movement actions with and without a ball, at the maximum short span of time. The speed of movement on the field, the speed of thinking and the speed of working with the ball determine the speed of the athlete at the moment of play. player's agility is the ability to perform movement actions with and without a ball, at the maximum short span of time. The speed of movement on the field, the speed of thinking and the speed of working with the ball determine the speed of the athlete at the moment of play. The speed at which a player moves depends on how quickly he starts, accelerates after the start, gets to absolute speed, throws the torso forward- the ability to perform braking movements, move from one action to another. The main method for improving maximum speed in football is the repetition.

Mechanisms for Improving Health

1. **Active games:** Develop coordination and physical qualities, foster social skills, and help children understand their environment through play.
2. **Special physical exercises:** Strengthen muscles, increase physical activity, and contribute to functional health.
3. **Gradual increase of physical load:** Intensity, duration, and frequency are selected according to the child's age, sex, and health level.
4. **Hardening and recovery methods:** Rest, physical activity in natural environments, and hardening exercises help strengthen the immune system.

In modern sports, the physical condition of football players is monitored using the following technologies:

- Assessment of running loads using GPS and accelerometers
- Determination of the autonomic nervous system status through HRV (Heart Rate Variability)
- Setting load intensity based on lactate levels
- Measuring subjective fatigue using the RPE scale

In conclusion, organizing football clubs at higher education institutions and managing the physical training process of football players can be made more effective by ensuring the structural unity of the annual training process. By creating specific training sessions, microcycles, training modules, and mesocycles, and by developing training methodologies that take into account the athlete's functional capacities, the effectiveness of training is further enhanced when exercises specific to football and active games are included as the main content of the sessions.

References:

1. O'zbekiston Respublikasi Prezidentining 2023-yil 11-sentabrdagi PF-158-sonli "O'zbekiston-2030 strategiyasi to'g'risida"gi Farmoni
2. Sadullayevich, N. S., Askarovich, R. A., Rustamovich, H. U., & Ilkhomovich, M. M. F. (2024). Innovative Techniques For Developing Physical Qualities Of Preschoolers Through Selected Special Exercises. *Frontiers in Health Informatics*, 13(6).
3. Turayev, A. A. Uzoq Masofaga Yugurish Texnikasini O 'Rgatish Metodikasi. *Journal of Innovation in Educational and Social Research*.
4. Rustamov, A. (2025). AGE-RELATED CHARACTERISTICS OF CHANGES IN PHYSICAL ACTIVITY (5-6 YEARS). *Теоретические аспекты становления педагогических наук*, 4(5), 25-30.
5. Рахмонов, Р., & Истамов, Ж. Р. (2025). METHODS OF DEVELOPING STUDENTS'SPEED SKILLS IN VOLLEYBALL CLUBS OF COMPREHENSIVE SCHOOLS. *Международный мультидисциплинарный журнал исследований и разработок*, 1(3), 155-159.
6. Askarovich, R. A. (2025). STIMULATION OF PHYSICAL ACTIVITY OF PRESCHOOL CHILDREN. *Journal of Modern Educational Achievements*, 4, 40-45.
7. Gafurova, M. Y. U. (2022). Methods of training special physical qualities in volleyball game.
8. Askarovich, R. A. (2025). METHODOLOGY FOR IMPROVING THE PHYSICAL FITNESS OF PRESCHOOL CHILDREN. *Journal of Modern Educational Achievements*, 4, 34-39.

9. Rustamov, A. A., & Ikromboyev, A. (2024). Methodology for Teaching Preschool Children to the Main Types of Movement in the Medium of Action Games. *International Journal of Formal Education*, 3(1), 103-107.
10. Тураев, А. А., & Икромов, А. А. (2024). Физической культуры как сфера педагогической деятельности начальных классов тренировка к линейному упражнению. *Science and Education*, 5(3), 393-399.
11. Askarovich, R. A., & Asadbek, I. (2024). Mechanisms for the development of preschool children through the means of physical education. *Proximus Journal of Sports Science and Physical Education*, 1(4), 51-55.
12. Anvarovich, T. A. (2025). SAF MASHQLARINI O 'RGATISHDA PEDAGOGIK TEXNOLOGIYALARNI QO 'LLASH USLUBLARI. ИКРО журнал, 14(01), 185-189.
13. Askarovich, R. A. (2022). The Role of Three-Level Sports Competitions in the Education of Human Moral Qualities. *Web of Scholars: Multidimensional Research Journal*, 1(6), 106-111.
14. Sattorov, A. E., & Rustamov, A. (2022). Ways to improve the health of students through the organization of three-stage sports competitions in uzbekistan.
15. Нуруллаев, А. Р., Гафурова, М. Ю., & Мансуров, Ш. Ш. (2019). Деление спортивных занятий на периоды. *Педагогическое образование и наука*, (6), 153-155
16. Anvarovich, T. A. (2025). YUGURISHDA QO'LLANILADIGAN PASTKI START HAMDA UNING TEXNIKASI. PEDAGOGIK ISLOHOTLAR VA ULARNING YECHIMLARI, 15(02), 11-13.
17. Rasulovich, R. R., & O'ctam, I. J. (2024). JUMPING AND JUMPING IN VOLLEYBALL CIRCLES DEVELOP ENDURANCE USING ACTION GAMES. *International Journal of Pedagogics*, 4(01), 106-111.