

Technology of Selection and Preparation of Children Aged 6-7 for the Stage of Sports Rehabilitation in Uzbekistan

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Annotation. The following article deals with the problems of physical fitness of children aged 6-7 years and their preparation for the stage of sport rehabilitation. Also there was analyzed the development of coordination skills and physical qualities, the organization of the educational process aimed at physical education and health, the ability of children to maintain balance. Issues of formation and strengthening children, the importance and scientific-methodological significance of the use of special physical exercises for children with developmental disabilities were revealed on the basis of the views and conclusions of experts.

It is important to develop a program for the preparation and selection of children aged 6-7 years for the reserve of sports and fitness, to increase the physical activity of children, and the number of rehabilitation activities.

Given the importance and necessity of timely development of coordination skills to prepare and select 6-7 year olds for the sports rehabilitation phase reserve, the development of balance skills during this period has been shown to serve as a basis for future movement skills and competencies.

It was noted that the quality of many special exercises depends on the level of development of the ability to maintain balance, which resists the level of readiness of children, the movement skills provided in the physical education classes of preschool children 6-7 years.

Key words: *children of age 6-7 aged, physical performance, physical education, physical activity, saralab olish, selection, preparation for sports competition.*

Introduction. The global system of pre-school education, as a primary component of the system of continuing education is aimed at ensuring the creation of a basic foundation for the personal development of the child. The pre-school education system of different countries seeks to solve common problems related to the definition of the content, forms, means and methods of education and upbringing. Physical education of preschool children has a special place in the general education system. Its main task is to ensure the harmonious development of children, the upbringing of a healthy, physically developed and perfect children. New approaches to the preschool education system, the emergence of new types and types of institutions require the development of research in this area, the creation of innovative programs and projects. In many countries, the pre-school education system has a social significance, they have a national education system aimed at the comprehensive development of children, the creation of favorable conditions for normal life. Research in recent years has shown that an increasing number of children are lagging behind in their development, including the development of coordination skills, due to a sedentary lifestyle. Due to this, the development of new pedagogical methods, technologies and approaches in the physical education of children remains a priority. Deficiencies in the methodology of physical education, the irrational organization of the movement regime of preschool children are considered by scientists as a pressing problem in the field of preschool education. Today, great attention is paid to the development of preschool education in our country. As our president Sh. M. Mirziyoyev said: "First of all we should focus on the comprehensive development of primary and preschool children, education, preparation for school education, the formation of moral norms in the child, taking into account the interests, abilities, individual mental and physical characteristics, and cultural needs of preschool children. We must develop an integrated system for the comprehensive development of life and social experience". According to the statistics of the Republic Uzbekistan (2018), there are 5770 governmental pre-schools and 1808 non-governmental pre-schools; and there

have been educated 876 443 (48435 of them are in non-governmental preschool) boys and girls. We can say that further development of this sector has risen to the level of state policy. More attention is being paid to the issues of radical improvement of the pre-school education system, comprehensive intellectual, moral, aesthetic and physical development of children, quality preparation for school education through education, introduction of modern educational programs and technologies. That is one of the urgent tasks is to organize the process of education and rehabilitation of children in preschool education effectively.

In accordance with the Decree of the President of the Republic of Uzbekistan Sh. Mirziyoyev dated January 24, 2020 № PF-5924, the **"Concept of development of physical culture and sports in the Republic of Uzbekistan until 2025"** was defined directions and goals, objectives and main ways of long-term development of state policy in the field of physical culture and sports.

The concept includes: involvement of children and adolescents in regular physical culture and mass sports through the development and application of innovative methods of physical education in educational institutions, starting from preschool education; formation of healthy, strong and effective motivation to engage in sports in young children, as well as the ability to determine which sport to engage in on the basis of certain indicators, the development of independent planning skills; to support children's general physical development and interest in any sport, first of all, in the stages of rehabilitation and primary training, to assist the participants in mastering the subject of "physical education" in order to identify talented athletes, a number of tasks have been set, such as holding regional and national qualifying competitions in sports, including training sessions between sports schools, educational institutions and sports clubs.

The research work on "Development of the process of preparation and selection of children aged 6-7 for the stage of sports rehabilitation in Uzbekistan" to some extent contributes to the implementation of the tasks set out in the regulations of the industry.

