

### Teaching Football to Schoolchildren through Action Games

**Ibragimov Alisher Karomatovich**

Bukhara State Pedagogical Institute, head of the department of physical education and sports,  
Associate Professor

**Saidmurodova Gavhar Navruzovna**

Bukhara State Pedagogical Institute, Faculty of Physical Culture, Master of the 2nd stage

#### Article Information

**Received:** February 05, 2023

**Accepted:** March 04, 2023

**Published:** April 17, 2023

**Keywords:** *children's games, action games, sport, football, teach.*

#### ABSTRACT

*A game is a historically formed social event, an independent type of activity, unique to a person. Play activities are very diverse: children's games with toys, board games, circle games, movement games, sports games. The game can be a means of self-knowledge, entertainment, recreation, a means of physical and general social education, a means of sports.*

As an element of game culture, it develops society with all its culture and various needs of people: it occupies a great place in entertainment, recreation, development of spiritual, mental and physical strength.

Game activity is considered not only an element of culture, but also a useful tool for educating children and adolescents. It is always goal-oriented and characterized by a variety of purposeful guidance and purposeful action. Play activities have more in common with work, especially during childhood. However, a person cannot create material wealth to satisfy vital needs during the game.

A distinctive feature of action games is the vivid expression of the content of the game and the role of movement (running, jumping, throwing, shooting, passing and catching the ball, resisting, etc.). This moving movement gives it its content (theme, idea). He is directed to overcome various difficulties and obstacles on the way to achieve the goal set in the game.

Making physical education and sports a daily necessity of students. Football sports are an important factor in the physical development of students and strengthening their health. To arouse interest in this sport. Examples of action games are presented in a calendar plan

#### "GOALKEEPERS CONTROVERSY" GAME

Two goalkeepers compete. One of the goalkeepers stands with the ball at the 11 m mark, when the signal is given, he jumps forward three times and quickly turns 180 and takes the position of the goalkeeper. His partner hits the goal at this time. Goalkeeper's task is to catch or knock back

the ball. Then the players change their places. Each will shoot the ball 10 times. The goalkeeper with the fewest passes wins the game.

#### GAME "BALL WITH FEET".

A soccer ball is placed on the ground. The willing participant stands 5-7 m away from the ball. It is recommended to blindfold him, turn around, and then try to get him to go near the ball and kick it with his foot.

The participant who kicks the ball with his foot is the winner.

#### GAME "JUMP UP AND THROW".

Participants stand in a line at a distance of 3 steps from each other. There is a ball between their legs, and they bounce it with both legs while jumping. The player who sends the ball to the longest distance is the winner.

Variation. They can also pass over a low, tight string or rope that is 2-3 m away from the players.

#### "SHOOT FROM BEHIND AND HANG UP" GAME

The player holds the ball behind his back. Leaning forward a little, he throws the ball forward over his head with both his arms. Then he has to straighten up and catch the ball falling from the air. Each participant is given 7-8 chances. The participant who makes the fewest mistakes wins the game.

Options. Complexities can also be added to the game. For example, after shooting the ball, clap a couple of times, or if not, make a full circle, or throw it on the wall, etc.

#### "FOOTBALL ATTRACTION" GAME

The player stands with the ball on the line 35 m from the goal. As soon as the cue is given, he tosses the ball up and juggles the ball on his head. After hitting the ball with his head 10 times, he moves to juggling by hitting the ball with his hip (on his leg) 10 more times. Then he starts juggling with the surface of his feet. At the end of the game, he kicks the ball into the goal. A player is awarded 3 penalty points for each ball that lands on the ground while juggling, 5 penalty points for a mistake or mistake while hitting the goal, and 1 penalty point for each over-hitting the ball while juggling. A penalty point is given. The group with less penalty points wins the game.

Another type of game. Taking into account the physical fitness of the participants, in each type of juggling, the ball is allowed to fall to the ground 2-3 times; the ball can be directed into the goal only when it lands and stops

#### GAME "From ANY POINT".

The game is played on a flat part of the 20x20 m field. A gate with a width of 80-120 cm is installed in its center (a flag can be used instead of a gate). 10-12 players participate in the game. They count in order and remember their numbers.

The first player kicks the ball towards the goal from any point. If the ball goes into the goal, the second player goes and kicks the ball from that spot. Player number two must also start the game from this place. If the third player misses the ball, he gets one penalty point. The fourth player is allowed to kick from any point of the court. A student who receives three penalty points is out of the game. The game continues until 2-3 players remain on the field, they are considered the winners.

#### GAME "GATE IN MOTION".

The game is played between two teams on a football field or a handball field. Each

group has 6-10 players. Two leaders are appointed in the group, they stand in the opponent's penalty area holding their hands (Fig. 89). This will be a moving gate. The game starts from the center of the field. Teams play according to football rules and try to deceive their opponents. Take the ball to the opponent's penalty area and kick it in such a way that the ball flies between two referees. If the referee sees the ball passing by the goal, without letting go of his hand, he moves along the penalty area and takes such a position that the ball falls into the "moving goal".

Field players are not allowed to kick the ball as far as possible in the penalty area.

