



## CHARACTERISTICS, TECHNICAL AND TACTICAL ACTIONS OF HIGHLY QUALIFIED FOOTBALL PLAYERS IN THE COURSE OF PLAYING

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### ABOUT ARTICLE

**Key words:** article, game, technical, fitness, female, tactical.

**Received:** 17.08.24

**Accepted:** 19.08.24

**Published:** 21.08.24

**Abstract:** The article describes the technical and tactical actions of highly qualified football players from a single methodological point of view, taking into account the game functions performed. A map of technical and tactical techniques and fitness of female athletes has been developed, which allows making timely corrections to the training process at various stages of sports improvement.

### INTRODUCTION

In the course of game activity, the accuracy of performing complex, coordinated movements largely depends on the level of physical training of athletes, and it is important that these qualities are developed a few times more than is necessary for the implementation of a specific psychomotor task. If these actions are performed at a rate lower than the limit of physical capabilities, i.e. without reserve, they significantly lose their effectiveness. In the studies of a number of specialists in sports games. [1,2,5,5] indicates that the accuracy and level of physical fitness, and in most cases speed and strength training, are conflicting tasks.

It is quite obvious that no matter what perfect motor skills an athlete possesses, without sufficient speed and strength of training (SPT), he will not be able to successfully solve the game tasks assigned to him.

In theoretical terms, this problem is covered in sufficient detail in the works of a number of scientists [2, 3, 4] who propose to evaluate the technical skill of athletes by the ratio of motor qualities shown in competitive exercise and in simple technical tests.

At the present stage of football development, it is difficult to determine which of the special physical qualities are, in principle, necessary to achieve high sports results. Historically, in theory, the main reference point in the level of development of certain motor skills has always been the concept of "best models". This is typical for all sports and all aspects of athletes' fitness, be it technical, physical or psychological training. It is not by chance that this attitude to the above problem has always been the subject of discussion in the scientific, methodological and specialized literature.

Taking into account the above, **the aim of the study** was to study the level of relationship between the SSP and the accuracy of performing game actions of highly qualified female basketball players.

## **METHODS AND ORGANIZATION OF RESEARCH**

As research methods, we used the analysis and generalization of data from scientific and methodological literature, the method of laboratory testing, pedagogical testing, expert assessment, pedagogical observation, and methods of mathematical statistics.

To assess the level of physical and technical fitness, the following tests were used: long jump and high jump from a standstill; triple jump; running for 15 m from a high start and from a run; passing the ball for accuracy (28 m); throwing the ball at a distance from a standstill and from a run; hitting the ball at a distance. This is a new feature.

An indirect indicator of the level of special physical fitness of football players was the number of technical and tactical actions performed by athletes during the match. A quantitative indicator that characterizes a player's technical and tactical readiness (TTR) was the reliability coefficient, which was expressed as the ratio of the number of precisely executed techniques to their total number.

Of great importance was the analysis of the performances of football players in competitions and the analysis of the results of pedagogical observations. The trainers of the experimental and control groups had the results of pedagogical observations of the game activity of female athletes, which allowed them to make appropriate adjustments to the training process.

## **RESULTS AND THEIR DISCUSSION**

Based on the results of pedagogical studies of the game activities of the national team of Uzbekistan and leading teams. Teams of the national team of Uzbekistan now have the opportunity to determine the level of SSP of the following techniques: passing the ball, hitting the goal, and head-butting in wrestling. For this purpose, a map of technical and tactical actions (see table) and a reliability coefficient (KN) were developed.

Our research allowed us to establish that the number of average passes per game was approximately the same for the national teams. But if we compare KN for this technique, the difference in the quality of execution becomes obvious. The U-17 teams of Uzbekistan have a KN of 0.63%, while the national team has a KN of 0.73%.

When assessing the quality of various game techniques, it was found that Uzbek teams do not perform enough passes over long distances (24). This indicator is equal to that of foreign teams (36). Taking into account the role of players, minor differences in the KN indicators of defenders and attackers are revealed.

More significant differences are observed in mid-line football players. So, the KN of athletes from foreign teams of this role is slightly higher (0.75) than that of U-17 teams (0.64), and significantly higher compared to the indicators of super league players (0.34). At the same time, it should be noted that the results of the super league teams can be compared with those of the national teams of Russia and with some caveat, since differences in qualifications, level of responsibility and other factors undoubtedly affect the game actions of female basketball players.

