



Before School Education In The Institution Football Lessons Organization Reach Methodology

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ABSTRACT

In the article current on the day in our homeland current become standing football develop issue on the surface measures performance provide in the purpose for preschoolers to teach the elements of football done more effective for increasing football in preschools to teach methodology about word carried out. For children football in teaching what for more attention to give and training organization to grow according to advice and instructions giving passed .

Keywords:

Football, child's interest, game elements, training, preparatory part, ball, dynamic games, introductory exercises, goalkeeper, team, opponent's side, referee, walking on the heel, passing the ball.

Sports exercises and their games to teach in the process actions conscious accordingly to master provide important importance has . Children by of actions meaning understanding skills formation process accelerates , next movement in the process effective actions independent accordingly choice and from them to the goal appropriate use ability increases . The child's to actions conscious and active attitude only known one in the situation what for certain actions application ,them known one in the direction done increase to the goal compatibility when he knew appearance will be But this for teacher by stereotypical in exercises actions explanation and demonstration to grow enough not - learned actions various kind engine in their actions use for conditions create need . Children various in situations from actions independent accordingly free use only if they learn , creative activity himself manifestation does . Children creativity to do encouragement need . Preschool aged the children football to play to teach three to the

stage division need : preparation , main and final .

Preparation in the phase main tasks : general physical preparation increase ; general endurance increase ; running technique improvement ; health improve and first in line heart and blood vein system and breath to take system activity . This step done increase preschool aged children's daily in life open games and walk to do for physical exercises , children independent movement activity during , directly physical upbringing and sports entertainment during done This is stage own on time one how many from the month half until the year or from it more continue to be able possible

The introductory part is warming up , its purpose is the child his body lesson main in part intensive to work preparation . Introduction content of walking every kind types (foot) on the toes , heels , feet external on the side , from heel to foot towards rolling , high knees with , bottom foot back side with coverage with , knee

under cotton with and etc.) to walk own inside to receive possible . (in the column one by one , pair by pair as restoration with , " snake " , diagonally with , other actions with together run , back looking around the signal himself convert and etc.) , as well as jump , jump , breath to take exercises and open games . Bigger preschool aged children for entrance part of duration 3-4 up to a minute .

So so , lesson entrance in the part exercises lesson main in the part actions to study leader is an exercise. main part of content every different . This general development exercises or open of games small from the collection begins . Lesson this in part stronger exercises not much intensive not been exercises with combined , this big aged preschool aged in the child physical and mental of the load acceptable level provides . Actions energetic , fast is selected , endurance demand does , also , body functional status increases . General development exercises 4-5 sessions of the complex during study and to perform possible , from this more than it's not . Before studied and mastered actions coordinated in a way done increase , child in the body new the load working to go out preparation to see opportunity gives , and teacher - actions main types in execution own their forces the most reasonable and effective Distribution . Practice this shows that , preschool aged to children football to play technician the basics when teaching , called training from exercises use to the goal is appropriate , that is . structure according to known one movement of the technique main to the elements similar actions . For example , the ball of the foot internal side with to hit while studying , exactly this of the movement imitation in character exercises to the leader rotation can ; ball diaper with to stop in learning - the ball diaper with forward and back convert , one in place stand and etc. Children in football right and left feet with exercise They do it. with together , children by of exercises conscious accordingly to be mastered provide and them creativity with not to limit necessary . And this aspect , when is the child and how under the circumstances taken skill and skills application possible when you know is achieved . For example , children in kindergarten football to play elementary technique mastered

preschool aged children this the game at school big aged children in the community , in the yard or any in place on vacation and etc. to play possible will be .

Home part of duration 20 minute . So so , lesson main part every kind and content exciting is , to the teacher given tasks done to increase opportunity gives. The lesson final in part child's his body relatively quiet and one flat to the situation to bring necessary . This the following help gives : breath to take exercises with together walking , relaxation and relaxation for exercises , quiet game and etc. Final part 4-5 minute continue will. Final stage is this football to play technical , elementary tactical skill increase stage , that is . straight away football of the meeting himself . Preschool aged children with football of the competition duration 25 minutes organization will , this including rest to take and rest to take for 5 minute break .

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