

## Study of Analysis of Technical and Tactical Actions of Young Football Players

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**Abstract:** This article analyzes effective methods aimed at improving tactical training in physical training of young football players. Tactical training is the main component of the football game and is aimed at developing the ability of players to correctly assess game situations, make quick decisions and perform team actions effectively. In the study, training programs were developed taking into account the psychological and physical characteristics of young football players. Also, the possibilities of using innovative educational tools and practical approaches in the development of action strategies among football players were considered. The results of the article include scientific and practical recommendations aimed at increasing the role and importance of physical training in the tactical training of young football players.

**Keywords:** football, physical training, tactics, preparation, methodology, skills, psychology, action, strategy.



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**Introduction.** Each game is unique. In one game, a team can compete against a strong opponent, in the second game, a team can compete with a weak opponent, and in the third game, a team can compete with a team of equal strength. This situation also affects the players' training. In such a situation, the coach can get the information he is interested in by monitoring the competition activity to objectively assess the level of training of his students.

It is intended to educate the general fitness of the player, all-round physical abilities that are not specific to their chosen sport, but have a direct positive effect on achieving success in sports activities.

Physical fitness of a football player is one of the important components of sports training and is a process aimed at developing physical qualities - strength, endurance, dexterity, quickness, agility. The general physical fitness of a football player is the foundation for achieving high results. It mainly provides the solution of the following tasks:

- ✓ all-round harmonious development of the football player's organism, increase of its functional capabilities, development of physical qualities.
- ✓ s increase the level of symptoms.

many foreign countries, during the training of football players, they do not pay much attention to their role and training processes are carried out. That is, great attention is paid to the universal approach in training an athlete. Of course, during the preparation, the football player will be systematically trained on his special work, that is, on his role.

To raise a competent generation in the new Uzbekistan, to actively attract talented young people to sports, to create the necessary conditions for further support and development of our national football, to select young players and ensure the deep development of their professional skills and abilities, as well as a series of Decrees and Resolutions of the President of the Republic of Uzbekistan and the Cabinet of Ministers of the Republic of Uzbekistan in order to form a reliable reserve for the country's football clubs and national teams. These decrees and decisions set the tasks of improving the theoretical training and technical-tactical skills of young players, developing their professional qualities, as well as organizing the process of training young players based on scientific and methodological recommendations in accordance with international requirements for the development of modern football.

According to experts, today's football players are lagging behind the strongest foreign players in performing technical movements of ball control. The fact that young players are lagging behind in acquiring technical and tactical training skills can be explained primarily by the problems that arise in the initial stages of training young players.

**Literature analysis**. In the world today, the training of highly qualified players is becoming one of the most important directions. Scientific research works have been carried out by many specialists to improve the training of highly qualified players. Experts emphasize that the training process, theoretical and methodical approach should be correct in order for players to play very effectively on the field.

The creation of a single database on the results of functional diagnostics and activities of all athletes who regularly play football in the Republic of Uzbekistan creates a basis for the development of a scientifically based program of long-term training of young football players in the Republic of Uzbekistan. The analysis of the studied scientific and methodical literature shows that the analysis of physical, functional and physiological indicators of young football players in the advanced specialization stage is closely related to the body component composition and morphofunctional indicators.

A group of scientists of our country I.Ye.Maypas, RAAkramov, NAKaypov, O.A.Kurbanov, O.L.Erdonov and Sh.Sh.Erkinov on programming and optimization of training loads in the complex training of young football players, using innovative pedagogical technologies to improve physical and functional training of young football players, by other scientists IAKoshbakhtiev, ZRNurimov, FR Makhmadjanov, DKIsmagilov and Sh.T. Iseevlar has conducted research on the development of technical-tactical, physical and functional training of highly qualified football players, the organization of training loads, the improvement of the efficiency of technical movements of highly qualified football players, and the introduction of innovative pedagogical technologies in the management of the training process. Sh.Erkinov conducted research on the introduction of innovative methods in the process of physical and functional training of young football players at different stages.

The games during the competition, it can be very difficult to maintain a high speed. Training during the competition requires the development of individual speed qualities of each player, taking into account their abilities. J.Kiely, F.Simona, G.Cristian's studies proved that as a result of young football players performing complex coordination movements and performing jumping exercises, athletes achieve development of quickness. Other experts have recommended the use of maximum shock training with balance intensity to improve speed qualities.

In turn, it follows from the above conclusion that body composition parameters are not used in the study of training of young football players, which reduces the effectiveness of integral training. The integration of advanced technologies into professional sports is causing promising results to be recorded in world sports experience. However, the integration of innovative technologies and the research conducted in this regard have not developed the technology of training football players at the in-depth specialization stage, and the tasks, methods and tools at this most important stage of long-term training of football players have not been sufficiently defined.