## References

1. Karomatovich I. A., Akhtamovich H. S. Techniques of Young Greco-Roman Wrestlers to Improve their Combinational Attack Moves //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – T. 1. – №. 6. – С. 10-14.
2. Karomatovich I. A., Akhtamovich H. S. SPECIFIC CHARACTERISTICS OF THE ACTIVITY OF A SPORTS EDUCATOR (GREEK-ROMAN WRESTLING COACH) // "ONLINE-CONFERENCES" PLATFORM. – 2022. – С. 102-105.
3. Karomatovich I. A., Todzhiddinovich S. U. Methodology for Developing Speed and Strength Abilities for Novice Boxers Method of Development of Speed-Power Abilities at Beginning Boxers //Web of Scholars: Multidimensional Research Journal. – 2022. – T. 1. – №. 6. – С. 185-190.
4. Karomatovich I. A. Conducting Sports Holidays in Pre-School and Primary Educational Institutions //Web of Scholars: Multidimensional Research Journal. – 2022. – T. 1. – №. 6. – С. 153-157.
5. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES //Web of Scientist: International Scientific Research Journal. – 2022. – T. 3. – №. 02. – С. 1011-1016.
6. Abduyeva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
7. Abduyeva S. THE PSYCHOLOGICAL SIGNIFICANCE OF HIGHLY QUALIFIED 19-21-YEAR-OLD HANDBALL PLAYERS BETWEEN PERIODS IN THE TRAINING PROCES //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
8. Qizi A. S. S. Teach handball to 19-20 year Olds using action games. – 2022.
9. Abduyeva S. S. Q. The Development of Jumping Ability in Young Handball Players 12-13 Years Old //Athena: Physical Education and Sports Journal. – 2023. – Т. 1. – №. 1. – С. 1-5.
10. Abduyeva S. FAN, TA'LIM VA AMALIYOT INTEGRATSIYASI ISSN: 2181-1776: YOSH GANDBOLCHI MUTAXASSISLARNI TAYYORLASHNING PEDAGOGIK ASOSLARI //Buxoro davlat universitetining Pedagogika instituti jurnali. – 2022. – Т. 2. – №. 2.
11. Junayduloevich, A. M., & Istamovich, A. K. (2021). ANALYSIS OF MODERN TECHNOLOGIES FOR THE DEVELOPMENT OF PSYCHOPHYSICAL QUALITIES OF BOXERS IN THE PROCESS OF TRAINING. *Web of Scientist: International Scientific Research Journal*, 2(05), 1-14.
12. Junayduloevich, A. M. (2021). METHODOLOGY OF TEACHING ATHLETICS FOR CHILDREN OF DIFFERENT AGES. *Web of Scientist: International Scientific Research Journal*, 2(05), 49-59.
13. Junayduloyevich A. M., Haydarqulovich Q. H. THE DEVELOPMENT OF EFFECTIVE

- WAYS TO IMPROVE REPRODUCTIVE HEALTH OF MARRIED STUDENT GIRLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 249-258.
14. Junayduloevich, A. M., & Istamovich, A. K. (2021). BASIC LAWS AND DESCRIPTIONS OF WAYS TO DEVELOP TECHNICAL SKILLS IN BOXING. *Web of Scientist: International Scientific Research Journal*, 2(05), 15-26.
  15. Junayduloevich, A. M. Methodology of application games in the training of young athletes. *Academica: An International Multidisciplinary Research Journal*. ISSN, 2249-7137.
  16. Mo'minov F. YOSH FUTBOLCHILAR O'QUV MASHG'ULOTLARINI OPTIMALLASHTIRISH METODIKASI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 3. – №. 3.
  17. Mo'minov F. ЁШ ФУТБОЛЧИЛАРНИНГ ЖИСМОНИЙ РИВОЖЛАНИШИНИНГ ЎЗИГА ХОС ХУСУСИЯТЛАРИ, УЛАРНИНГ ЖИСМОНИЙ ТАЙЁРГАРЛИГИНИНГ КЎПРОҚ БАРҚАРОР КЎРСАТКИЧЛАРИНИ ТАНЛАБ ОЛИШ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
  18. Mo'minov F. FUTBOL SPORTIDA MASHG 'ULOT JARAYONLARINI BOSHQARISH ASOSLARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
  19. Khaydarov U. R. Features of the Training Process Aimed to Perfection Speed Qualities //Web of Scholars: Multidimensional Research Journal. – 2022. – Т. 1. – №. 6. – С. 207-211.
  20. Askarovich R. A. The Role of Three-Level Sports Competitions in the Education of Human Moral Qualities //Web of Scholars: Multidimensional Research Journal. - 2022. - Т. 1. - no. 6. - S. 106-111.
  21. Rasulovna S. N. THE MECHANISM OF IMPROVING THE PRIMARY TRAINING METHODS OF BASKETBALL SPORTS, TRAINING SKILLED BASKETBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1085-1091.
  22. Собирова М.Р. Собирова Н.Р. ПСИХОЛОГИЯ ЗДОРОВЬЯ: ПОНЯТИЯ И ТЕОРИЯ. Психология XXI столетия 173-175 Ярославль - Бухара – 2020
  23. Sabirova N. malakali sportchilarni tarbiyalashda psixologiyaning o'rni hamda ahamiyati: malakali sportchilarni tarbiyalashda psixologiyaning o'rni hamda ahamiyati //Buxoro davlat universitetining Pedagogika instituti jurnali. – 2021. – Т. 1. – №. 1.
  24. Khaidarov U. R. Technique of Movement of Sprinters' Legs Affecting the Increase in Sprint Speed //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – Т. 1. – №. 6. – С. 49-54.
  25. Asqarovich R. A. YOSH GANDBOLCHILARDA KUZATISH VA DIQQATNI RIVOJLANTIRISH //INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL. – 2022. – Т. 3. – №. 9. – С. 148-153.
  26. FS Fazliddinov Optimization of training workloads for primary group players- Science and Education, 2022
  27. F Fazliddinov THE IDEA OF A PERFECT PERSON LN THE WORKS OF ORIENTAL THINKERS-Buxoro davlat universitetining Pedagogika instituti ..., 2021
  28. Rasulovna S. N. Ways to Improve the Efficiency of Technical and Tactical Actions Performed by Skilled Players during the Competition //Web of Scholars: Multidimensional Research Journal. – 2022. – Т. 1. – №. 6. – С. 196-206.