ORGANIZATION OF MINI FOOTBALL CLASSES FOR REQUIREMENTS

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Keywords: Mini-football, dribbling, structural, strategic

Annotation.Since we recognize the importance of physical activity in students' lives, mini-football lessons serve as an engaging and effective way to develop fitness, teamwork, and skills. Organizing mini-football lessons creates a dynamic opportunity to improve students' physical abilities, develop social connections, and instill sports skills.

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This article explores the benefits of mini-football and provides insight into how to organize lessons that meet students' specific needs.

Benefits of mini-football for students

Physical fitness:

Mini-football, with its rapid nature, makes a great contribution to cardiovascular health, agility, and general physical fitness. The sport includes a combination of running, sprinting, and coordination, which promotes a comprehensive training experience.

Teamwork and collaboration:

Football, by its nature, is a team sport, emphasizing the importance of cooperation and communication. Mini-football lessons provide students with the opportunity to work together, which develops a sense of solidarity and teamwork outside the field.

Developing engine skills:

Dribbling, passing, shooting, and defending contribute to the development of fine and rough motor skills. These skills are necessary not only for sports, but also have a positive impact on academic and daily activities.

Discipline and strategy:

Football requires strategic thinking and disciplined play. Students learn to follow the rules when participating in the game, respect opponents, and think strategically.

Social connection:
Mini-football lessons create a social space where students can build friendships, develop interpersonal relationships, and experience the joy of shared achievements. Friendship formed on the field often spreads to other aspects of school life.
Organization of mini-football lessons
Qualified trainers:
Make sure that the coaches or instructors have the necessary qualifications and experience in football coaching. A knowledgeable coach can provide guidance on techniques and strategies and create a positive learning environment.
Age-appropriate equipment:
Invest in age-appropriate soccer equipment, including smaller balls and appropriate size goalposts. This ensures that students can freely engage in sports while reducing the risk of injuries.
Structural curriculum:
Develop a curriculum that gradually introduces basic football skills. Start with basic skills like dribbling and passing before moving on to more complex aspects of the game. Make sure the lessons are engaging and align with the students' skill levels.
Security measures:
Implement safety measures, including warm-up exercises, demonstrate proper technique, and observe safety rules during the game. Teach teachers and students about the importance of following safety protocols.
Inclusive environment:
Create an inclusive environment that encourages students at all skill levels to participate. Celebrate movement and improvement by creating a positive atmosphere that encourages love for sports.

Conclusion.Organizing mini-football lessons for students is a powerful tool for developing physical activity, teamwork, and skills. By providing qualified coaching, age-appropriate equipment, and a structured curriculum, schools can create an environment that not only develops athletic abilities but also instills values that extend beyond the football field. Through mini-football, we have the opportunity to instill a lifelong love for physical activity and teamwork among students, laying the foundation for a healthy and connected future.
Health is a person's greatest wealth. Undoubtedly, good health is the main condition for the implementation of a person's biological and social functions. This is the basis of a person's self-awareness[1].

LIST OF LITERATURE AND SOURCES

1.Bolbekov, E.A. (2024). TALABALARNING SOG‘LOM TURMUSH