

METHODOLOGY FOR IMPROVING PHYSICAL ENDURANCE IN FIELD HOCKEY (EXAMPLE OF GIRLS AGED 10–12)

Murodova Mukhsina Nazrjon' s girl

Student of Fergana State University, Faculty of Physical Culture,
Specializing in Women's Sports, Candidate for Master of Sport in Field Hockey

Abstract

This article analyzes methodological approaches aimed at improving physical endurance in girls aged 10–12 engaged in field hockey. The research explores the growing popularity of field hockey among youth, the sport's physical demands, and types of movements that require endurance, all studied on a scientific basis. Additionally, the article provides recommendations for developing an effective training system that takes into account the physiological characteristics of the young body. The results of the study are of practical value for coaches and specialists working with young athletes and contribute to the improvement of the training process in field hockey.

Keywords: Field hockey, physical endurance, girls aged 10–12, sports training, endurance exercises, young athletes, fartlek method, interval running, game-based training sessions.

Introduction

In recent years, field hockey has taken a prominent place among various sports on a global scale. This sport requires a high level of physical fitness, speed, agility, and strategic thinking. For this reason, field hockey is generating growing interest among the younger generation. Engaging in this sport from an early age contributes significantly to the physical, psychological, and social development of children. This article explores the rising popularity of field hockey among youth—particularly girls aged 10–12—highlighting the reasons behind this trend and the current state of its development.

Field hockey is a team sport played between two teams using special sticks (called "sticks" or "hockey sticks") to direct a small ball into the opponent's goal. The game is played on natural or artificial grass (turf) surfaces. This sport is highly dynamic, requiring constant running, sharp movements, and quick decision-making. Young people, especially children, are easily drawn to such active and game-like sports. Moreover, teamwork plays a crucial role in field hockey, helping children develop skills such as friendship, cooperation, mutual support, and social engagement. For girls aged 10–12 in particular, field hockey can serve not only as a means of physical development, but also as an important tool for finding their place in a social environment.

Field hockey is one of the most widely practiced sports at the international level. In particular, countries such as India, Australia, the Netherlands, Germany, and England are witnessing a steady annual increase in the number of children and adolescents participating in this sport. These countries have established specialized field hockey academies, school sports clubs, and local leagues that support the systematic development of young players. In Uzbekistan, experience and future prospects show that in recent years, the development of children's sports



