

DEVELOPMENT OF PHYSICAL QUALITIES OF SECOND-YEAR STUDENTS BY MEANS OF INTRODUCING OUTDOOR GAMES DURING FOOTBALL CLASSES AT THE NATIONAL TECHNICAL UNIVERSITY OF UKRAINE “IGOR SIKORSKY KIEV POLYTECHNIC INSTITUTE”

Game is a historically established social phenomenon, an independent type of activity characteristic of humans. A game can be a means of self-knowledge, entertainment, recreation, a means of physical and general social education, and a means of sports. Outdoor play is a meaningful activity aimed at achieving specific motor tasks in rapidly changing conditions. It reveals the creative initiative of the player, expressed in a variety of actions, coordinated with collective actions. Game activity objectively combines two very important factors: on the one hand, it is inclusion in practical activities, physical development, and on the other hand, moral and aesthetic satisfaction from this activity. All this ultimately contributes to the education of the individual as a whole. Thus, the game is one of the complex means of physical education. The game promotes all-round development: physical, mental, mental. Almost every game involves running, jumping, throwing, and balance exercises. Games develop basic physical qualities, such as strength, speed, endurance, and improve a wide variety of motor skills. The importance of outdoor games in developing physical qualities: speed, agility, strength, endurance, flexibility. Games instill in those involved feelings of solidarity, camaraderie and responsibility for each other's actions. Play is an extremely valuable way to engage students in physical activity.

Strength development: Strength refers to a person's ability to overcome external resistance or counteract it through muscular effort. One of the most significant aspects that determine muscle strength is the mode of muscle activity.

1. **Tug of war in pairs.** On the site, three parallel lines are drawn with chalk at a distance of 3 m from one another. The players line up behind the far lines, distributing themselves (according to “weight categories”) in pairs. At the signal “Get together!” couples approach the midline and hold hands (with the hand at the wrist). At the signal “Pull!” everyone tries to drag their opponent beyond the line of their “home”. The loser becomes "captured". After the end of the tug-of-war, those captured are counted and released to their teams. The game can be repeated, allowing those who managed to pull their partner over again to enter the fighting zone and help their comrade. In any variant, the rules prohibit snatching (releasing) the opponent's hands. Anyone who breaks the rules becomes captured.

2. **Riders' wrestling.** In each of the two teams, players are divided into pairs. The “riders” sit on the shoulders of the “horses” and the teams line up near the center line. At the leader's signal, the fight between the riders begins. Everyone tries to grab their opponent as comfortably as possible and pull them off the horse, while remaining in the “saddle.” The horses do not take part in the fight; they only try to stay on their feet more firmly. If both riders are knocked out of the saddle, the loss is counted to the one who touched the floor first. Then the players change roles, and the game is played again.

Endurance development: Endurance is the most important physical quality, manifested in professional, sports activities and in people's everyday lives. It reflects the overall level of a person's performance.

In the theory and methodology of physical culture, endurance is defined as the ability to maintain a given load power necessary to ensure professional activity and to withstand fatigue that occurs in the process of performing work.

1. **Catch a frog.** All players (in a limited area) take a crouching position with support on their arms extended forward. Two drivers are in the same position outside the site. At a signal, they jump “frog” (with alternate support on their arms and legs) onto the site and, moving in this way, try to get closer to the players and make fun of one of them. They also have the right to escape only in the “frog” way. No one is allowed to squat during the game with their hands off the floor. You can move forward or backward by pushing both legs and arms. Everyone who is insulted by the drivers becomes a new “frog” and begins to catch the rest of the players. The last participant caught is declared the winner.

2. **Catch the dragon's tail.** The players stand behind each other so that their right hand is placed on the right shoulder of the person in front. The one who stands in front is the “head of the dragon”, the last one in the chain is the “tail of the dragon”. The “dragon head” is trying to catch its “tail”, the line is in constant motion, the “body” obediently follows the “head”, and the “head” is trying to grab the last player. The line should not break. If the “head” grabs the “tail”, the latter goes forward, becomes the “head”, and the new “tail” is the player who was second to last in the line.

Agility development: Dexterity is a person's ability to most rationally, master new motor actions, and successfully solve motor problems in changing conditions. Dexterity is a complex, complex motor quality. The basis of agility is coordination abilities.

Motor-coordination abilities are understood as the ability to quickly, accurately, expediently, economically and resourcefully, i.e. most perfectly, solve motor problems.