Literature review. At all stages of development, the older generation has extended a helping hand to the younger generation, gradually building on the knowledge and experience they have gained by teaching young people how to relate to their hobbies. As a result, young people have become more interested in physical education, which has become commonplace. If we carefully study the folk movement games and get to know each of them, your eyes will be really happy, but it will bring spiritual maturity and physical perfection to your heart. This means that in the process of physical education of young people, if the people's movement games are used more in their place, the effectiveness of the games will also increase. This is of great importance for the growth of our country and our country's global prestige. Thus, the action games created by the people combine labor, lifestyle, environmental nature, cultural labor, traditions, customs and traditions of the people with universal values and acquire a wonderful balance.

In addition to some mandatory exercises in the physical education of young people, in addition to the national folk games to preserve physical exercises and national sports, to determine their size, direction and effectiveness, A. Navoi's "Mahbub ul - qulub", "Farhod and Shirin", U. Khayyam's "Navruznom", Ibn Sina's Al-Qanun, Kaikous's Qobusnoma, and Mahmud Qashqari's "Devon-ulug'atit turk" are excellent sources. The study of Uzbek folk dances is one of the main tools for the rise of our values, culture and spiritual wealth. Our main task is to carefully preserve the great treasure created by the people, preserve the national color and pass it on to the next generation.

In our country, such scientists as A.Atoev, M.Tairova, R.Salomov, T.Usmonkhodjaev, H.Meliev, Sh.Khonkeldiev, F.Kerimov, F.Khojaev, E.Seytkhalilov have studied the issues of physical development. The issues of direct development of children's sports and physical abilities of young athletes are reflected in the research work of A. Achilov, B. Madaminov, B. Mambetov, K. Shakirjanova, K. Yarashev, M. Boboyorov, O. Goncharova, F. Yuldashev, H.

Shomuratov.

Identifying gifted children based on state requirements for the development of primary and preschool children, defining requirements for child development, content and quality of education, approaching each child based on the formation of initial movement skills are important issues due to individual differences in child development. T.S.Usmankhodjaev, A.N.Livitsky, R.S.Salomov, K.M.Makhkamjanov works on the formation and development of basic motor skills and abilities are necessary for preschool children life; on the theory of rehabilitation of preschool children and adaptation to physical activity the studies of F.H.Khodjaev, G.Q.Jalolova, F.A. Raimbekova and other Uzbek scientists and experts are important. U.Forg, G.Ludwig worked on the use of special physical exercises in the formation of static and dynamic balance, and the development of coordination in preschool children. P.Hirts studies are dedicated to the age limits of the development of physical qualities. N.Arnst, B.Auster worked on scientific and methodological aspects of improving physical fitness; and M.E. Anderman, M. Dale, R. Taylor conducted researches on the development of coordination skills in preschool children.

Issues of specific features of increasing the effectiveness of the educational process of preschool children in the field of education were studied by scientists of the CIS countries M.N. Aliyev, V.K. Balsevich, M.A. Vershinin, M.A. Godik, S.I. Izaak. M.P. Mukhina, T.M. Osokina, V.P. Nazarov and L.V. Abdulmanova worked on the effectiveness of the use of new technologies in the process of physical education in preschool education. Issues of improving physical development and physical fitness in preschool education were studied by N.A. Fomin, V.M.Shebeko, A.S.Makhov, N.V.Sedix. The main factors in the development of physical qualities and coordination skills of preschool children have been studied by L.P.Matveev, L.I.Penzulaeva, V.I.Lyax and others. However, the analysis of available scientific and methodological sources shows that the issue of preparation of children aged 6-7 years for the reserve of sports fitness stage and the development of the selection

process was not a separate object of research. Based on the above data, the tasks set out in the state requirements for the development of children aged 6-7 years serve as a methodological basis for this research.

Research Methodology. The problem of sports orientation and selection is no longer at the stage of formation, but has turned into an independent science. Predicting the capabilities of a child of 6-7 years old, a trainer-breeder sets himself the task of creating a well-founded search for talented individuals with the hope of further successful sports specialization. The problem of improving the system of sports orientation at the moment from specialists of various profiles has found great support both in our country and abroad.

Despite the numerous available data, the problem of selection and orientation of the most talented people, as an independent direction, is in the stage of constant search, improvement and further development. Scientifically grounded methods of selecting "sportsman" children for children's sports schools, as well as predicting their future results are becoming important stages and an integral part of the modern system of training athletes from beginners to international masters of sports.