**The main part.** Scientific research works have been carried out by many specialists to improve the training of highly qualified players. Experts emphasize that the training process, theoretical and methodological correct approach is necessary for football players to perform effectively on the field.

It is important to focus on the goal of developing a certain level of preparation in each training session, in order to achieve high-level actions in the matches in the training of the general training qualities of football players. R.Akromov in his scientific work admits that in order for football players to play effectively, physical, technical and tactical qualities should be correctly distributed at each stage of competition preparation ( *preparation, general, special* ).

In fact, the physical training of football players is a process of raising the general level of the body's functional capabilities, all-round physical development, and training physical abilities that are inextricably linked with strengthening health. The activity of the football player is characterized by constantly changing intensity . The high intensity of muscle work alternates with a decrease in activity and transition to a relatively calm state. It alternates with brisk running, jumping, walking, and stopping. Such activity is related to the implementation of a certain physical stress, which is vegetative processes, first of all, serious functional changes occur in metabolism, breathing, and blood circulation.

However, the game activity of the players is not only jumping, running and walking, there are more complex actions in it. In the conditions of a tough one-on-one fight , there are cases of possession of the ball at the highest speed and for a long time, fighting for the ball with two or three opponents . Therefore, the physical training of players should be organized taking into account the nature of their game activities, so that it is a basis for improving their technical and tactical skills.

**Table 1. We present a set of specialization exercises performed at the pre-competition stage**

No	The name of the exercise	Time	Number of repetitions
1.	Position of defense	5 (096)	6 (6)
2.	Passing the ball from above and below	30 (5.76)	10 (10)
3.	Passing the ball from different areas of the field	30 (5.76)	10 (10)
4.	Fight for the ball	12 (2.3)	8 (8)
5.	Throwing shots at the goal from different distances	21 (4.03)	6 (6)
6.	Passing the ball without resistance	36 (6.92)	10 (10)
7.	Passing the ball in opposition	30 (5.76)	10 (10)
8.	Defensive passing	40 (7.69)	7 (7)
9.	Playing defense with the last " cleanup " player	40 (7.69)	3 (3)
10.	Development of tactical combinations	40 (7.69)	4 (4)
12.	Attempts to cheat	13 (2.5)	5 (5)

A.R. Akromov's researches, the level of physical and technical-tactical training of football players is always high, he states that he can get out of situations in the football game only through the result of the dependence of physical-technical-tactical qualities. ARAkromov said that according to the results of the analysis of the players' competition activities, the playing function of the midfielder on the field is the most complicated. VALobanovsky (1983), R.Akromov (1989) substantiated in their scientific works that individual and group actions in the attack are connected to physical qualities in training.

If we observe the behavior of the players in the game, we can see the importance of passing the ball quickly, fighting for the ball in the air, being able to get out of the circle of 2-3 opposing defenders with his quick movement, quick-powerful quality in performing circular movements. must be said. When the general behavior of the players on the field is examined, it is determined that they show different results depending on the function of the game. The average distance of offensive players is 2500-3000 meters in a game. In defense, this indicator is equal to 2700-3200 meters on average.

R.Akromov (1989), in the positional attack of the team, the increase of the ball and the reception of the ball had the following indicators. The central player made 40-50 passes, his efficiency was 0.44%. We can see this from Table 1 . It can be clarified from the table that the wing players made 35-50 passes to the goal and its efficiency is equal to 0.53.

In the sports literature published in recent years, it has been emphasized many times to look at sports training as a process of controlling the physical movement of sports. Currently, tests are widely used in various types of sports. They are used in quick current and intermediate control. In the field of football, experts attach the greatest importance to evaluating the physical fitness of players in various ways.

The game activity of football players does not consist only of jumping, running and walking, their movement is quite complex, they fight with the opponent, run at the highest speed, perform complex tactical tasks. Therefore, the physical training of football players should be done taking into account the nature of their playing activities, so that it is a basis for improving their technical and tactical skills.

is related to comprehensive training of physical abilities, solving the tasks of increasing general work ability and general developmental exercises with other types of sports that have a general effect on the body of the participants.

Experts believe that many exercises used to improve general fitness have a comprehensive effect on the body, including long runs on high and low places to increase endurance, short sprints to develop speed, and gymnastics exercises to increase agility. they admit. In general physical training, the development and strengthening of muscles and joints, the improvement of the function of internal organs and systems, the improvement of coordination of movements and the general level of movement qualities are achieved.

Many experts have suggested that it is possible to develop some technical methods with the help of special exercises aimed at developing physical qualities, and for this purpose, usually, according to the structure of the performance character, they recommend the use of special exercises that are similar to the technical method or its separate elements.