1. **Fishing in pairs.** A pair of "catchers" are selected, who, holding hands, begin to catch the rest of the players running around the court. A player is considered caught if the catchers close their hands around him. When two players are captured, they form a new pair. Then two active pairs catch one more player each, who make up the third pair, etc. The game ends when 1-2 participants remain on the court, who become new catchers. The rules allow it to "slip out" from under the hands of the catchers if they do not have time to close them. Catchers are prohibited from grabbing players with their hands and forcefully pulling them into the circle they form. The success of catching is ensured by the coordination, dexterity of actions and orientation of the players on the site.

2. **Spinning.** The game involves two or three groups of players with the same number participants (4-6). They stand in columns, with the head players positioned closer to the center of the court. At the teacher's signal, the head players rotate 360 degrees in any way. Then the first and second numbers rotate around their axis together. During the turn, the second number holds his partner's belt with his hands. Next, the turn is performed simultaneously by three players, etc. The team that is the first to complete the turns in fours, fives or sixes wins. When repeating the game, turns are performed in the other direction.

Development of flexibility: In the theory and methodology of physical culture, flexibility is considered as a morpho functional property of the human musculoskeletal system, which determines the limits of movement of body parts.

1. **Stick behind your back.** Teams line up in columns. The players stand half a step apart from each other. The first numbers hold a gymnastic stick in front of them by both ends. At a general signal, players pass the sticks to their partners standing behind them. At the same time, the player raises his hands up and (without letting go of the ends of the stick and bending slightly) moves the stick behind his back. The arms remain straight. The player standing behind takes the stick and passes it on in the same way. The last player in the column, having received a stick, runs forward with it (while everyone takes a step back) and, taking a place at the head of the column, passes it back along the column again. The player standing behind cannot take the stick unless the partner has carried it all the way back and it is behind the head of the partner standing in front. If a player lets go of one end of the stick or drops it, this is also considered a fault. The team players who complete the pass not only faster than others, but also with fewer errors, win.

2. **Bridge and cat.** Players from two teams stand in columns, one at a time, at the starting line. In front of them, at 5 and 10 steps, two circles (1 m in diameter) are drawn. At the signal, the first numbers run forward and, once in the first circle, make a "bridge". Then the second player rushes forward. He crawls under the bridge and runs into the far circle, where he takes a stand while bending over (arching his back like a "cat"). Now the first number runs into the far circle and crawls between the arms and legs of the partner. After this, both players, holding hands, run towards their team. As soon as they cross the starting line, two new players run forward in turn, and those who come running stand at the end of the column. When they are again ahead of everyone, the game continues, with the players changing roles. The relay ends when each pair completes the task twice.

Development of speed: In accordance with modern concepts, speed is understood as a person's specific motor ability for emergency motor reactions and high-speed movements, performed in the absence of significant external resistance, complex coordination of muscle work, and not requiring large energy expenditures.

1. **Relay with turns.** Behind the common starting line, 2-3 teams line up, the players of which stand in a column one at a time. 12-18 meters from the line opposite each column is a medicine ball (town, flag). At the signal, the guides of each team run to their ball, run around it (from left to right) 2 times and return. Having passed the starting line, the player runs around his column and, finding himself near the player standing in front, touches him with his hand. This is a signal for the next participant to run, who does the same as the previous one. The one who finishes the dash stands at the end of his column. Victory, as a rule, goes to faster players. It should be considered that teams should have, if possible, an equal number of boys and girls.

2. **Circle hunt.** The players, divided into two teams, form two circles. At a signal, they move with side steps or leaps in different directions. At the second signal, the players of the outer circle scatter, and the players of the inner circle try to make fun of them, chasing them across the entire court. When all players

are caught, the teams change roles and the game repeats. The team that manages to defeat the players of the other team in a shorter time wins. It is allowed to kick only the player who stood opposite the catcher at the beginning of the game.

Outdoor play is characterized as a multifaceted, complex in its impact, pedagogical means of education. Complexity is expressed in the formation of motor skills, development and improvement of vital physical, mental, moral and volitional qualities. Play is one of the most important means in physical education. It promotes physical, mental, moral and aesthetic development. Various movements and actions during the game effectively influence the activity of the cardiovascular and respiratory systems, help strengthen the nervous system, respiratory system, improve overall metabolism, and increase the activity of all organs and systems of the human body.