Particularly relevant is the issue of timely identification of abilities in children 6-7 years old, since in them, as the body forms and develops, motor and mental abilities are differentiated, their various manifestations become less interrelated, and they begin to be detected more and more noticeably to develop a tendency to certain types of motor activity.

It is known that school-age children are widely involved in sports schools. The rational system of selection and sports orientation makes it possible to timely reveal the inclinations and abilities of children and adolescents, create favorable preconditions for the most complete disclosure of their potential capabilities, achieve spiritual and physical perfection and, on this basis, master the heights of sportsmanship. An objective assessment of the individual characteristics of young athletes is given on the basis of comprehensive studies of children, adolescents, boys, girls, since there is no criterion for sports prospects. Even such an integral

indicator as a sports result cannot be of decisive importance in the selection process of athletes, especially if it concerns children and adolescents with an incompletely completed formation of the body.

Separately considered morphological, functional, biomechanical, pedagogical, psychological indicators are insufficient for rational sports selection. Only on the basis of a comprehensive technique for identifying inclinations (genetic inheritance) and abilities necessary for mastering the heights of sportsmanship, it is possible to effectively select children and adolescents for sports.

The problem of the selection of young athletes should be solved in a comprehensive manner, based on the use of pedagogical, biomedical, psychological, sociological research methods. Pedagogical research methods allow assessing the level of development of physical qualities, coordination abilities and sports and technical skills of young athletes. Based on the application of physical and biological research methods, morphological and functional characteristics, the level of physical development, the state of the analyzer systems of the athlete's body, influencing the solution of individual and collective tasks in the course of wrestling are identified, and the psychological compatibility of athletes is assessed to solve the problems of sports team.

Sociological research methods make it possible to obtain data on the sports interests of children, to reveal the cause-effect relationships of the formation of motivations for long-term sports activities and high sports achievements.

The selection process for a sports school is divided into three stages. (Table 1).

The main tasks of the first stage of selection are to attract the largest possible number of sports-gifted children and adolescents to sports activities, their preview and the organization of initial sports training. The indicators that determine the appropriateness of attracting children to engage in many sports include: height, weight, body characteristics of the child.

Table 1

Sports school selection system

Selection stage	The main tasks of the selection stage	Basic selection methods
1.	Pre-selection of children for a sports school	<ol style="list-style-type: none"> 1. Pedagogical observation 2. Control works (tests) 3. Sport competitions 4. Social survey
2.	In-depth verification of the compliance of the pre-mapped contingent dealing with the requirements for successful specialization in their chosen sport. Enrollment of children and adolescents in a sports school	<ol style="list-style-type: none"> 1. Pedagogical observation 2. Control works 3. Competitions and control estimates 4. Psychological survey 5. Medical-biological survey
3.	Long-term systematic study of each student of a sports school in order to finally determine his individual and sports specialization (stage of sports orientation)	<ol style="list-style-type: none"> 1. Pedagogical survey 2. Control works 3. Competitions and control estimates 4. Psychological survey 5. Medical-biological survey

Of great importance for the correct selection is the observation of the coach and teacher of physical education in sports sections, at school, district, and city competitions and during control tests. It is advisable to carry out preliminary training of children for admission to the children sport schools in the framework of school physical education lessons. The selection of special means can be directed to influence the formation of younger students' abilities to engage in a particular sport

and, on this basis, to conduct species orientation.

Sports practice shows that at the first stage it is impossible to identify the ideal type of children that combine morphological, biomechanical, functional and mental qualities necessary for further specialization in a particular sport.

Significant individual differences in the biological development of beginners make this task much more difficult. Therefore, the data obtained at this stage of selection should be used as indicative.

In order to more likely identify the potential capabilities of children and adolescents, it is advisable to determine not only the initial level of their preparedness, but mainly the rate of its growth. In the selection system, control tests should be carried out in such a way as to determine not only what the applicant already knows how to do, but what he can do in the future, that is, to reveal his ability to solve motor problems, the emergence of motor creativity, and the ability to manage his or her own movements.

One-time control tests in the overwhelming majority of cases only indicate the candidate's readiness at the moment to perform the set of tests proposed to him and say very little about his promising capabilities. And the potential sports result of an athlete depends not so much on the initial level of development of physical qualities, but on the rate of growth of these qualities in the process of special training.

The physical development of children is assessed by a number of external signs: height, weight, body proportions, the shape of the spinal column and chest, the structure of the pelvis and legs, and the size of the foot, then the mobility abilities of children were examined.