From the pedagogical point of view, physical training is divided into general and special physical training. General physical training is the basis for special physical training, solving the above-mentioned issues. As the main means of general physical training, the football player uses general development gymnastics exercises performed with and without objects, training in pairs with a regular change of the intensity of the performed movements, dynamic and sports games, relays, cross- country . The physical ability of a football player or his ability to move can be determined

by the qualities of strength, speed, and agility. The basis of improvement of physical qualities lies in the ability of the organism to withstand repeated excess, physical load beyond the level of its ability to work.

At the preliminary stage of working with football players, the aim is to use a complex of tools aimed at acquiring comprehensive physical training, strengthening health and harmonious development, acquiring various skills and competencies, and teaching the basic principles of football game techniques and tactics. is appropriate.

The task of physical training at this time is primarily to form the movement functions of players.

Great attention should be paid to training the speed of movements, because in childhood and adolescence there are ample opportunities to train this most important physical quality.

The development of physical qualities and the acquisition of various methodological skills have a direct impact on all aspects of football training. The level of development of physical qualities affects the choice of game technique and biomechanical characteristics of movements. Their sufficiently high development allows to perform the movement according to the optimal scheme, which ensures its effectiveness; on the contrary, the delay in the development of the leader for this quality exercise cannot even compensate for his ideal model. The development of physical qualities at a sufficiently high level determines the choice of a certain tactical game scheme: with speed endurance, the team can use high speed and the most effective speed attacks. The variety of playing activities in football requires comprehensive development of basic physical qualities and functional improvement of all body systems, which is understood in the process of multifaceted physical training.

Under certain circumstances, good physical fitness can compensate for deficiencies in technical skill. Players with physical training have a more stable psyche and are able to overcome mental stress. They are very confident in their actions and determination. High functionality allows you to overcome high fatigue.

Physical training in football consists of two equal components: *general physical* and *special*. General physical training is aimed at developing basic physical qualities, expanding and improving necessary motor skills. The main task of general physical training - it is the creation of general motor training, which is used as the basis of special physical training. In the process of general physical training, the following tasks are also solved: increasing the functional capabilities of the organization, increasing physical indicators, multifaceted physical development, stimulating recovery processes, strengthening health. To solve these problems, a set of physical exercises with a general effect is used.

Scientific research work has been carried out by many experts to improve the training of highly qualified football players. Experts emphasize that the training process, theoretical and methodical approach should be correct in order for players to play very effectively on the field.

**Table 2. Control standards for assessing the level of special physical training of 16-year-old football players**

No	Exercises	Grade		
		Excellent	Good	Q oni q arli
1	30 mg run	4.3	4.4	4.5
2	400 mg run	61.0	62.0	63.0
3	Standing long jump	240	230	220
4	Long jump	80	75	70
5	Carrying the ball and making a shot on goal	8.7	8.8	8.9

"The more individual technical and tactical actions, the greater the chance of victory," says IAKoshbakhtiev. He recommends that players perform more than 100 technical-tactical moves during the game and that the efficiency coefficient is not less than 0.75%.

**Table 3. In the concept of bringing Uzbek football to a new level by 2030, the modeled standards for physical fitness of players:**

	Measurement	2020	2021	2022	2023	2024	2025	2030
30m run	second	4.25	4.24	4.23	4.22	4.21	4.20	4.18
Jump from place	centimeter	250	255	260	265	270	275	275
7x50 sprint	second	64	63	62	61	60	59	58
The yo-yo test	meter	1300	1350	1400	1450	1500	1550	1800
Taking away the ball (errors)	in percent	55	50	45	42	40	35	30
Passing the ball (fouls)	in percent	45	40	35	30	25	20	20
Air combat (errors)	in percent	55	50	45	40	35	30	30
Deceptive actions (errors)	in percent	65	60	55	50	45	40	35

This table shows the average indicators of improving the physical fitness of players playing in professional football clubs of Uzbekistan until 2030. So, now the time of our professional football players is 4.25 seconds to run a short distance of 30 meters, and after developing this result over the years, it is set to 4.18 seconds in 2030 and 0.07 second improvement is predicted. Standing long jump averaged 250 cm in 2020, and 275 cm in 2030. In the 7x50 m sprint, the results of 2020 are 64 seconds, and this indicator will be 58 seconds in 2030, respectively.

**Conclusion.** In conclusion, the questionnaires conducted among the coaches show that the coaches had difficulty in giving a clear answer regarding the different orientations and specialized exercises used in the stages of the annual cycle in the training of 16-year-old players. The lack of regulated training programs aimed at developing and perfecting special physical qualities in young football players does not allow the training process to be carried out at the required level.

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