In the course of pedagogical observations of the championship of Uzbekistan, the number and quality of shots on goal from medium and long distances were studied.

In crucial international matches, Uzbekistan national team players were significantly more likely to attack the goal from medium and long distances (12 and 10, respectively) than their opponents (8 and 4). However, the frequent attacks of the Uzbek national team players were not very accurate.

**Characteristics of technical and tactical actions of football players of Uzbekistan**

#	Teams	Passing the ball				Hitting the goal				Head play in single combat	
		Medium		Long		From medium distances		From long distance stations and			
		Total	KN	Total	KN	Total	KN	Total	KN	Total	KN
1.	<b>Team</b>										
	Uzbekistan	41	0,73	42	0,72	8	0,38	4	0,50	26	0,60
	National Team and Super League Teams U-17	43	0,63	37	0,54	12	0,20	10	0,25	25	0,40
2.	<b>Defenders</b>										
	National Team of Uzbekistan and Super League Teams U-17	14	0,75	16	0,50	-	-	-	-	10	0,60
		13	0,69	11	0,54	1	0	2	0,50	11	0,46
3.	<b>Midfielders</b>										
	Uzbekistan	17	0,76	17	0,65	5	0,40	3	0,67	7	0,74
	National Team and Super League Teams U-17	22	0,59	18	0,61	4	0,25	4	0,25	6	0,46
4.	<b>Forwards</b>										
	Uzbekistan National Team	10	0,70	9	0,44	3	0,33	1	0	8	0,50
	And Super League Teams U-17	8	0,62	8	0,38	5	0,20	2	0	7	0,38
		9	0,56	9	0,33	2	0,50	2	0,50	8	0,43

In this regard, the results of the players of the national team of Uzbekistan, both the team as a whole and on the lines of attack, look preferable. The relatively low reliability coefficient of athletes of the Uzbekistan National League can be explained rather by the more qualified defensive actions of the national team of Uzbekistan (compared to the games of the domestic champions), than by the influence of a number of other factors, including the level of development of athletic and strength qualities. Let's touch on such an important indicator as throwing the ball from behind the sideline at a distance of at least 20 meters. This technique was used by the Uzbek national team players on average 6 times per game (KN-0.72); games of the super League of Uzbekistan-2 times (KN-0.54); U - 17 team players -1 time (KN-0).

The above indicators suggest that the improvement of such an important technique as introducing the ball into play from behind the sideline is not given due attention. It is obvious that the development of special exercises aimed at improving the quality of performing this technique will significantly expand the tactical capabilities of the team.

The results of the analysis of the game activity with the super league of Uzbekistan and the national team of Uzbekistan indicate that on average, football players perform 24-26 head-butts per game in wrestling, and club players perform 16-19. It should be noted that these data do not allow us to draw definitive conclusions about the advantages of using this technique by players of the Uzbekistan national team and national teams of foreign countries. Clearly differences in this indicator are found when considering the use of this technique by players of different lines of attack. It was found that the midfielders of the national team of the Republic of Uzbekistan on average use this technique from 6 to 8 times (KN-0.74), the players of the super league of Uzbekistan on average from 4 to 6 times (KN-0.36). Defense men in the national team had these indicators from 8 to 10 times (KN - 0.60), players of the super league Uzbekistan from 2 to 4 times (KN-0.46). For the attackers of the same teams, the quantitative characteristics and sticks of the studied techniques looked like this: 6-8 times for the players of the national team of Uzbekistan, the same number for the athletes of the super league. It should be noted that the confidence coefficient of the national team was 0.12 higher, than that of the players from the super league of Uzbekistan.

## **CONCLUSION**

Summing up the results of the analysis of games by the level of perfection of physical and technical training of women's football teams of various qualifications, it can be noted that at the present stage of development of women's football, game actions based on a high level of manifestation of speed and strength qualities are becoming increasingly important. It should be noted that such technical techniques as passing and throwing the ball over long distances, playing with resistance when passing the ball with the head require the development of a set of special exercises in their structure that are maximally close to the game activity. At the same time, it is necessary to

organize training work in such a way that increasing the level of SSP of athletes leads to an increase in the reliability coefficient when performing game activities.

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