



Methods of Organizing and Conducting Sports Activities with Children of Preschool and Primary School Age

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Abstract: This article tells about the methods of organizing and conducting sports activities with children of preschool and primary school age.

Keywords: coach, action, skill, technique, tactical method, football, tennis, volleyball balls.

Education and training as a specially organized process is organized in accordance with didactic principles, that is, principles that reflect the general laws of the educational process. The main principles of education and training include the principle of educational education, the principle of awareness and activity, the principle of instruction, includes the principle of systematicity, the principle of thoroughness. All these principles are interrelated. The principle of nurturing education is the leading principle.

In the process of education and training, the coach not only informs the players of the necessary special knowledge, develops the necessary skills and qualifications, but also helps them in the formation of consciousness and positive character qualities. The coach solves specific educational tasks in each session, following the general goals of education. In this case, starting the training clearly and on time, the personal example of the coach, his love for his work, high culture, behavior, demandingness, and pedagogical delicacy are of great importance.

The educative character of education and training is the responsibility of the coach to strengthen the students' confidence in their own strength, and then. It is important to be able to encourage him to grow in the field of sports. Thinking about sports loads under the supervision of a teacher and a doctor, gradually increasing them with consideration, guarantees that the player's skills will increase without deviation. The principle of awareness and activity of education means the most favorable ratio of pedagogical leadership with the conscious, creative activity of the student. High sports results cannot be achieved without a conscious attitude to training. It is necessary for the participants to understand the purpose and mission of the exercises they are performing. Independent learning of technical and tactical methods, independent training under the supervision of a coach are important means of raising awareness. This includes the analysis of the player's mistakes and shortcomings it is necessary to show how to do it. Activity is especially important in competitions. A football player must act independently during the game, be able to quickly make a decision in constantly changing situations, fully answer for his actions and actions. Because the coach cannot help during the game.

If a player does not know how to think carefully, if he does not have the ability to make a decision in certain situations without violating the rules of the competition, the general tactical plan, he will not be able to play well. The principle of instruction is of great importance in the correct formation of movement skills, in improving the skills, and in increasing interest in training. Only a properly selected instructional tool can more clearly reflect the situation that the trainer wants to draw attention to. Instructability in education and training is achieved in different ways. The coach can

show the method himself or entrust this work to an experienced player. It is possible to watch a team game of a higher class together with the players, to use photos, pictures, diagrams, drawings, cinemagraphs, movies, video recordings, etc. in training sessions. At all stages of education and training: regardless of the player's skill level, the principle of instruction is implemented in learning new methods, explaining in detail, refining and improving the game. The principle of systematicity envisages strict consistency and certain systematicity in learning the material in the training itself.

There are different methods of education and training of football players, they are important in the development of physical qualities of football players, acquisition and improvement of movement skills, voluntary and moral education. When organizing education and training, it is necessary to use different methods, taking into account the characteristics of the studied material and the available opportunities. All styles are used in training sessions. Sometimes, depending on the task and specific conditions, one or another style can be given more place. The method used in the process of education and training there are the following groups:

1. Instructional methods: showing exercises in a scheme, model, cinematography, watching educational and official competitions.
2. Ways of explaining with words: telling, explaining, giving instructions, pointing out a flaw, persuading, conversation, lecture, document.
3. Practical methods: training method and its variants (learning the method as a whole or in parts for the first time), method of repeating many times, methods of repetition with intervals, game and competition methods. (Except for the main styles mentioned above)

There are other methods for solving different training tasks. In the educational process, showing, explaining and explaining the training is very important. Demonstrating helps to create a clear picture of the exercise. There are also a number of requirements for the presentation method. The method being demonstrated should look good to all involved. Accordingly, the coach chooses a comfortable place for himself and for the group or team. It is necessary to show the method clearly and clearly, not hastily, focusing the attention of teachers on the important elements of the exercise. For example, when showing how to run and kick the ball, it is necessary to clearly show the position of the supporting leg in relation to the ball, and to express the characteristics of the movement of the ankle, heel and knee joints of the kicking leg.

No matter how clear the presentation is, the complexity of the method does not always allow the practitioner to grasp the main thing immediately. That is why it is necessary to explain and explain before showing or during showing. Showing and explaining complement each other. Which one should be paid more attention depends on the nature of the method. For example, carrying the ball with the inside of the foot after training, it is enough to show it while teaching to carry the ball with the outside of the foot. When training with well-prepared players, new technical methods and tactical movements are taught based on familiar materials, it is enough to explain. Display materials also come in handy.