At the second stage of selection, an in-depth check of the compliance of a pre-selected contingent of trainees with the requirements for successful training in the chosen sport is carried out. The trainer studies the possibilities of those who train on the basis of pedagogical observations in the process of sports training, control tests, competitions and control estimates, and completes educational and training groups

from among the most capable children and adolescents. It is important to take into account not so much the initial level of control indications that children had when they were recruited to the children sport schools, but the dynamics of changes in these indicators during the period of classes. This approach provides an opportunity with a higher degree of accuracy to identify the potential opportunities of involved sports talent. The leading prediction criteria at this stage are the rates of development of physical qualities and the formation of dynamic skills (motor learning). The motor learning ability can be judged by the time it takes students to master the technique of a particular exercise. The rates of motor skills formation and the development of physical qualities make it possible to predict the prospects of sports perfection in the future.

The task of the second stage of selection is to determine the degree of compliance of the individual data of small athletes with the requirements that will be presented to them at the stage of sports improvement. At this stage, pedagogical observations, control tests, competitions and estimates, medical, biological and psychological examinations are carried out.

The task of the third stage of selection (stage of sports orientation) is a long-term systematic study of each student of a sports school for the final determination of his individual sports specialization.

A long and thorough study of an athlete increases the reliability of determining his specialization. At this stage, pedagogical observations, control tests, medico-biological and psychological studies are carried out in order to further determine the strengths and weaknesses of the preparedness of the trainees. At this time, the question of the individual sports orientation of the student is finally resolved.

The main selection methods at the third stage are anthropometric examinations, medical and biological research, pedagogical control tests, registration of biomechanical characteristics of motor action, psychological and sociological research.

Control tests play an important role, according to the results of which they

usually judge the level of development of special physical qualities and abilities of an individual, necessary for successful specialization in a particular sport.

For sports selection and successful orientation, hereditary and acquired properties and characteristics of the body play an important role, the influence of which cannot be ignored for achieving high sports results.

The initial prerequisites for the selection are stable morphometric indicators such as the length of the body and its segment, as well as variable indicators of physical fitness, mainly genetically determined, which slightly change under the influence of the external environment. These include individual morphometric signs of body structure, coordination of movement and a predisposition to certain types of muscle activity.

In addition to stable (conservative) examples that characterize the individual rates of development of the body, there are labile ones that significantly change under the influence of the environment (muscle strength, mobility in the joints, and others).

It is no coincidence that in the theory and practice of sports, the problem of sports endowment is increasingly coming to the fore, but still the question remains not fully resolved on the basis of what indicators and how to make a selection so that its effectiveness can be maximum. In sport, preference is often given to that children who at the time of selection have the opinion of specialists making the selection, the necessary set of qualities and properties required in the kind of sport that the child will play in the future, then the obtained data are combined and classified.

From the point of view of the selection of researchers, they were interested in issues related to the consideration of sensitive periods, since most specialists state or carry out it within the timeframes specified for admissions to a sport schools. The conclusion suggests itself that the favorable time falling on the sensitive period, which is most suitable for learning various locomotor acts are not used. This subsequently leads to an incomplete realization of the potential capabilities of the

organism, at the same time, the data obtained by the teachers indicate that by the age of 6, children are mastering such motor actions as jumping and throwing, which are considered as difficult coordination movements.

When it is possible to form certain skills with great difficulty, terms of sensitive periods sometimes are missed.

Thus, such a selection system is needed which will include the time of sensitive periods of the development of motor qualities necessary in a certain sport, as well as a minimum set of characteristic anatomical, morph-functional and biomechanical indicators of the correspondence of the examined to a particular sport, which, in turn, will qualitatively improve the process under consideration and, therefore, helps to increase its efficiency.

The modern level of development of sports is characterized by the earlier involvement of children in intensive training and competitive activities. In this regard, there is a need for a more perfect system of primary selection and orientation. Most foreign experts believe that the correct selection of children in various sports is complicated by the impossibility of predicting many of their physical qualities.

Coordination skills are important in preparing and selecting 6-7 year olds for the sports fitness stage reserve. In order to effectively manage the development of coordination skills, it is necessary to form and improve the balance function in children aged 6-7 years, to determine the level of static and dynamic balance and to use the available means and methods of education accordingly.

