



## **DEVELOPING ATTENTION IN FOOTBALLERS**

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<b>Received:</b> 8 <sup>th</sup> April 2022 <b>Accepted:</b> 10 <sup>th</sup> May 2022 <b>Published:</b> 22 <sup>th</sup> June 2022	This student covers the issues of physical training of players during the game and the formation of tactical combinations, improving the quality of physical training, as well as 600 different actions during the game.

**Keywords:** Success of game actions in players, time of execution of actions or tactical combinations, player performs 600 different actions during the game, physical training, special physical training

### **INTRODUCTION.**

The success of the game moves in the players, G.M. According to Gagaeva, they are characterized by a high degree of development of the following qualities of attention: the scale, intensity, stability, distribution and movement of attention. During the game, the player must be able to perceive several players and their movements with the ball at the same time, which is due to the development of his attention span. The scope of attention is, first of all, the ability to see tactical actions, to solve tactical problems successfully. In order to develop this quality of attention, it is advisable to solve tactical problems that require a lot of attention during the training. The intensity of the attention allows the player's mind to quickly access the game's information. The higher the intensity of the player's attention, the faster the player perceives the information.

At the same time, he quickly perceives the situation of the game, assimilates it, and responds immediately to the ball or the movement of other players. A player with a high level of attention thinks quickly, correctly exposes the opponent's behavior, and responds accordingly.

136 The intensity of attention is important for all players: forwards, defenders and goalkeepers. It develops in exercises where the execution time of behavioral or tactical combinations is reduced. During the game, the player's attention is voluntary, he consciously concentrates on the game process, without being distracted by external influences. Developing the ability to concentrate helps the player to observe what is happening on the field of play during the game. Focusing on the ability to mobilize mental and physical functions and affect the effectiveness of play activities. The development of this quality instructs the athlete to concentrate during training, and if necessary, the will of the player is involved. Modern football is characterized by the high speed of the ball in space, during which the player must simultaneously analyze the situation, solve tactical problems and perform complex actions. The player simultaneously focuses on different moments of the game: measures the distance to and from the ball, observes the movement of players on his team and the opponent's team on the field of play, chooses the appropriate movement to kick the ball, and so on. Episodes like this can be very varied and, accordingly, have varying degrees of clarity, all of which provide a distraction.

Depending on the course of the game, the player will often have to move from one action to another, and the speed of the focus will be very important. According to observations, the player performs

600 different actions during the game. All of the qualities listed above vary dramatically depending on the athlete's training condition. By creating special conditions in the training process, in addition to general physical training, special physical training can include the development of attention qualities by introducing various movement games that demonstrate certain features of attention (13,14).

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