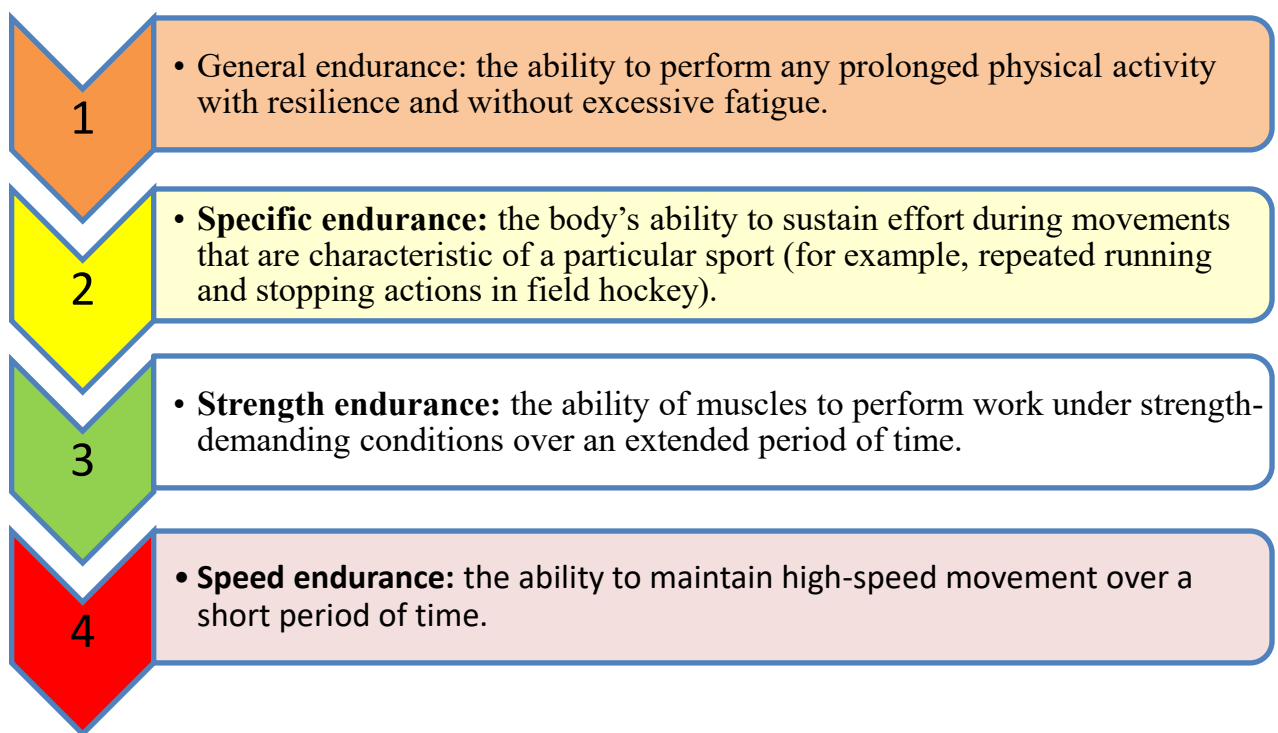
has become a top priority of state policy. In this context, field hockey is also receiving increasing attention. Specialized programs have been introduced in sports schools across various regions of the country, and special training groups are being organized, particularly for girls.

Field hockey is a sport that is gaining popularity among youth, particularly among girls. It holds significant physical and psychological educational value, making it essential to support and further develop interest in this sport. By effectively utilizing existing opportunities and learning from international experience and methodologies, field hockey can be further popularized in Uzbekistan.

1. The Concept of Physical Endurance and Its Types

Physical endurance is the ability of the human body to maintain physical activity over an extended period of time. This capability is supported by the muscular, cardiovascular, and respiratory systems of the athlete's body. Endurance not only determines an athlete's performance efficiency but also affects their resistance to injuries and the speed of recovery.

Types of Endurance:



2. Endurance-Demanding Movements in Field Hockey

Field hockey requires a unique combination of movements, each of which directly depends on the athlete's level of physical endurance:



Long-distance running:

During the game, players cover several kilometers. This requires cardiovascular endurance.

Start-stop movements:

In the game, players constantly accelerate, stop, and change direction. These actions require the development of anaerobic endurance.

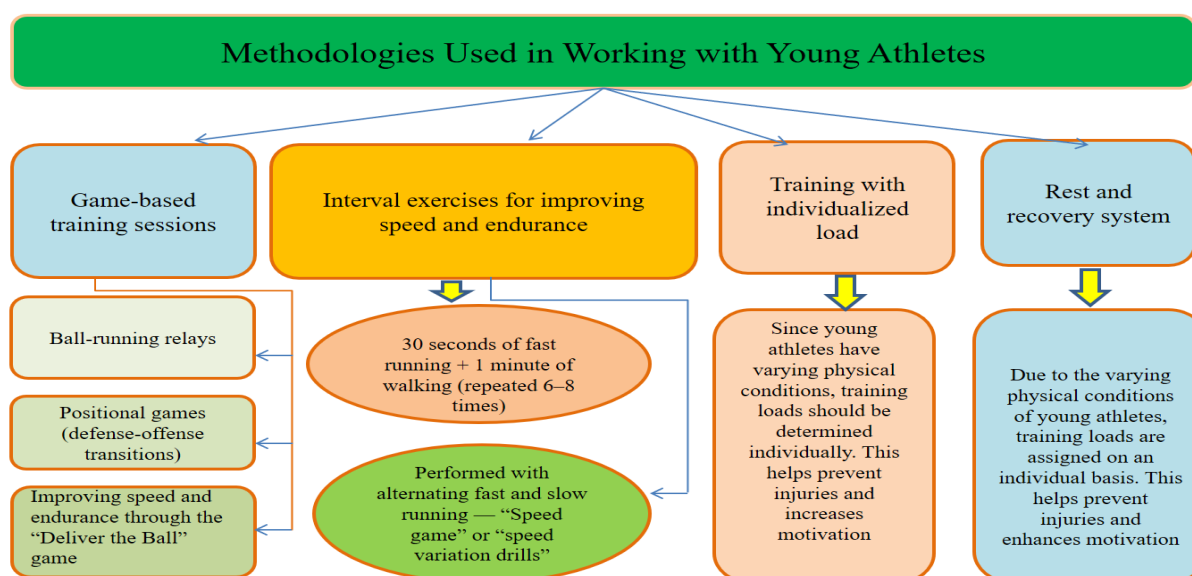
Positional play and pressing:

While performing defensive and offensive duties, players are often required to operate in challenging situations, maintaining focus on the ball for extended periods of time.

These movements form a complex combination, which is why it is essential to incorporate specific training sessions aimed at improving endurance during the training process.

3. Methodologies Used When Working with Young Athletes

The following methodological approaches are considered effective when working with young athletes, especially girls aged 10 to 12:



In field hockey, endurance is one of the key factors that directly affects the quality of play. This is especially important for developing this skill in the bodies of girls aged 10–12, where methodological approaches must be selected with great care. Previous scientific studies have shown that the most effective approaches for young athletes include game-based training, interval workouts, and individualized programs. The implementation of these methodologies in practice allows for the effective and high-quality development of physical endurance in field hockey players.

References

1. O'zbekiston Respublikasi Prezidentining "Jamoaviy sport turlarini rivojlantirish va iqtidorli yoshlarni saralab olish tizimini takomillashtirish chora-tadbirlari to'g'risida" gi 2024-yil 4-dekabrdaqi PQ-421-son Qarori. Lex.uz.
2. O'zbekiston Respublikasi Prezidentining 2024-yil 18-dekabr,"Yoshlarning sport bilan muntazam shug'ullanishi uchun qo'shimcha shart-sharoitlar yaratish to'g'risida"gi PQ-443-son qarori. Lex.uz.
3. Xasanov A.T. Jismoniy tarbiya nazariyasi va metodikasi. Darslik. FDU nusxa ko'paytirish bo'limi, Farg'ona, 2024 yil. -334 b.
4. Umarov D.X. Teoriya sporta. Учебник. Т.: «o'zkitob savdo nashriyot matbaa ijodiy uyi» 2021. -220 ст.
5. Матвеев Л.П. Общая теория спорта и ее прикладные аспекты. Ст. Петербург. Из. «Лань», 2005 г.-373 с.
6. Jumanov O.S., Beknazarov A.R.. *SPORT O'YINLARI NAZARIYASI (basketbol)*. Toshkent : "UMID DESIGN", 2021. 152.
7. Ганиева Ф.В. Баскетбол ўйинининг расмий қоидалари. Т.: 2007. -124 б.
8. Ганиева Ф.В., Кубейсинова У.Т., Якупова У.Ж., Хусанова Д.Т. Нетрадиционная технология восстановления прыжковой работоспособности при занятиях баскетболом. // Методическое пособие. Т.: 2013. - 52с. 13.
9. G'aniyeva F.V., Qdirova M.A., Xusanova D.T. Madaminov T. Basketbolda to'pni urib yugurish texnikasi va tezligini vaziyatli mashqlar asosida shakllantirish uslubi. // Ilmiy-uslubiy tavsiyanoma. Т.: 2015. - 50b. 14.
10. G'aniyeva F.V. Basketbol. // Oliy o'quv yurtlari umumiy kurs talabalari uchun o'quv qo'llanma. Т.: 2009. – 69 b.