There are 4 criteria for developing and evaluating coordination skills: accuracy, speed, rationality and resourcefulness. They are characterized in terms of quantity and quality (Figure 1).

For example, a child may run, jump, and throw any object. On top of that, he can do it quickly and intelligently, while at the same time allowing the child to find a way out of difficult games or life situations in a timely and resourceful manner. This determines the good appearance of the coordination ability.

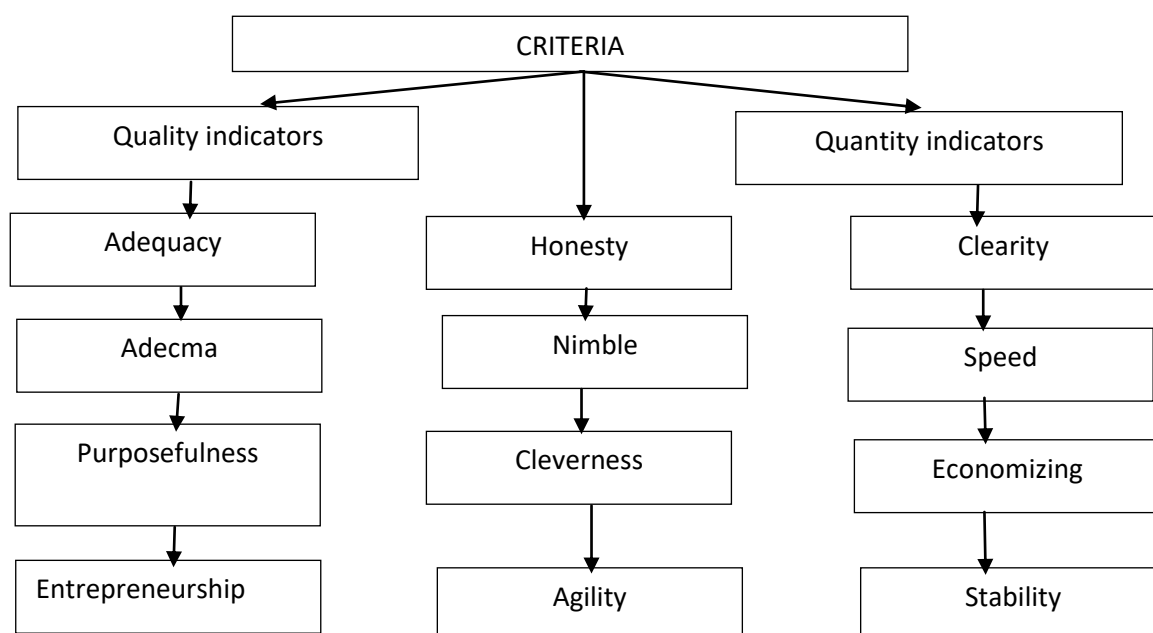


Figure 1. Criteria for assessing coordination ability (according to V.I. Lyakh, 2006)

Based on statistical analysis of static balance indicators by defined criteria, a group of children with low and moderately developed balance function was identified using special control exercises, tests and methods.

The highest development of the ability to maintain static and dynamic balance was observed in boys aged 6–7 years and in girls of all ages, but no significant differences were found between them. Uneven development of the coordination ability of preschool children was identified. By simplifying exercises aimed at maintaining static and dynamic balance, a rapid increase in children's coordination ability and its preservation until school age was achieved.

A comparative analysis of the developmental indicators of coordination skills showed that girls of all ages had higher rates, which is determined by the high level of development of the vestibular analyzer involved in the regulation of balance ability (Table 1).

Table 1

Age indicators of physical abilities in children aged 6-7 years with developmental delays

№	Control works	Sex	Duration of the condition			
			6 years old		7 years old	
				v		v
1	Static balance on one leg maintenance, sec.	Boy	5,36±0,67	12,5	6,84±0,84	12,3
		Girl	6,15±0,75	12,1	7,10±0,83	11,7
2	Keeping static balance with Closed eyes on the foot, sec.	Boy	2,11±0,26	11,6	2,46±0,29	12,0
		Girl	2,26±0,28	11,7	2,64±0,27	10,2
3	Keeping the balance on both feet, Sec.	Boy	59,6±7,01	13,7	76,8±8,62	11,3
		Girl	67,8±7,7	13,4	80,9±8,99	11,1
4	Closing eyes and keeping the balance on both feet, sec.	Boy	8,94±1,05	10,1	10,95±1,23	11,2
		Girl	9,65±1,12	10,6	11,12±1,28	12,5
5	Keeping the “Swallow” stand condition, sec.	Boy	2,11±0,26	11,3	2,46±0,31	7,9
		Girl	2,24±0,34	11,8	2,57±0,37	14,5
6	Closing eyes and keeping “swallow” condition, sec	Boy	1,24±0,20	16,1	1,35±0,23	15,3
		Girl	1,33±0,22	16,7	1,56±0,24	15,6