In the course of training, an explanatory method is used to correct mistakes and create a correct idea about this or that method. At the end of the training, with the help of explanations, the most important techniques are reinforced in the memory of the participants.

A general idea of the studied material is formed with the help of instructive and verbal explanation methods, but in order to fully master the game techniques and tactics, it is necessary to use a practical method. The practical method of each education or training has a specific component consists of part or method. The sum of all means the integrity of style. For example, a method of repeatedly repeating a movement or movement activity includes the following method:

- a) showing one or another action of the coach (for example, stopping the ball, etc.);
- b) the player tries to perform the indicated movement and corrects the mistakes along the way according to the instructions of the training;
- c) the player can repeat the learned movement automatically until the skill is formed;

d) complicating movement activities and introducing new elements into it (for example, tactical combinations and the like). In addition, other methods can be divided into structural elements or methods. When choosing teaching and training methods, the coach relies on rules that indicate a reasonable method for each situation. In accordance with the basic requirements for education and training methods, these methods must meet the following requirements:

- a) match the goals and objectives of the training to the individual and age characteristics of the player;
- b) to increase the activity of players in training, to ensure the conscious and thorough assimilation of knowledge, game skills and skills;
- c) to help the training and education to be carried out organically and consistently, to help players move from easy to difficult, from known to unknown, from simple to complex, from general to specific. certain movement skills are formed in those who master the game. Therefore, each method is taught according to the developing stages of movement skills.

The following consistency is observed during method training:

- a) introducing the method;
- b) to teach the method with some simplification;
- c) improvement of the method in conditions close to game conditions;
- d) to strengthen the method during the game.

Forms of organization of education and training

The lesson (training) is one of the main forms of organizing the education and training of football players. It includes various group and individual trainings. Trainings are conducted under the guidance of a coach using training methods. The fact that the game has a team character is its unique aspect, and that is why group exercises are given a big place.

Here are the requirements for training sessions with football players:

1. There should be a clear goal set by the trainer in accordance with the general goals of education and training.
2. Trainings should educate high morals, hard work, and discipline in players. Training should be organized in such a way that the players acquire movement skills consciously and thoroughly, and develop movement qualities to the required level.
3. Each exercise should be an integral part of the series of general exercises leading to the highest level of sportsmanship.
4. The content of the training should be responsive to improving the physical development of the players, expanding their knowledge, skills and qualifications.
5. To improve the skills of football players in training, in accordance with the purpose and content of the lesson, the level of training and age characteristics of the participants.

It is necessary to cover different styles of assistance.

According to the structure of the lesson, it will consist of the following three parts: preparation, main and final parts. Each part has a task that can be solved with special tools. The task and content of the training is explained in the preparatory part. The main part of the training consists of special exercises that help to successfully solve the tasks. The task of the preparatory part of the training is completely dependent on the task of the main part. For example, if the main part of the training is devoted to learning the technical method, then the exercises in the preparatory part of the training should not be so intensive. At such times, it is advisable to perform stretching exercises and relaxing exercises. These exercises eliminate some stiffness in the movement of the joints and make it possible to perform the technique freely. Game exercises can be used for this purpose. The exercises of this part should not be too exhausting and emotional, otherwise doing so may have a bad effect on

the trainee's subtle perception of the technical methods. The main part includes the main material of this exercise to help master the technique and tactics of the game, to improve the physical and moral willpower of the participant.

The final part is the orderly completion of the training. The organism of the person engaged in this is brought to a relatively calm state. In the final part, you can use slow running, walking, relaxation exercises. At the same time, the training is concluded, errors are shown, and the game is announced. During each exercise, it is necessary to follow the principle of gradually increasing and decreasing the load, alternating rest with the phase of the highest stress. Follow this principle

It involves choosing the right exercise and consistency in doing it. Similar trainings are divided into complex and thematic trainings according to the purpose and method of conducting.

When choosing tools for independent training, it should be taken into account that they can be used sparring - without a partner and often outside the place of special training.

For individual training, the methods of round, repeated, intermittent, combined training are the leaders, game and competition styles are rarely used.

Special equipment, exercise equipment, etc., are crucial for independent training. This includes:

- a) otboyka poles, trampolines, targets, hanging balls, poles for circling;
- b) gymnastic shells, barbells, dumbbells, inflatable balls, arhamchilars, expanders, hurdles;
- c) football, tennis, volleyball balls;
- d) dynamometers and polydynamometers for paws, steel, punching;
- e) tensometric platforms, electronic basketball walls, devices that automatically transfer the ball.

References

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