During the study it was found that 74 (37%) and 88 (44%) of children had low and moderate levels of static and dynamic balance development, significantly lagged behind age norms, and poorly developed motor coordination during the transition from one movement to another. This suggests that the functional readiness of the vestibular apparatus and motion analyzers, which regulate the

development of balance ability in preschool children is not developed enough.

The development of physical fitness in children with adequate development of balance is not at the required level.

By using the special exercise sets we developed, the time to perform balance exercises on both legs in children was slightly increased: in 6-year-old boys - 31.0 sec, in girls - 31.1 sec; in 7-year-old boys - 39.1 sec., in girls - 39.8 sec.

The duration of balance was reduced when performing static balance exercises on one leg with the eyes closed: in 6-year-old boys - 4.01 sec, in girls - 4.21 sec; in 7-year-old boys - 5.01 sec., and in girls - 5.72 sec.

Conclusion

1. According to scientific and methodological sources, one of the important tasks in the field of preparation and selection of preschool children 6-7 years old for the reserve of sports fitness stage is the targeted development of coordination skills. The development of coordination skills has been shown in the literature to have a major impact on the level of development of children's ability to maintain static and dynamic balance. However, the issues of technology of preparation and selection of children aged 6-7 years for the reserve of sports fitness stage have not been sufficiently studied.

2. Lack of attention to the development of the process of preparation and selection of preschool children 6-7 years old on the basis of pedagogical observation, insufficient use of physical development and physical training leads to low physical development and age-related development of children and disproportionate behavior in school education.

Sports selection allows to determine the high level of adaptation (ability) of a 6-7-year-old child to sports activities and in a long-term, multi-stage process for each stage of preparation of the athlete from different research methods (pedagogical, medical-biological, psychological, social and others) is carried out systematically. The sports competition is formed in childhood and is considered to be completed in the national teams of the country.

Sports competitions are held in the following stages:

a) Stage 1 - gifted children are identified from a contingent consisting mainly of 6-year-old preschool children. Such children are selected among children who have a penchant for one or more sports in physical education classes and clubs. Sports clubs will be conducted with identified gifted children without negatively affecting the activities of preschool educational institutions, and a sports club will be established with a list of children admitted to sports clubs, and a system of preparation and selection of children for sports rehabilitation will be created.

Talented children are included in the organized clubs. Selected children will be trained in the primary preparatory group in sports schools. The recommendation of the physical education teacher to the primary training group, medical examination data, anthropometric measurements are the criteria for assessing the future athlete. The data obtained at this screening stage should be used as approximate indicators.

The next stage of the qualifying is a regional championship among children and youth sports schools. The winners and prize-winners of the competition will form the main and reserve teams of the regional national teams in various sports.

Practical recommendation

1. The organization of educational activities in the physical education classes in the preschool education system on the basis of organizational and methodological approach involves the integration of groups with different training. This requires training in the sections identified in the curriculum and testing in order to determine the state of children's physical activity, the development and application of a special set of exercises (taking into account the age level) and the division into groups according to children's readiness.

2. In the process of organizing physical education classes for preschool children 6-7 years, it is necessary to devote more time to the development of coordination skills, to pay attention to determining the amount of exercise performed. At the same time, special exercises should be chosen in such a way that their successful performance by children with a relatively low level of development

of the ability to balance must be supervised by instructors. The facilitator is required to be able to combine different forms of physical education, to be prepared to work individually for groups and individual children, focusing on team, frontal, group, individual, group commonality.

3. The instructor (educator), first of all, should coordinate the physical exercises (movements) given to children and pay attention to the simplification of the pedagogical process. Only then will children be fully prepared for school education. When physical education classes are organized using special physical exercises, it helps to form an interest in physical education in children.

4. In the training of children with developmental disabilities, the use of special exercises developed by us, along with improving the quality of their coordination, to achieve quality preparation for school education, the organization of physical education and the formation of balance skills in children can serve as an effective tool for guides on.

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