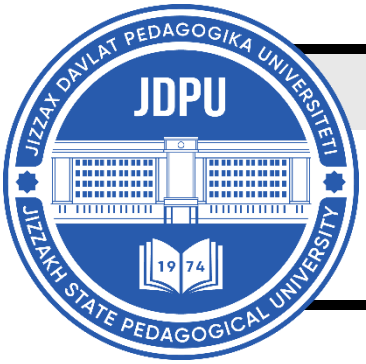
DOI: https://doi.org/10.37547/mesmj-V6-I6-35 Pages: 270-279

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

http://mentaljournal-jspu.uz/index.php/mesmj/index

TACTICAL TRAINING METHODOLOGY FOR FOOTBALL PLAYERS DURING THE PERIOD OF ADVANCED SPECIALIZATION

Avaz Parkhatovich Maksumov
Football Association of Uzbekistan
Tashkent, Uzbekistan

ABOUT ARTICLE

Key words: methodology; tactics; preparation; advanced specialization; training groups.

Received: 20.09.25
Accepted: 21.09.25
Published: 22.09.25

Abstract: The article analyzes the essential characteristics Tactical training of football players during the period of advanced specialization reveals the age-specific characteristics of 14-15-year-old football players and identifies the means and methods of tactical training for football players in training groups. In global football, football players must precisely execute their speed, technical, and tactical moves. Now, in the world football competitions, alongside European and South American footballers, footballers from other continents also perform at a high level. According to global football experts, Asian football is developing rapidly. This is evidenced by the fact that talented young footballers in East Asian countries are reaching adulthood and successfully playing for the world's top clubs. Their tactical actions, as well as their on-field thinking, are considered by industry experts to be indicative of the model of a modern football player.

Relevance of the study. Football is the most popular sport Worldwide. Millions of people play football on various continents. Tactical training occupies a key place in the training of football players in all countries with a high level of football development.

A pressing issue in the training of football players is the optimization of training sessions taking into account gender differences and age characteristics of children.

The high level of development of modern football and its further professionalization require the development of a scientifically based system

Training of sports reserves. Reserve training should be based on a scientific approach to the selection of football players, the organization of the training process, and the search for and implementation of new forms, means, and methods of working with young football players. The solution to the problem of training reserves for professional football teams, lies in increasing the volume of individual work between coaches and players, starting from the sports and health stage.

It is important for coaches to define the role of each player on the field and the ways in which achieving the game's goals. They need to pay more attention to tactical systems and keep up with the evolution of football in general.

Formation of tactical thinking of young football players is based on based on acquired knowledge, gaming experience, pedagogical observations, speed of perception and assessment of the game situation, timeliness of decision-making solutions.

Skillful training of young footballers in world football in a number of areas with the goal of improving their physical and technical-tactical preparedness, including the use of innovative tools and methods in planning the educational and training process of young footballers, maintaining specialized physical preparation at the end of both halves, universal movements of young footballers, research is being conducted on the creation of combinations of various improvisations in attack and defense during the game, and on the development of the speed and precision of tactical thinking on the field.

Tactics is one of the main elements of football players' activities during the game and one of the most important factors, which, with all other things being equal, is related to physical, technical and moral-volitional preparedness. Two rival teams, ensures the victory of one of them. Significance tactical training as one of the main means of conducting hostile The fact that the team that plays more tactically diversely and competently wins proves the struggle.

From our point of view, at the moment, it is not sufficiently developed The methodology of tactical training of football players will remain an element in the system of training football reserves.

The study analyzed theoretical tactical training sessions at Tashkent football schools. The main methods used to teach and improve coaches' tactics in theoretical sessions for young football players were examined and analyzed. The analysis revealed that, when developing tactical training, coaches widely use demonstration and demonstration methods in theoretical training, speech, and game tactics used by teams and players in world football.

A number of scientists, I.A. Arbuzin, V.S. Ivasev, D.L. Korzun, M.A. Godik, and O.A. Sides, point to the need to teach football players the ability to quickly and correctly evaluate and make decisions, and define tasks for studying the tactical actions of football players depending on the level of complexity of the game situation. Taking this into account, we have developed a computer program "Defining the Tactical Thinking of Football Players" is designed to assess the tactical thinking of young football players. The computer program's algorithm consists of displaying a tactical episode of the game on the monitor and presenting the player with three possible solutions to the situation, one of which, according to authoritative experts, is the correct one. The player is asked to select, in their opinion, one of the three most optimal solutions to the tactical situation. The set of these solutions is based on tactical episodes that frequently occur in the game, such as correctly passing the ball to a teammate in an advantageous position, passing the ball in the attacking zones, developing and finishing the attack, and playing out situations on the football field.

The object of the study is the training process of football players in training groups.

Subject of the research : methods of tactical training of football players in training groups.

The aim of the study : to improve the tactical training of 14-15 year old football players.

Research objectives :

1. To determine the essential characteristics of tactical training

during the period of advanced specialization.

2. To reveal the age characteristics of football players aged 14-15 years.

3. To identify the means and methods of tactical training of football players during the period advanced specialization.

Research methods: theoretical analysis of scientific methodological literature on the research problem.

The period of advanced specialization occurs during the stage of an athlete's life when the development of all functional systems that ensure high performance in the face of adverse factors encountered during the educational and training process is largely complete. The training process acquires a distinctly specific character, and the proportion of specialized training steadily increases [3]. An athlete's tactical mastery is based on a high level of technical, physical, and psychological preparedness.

An athlete's tactical knowledge includes information about the principles and rational forms of tactics. Tactical knowledge finds practical application application in the form of tactical actions, skills and abilities.

There are two types of tactical training: general and specialized. General tactical training is aimed at mastering the knowledge and tactical skills required for sports competitions, while specialized tactical training involves mastering the knowledge and tactical actions necessary for successful performance in a specific competition against a specific opponent.

Tactical preparedness is closely connected with the use of various technical techniques, with the methods of their implementation, the choice offensive, defensive, counterattacking tactics and other forms (individual, group, team).

Tactics is understood as a set of forms, methods and means of conducting

struggle with the opponent, expressed in the purposeful actions of the football player's teams aimed at achieving a goal in a single match [1].

Modern football is characterized by intense competition, a high level of athletic achievement, and unprecedented growth in the physical capabilities of football players. This high level of athletic achievement places special demands on the quality of tactical training for football players. One of the key factors in ensuring a highly effective tactical training system for football players is strict consideration of the individual characteristics characteristic of different stages of young footballers' long-term development.

The main methods of tactical training of football players during the period Advanced specialization includes gaming and competitive methods.

The game method is used in the system of sports training of football players to solve educational, health and developmental problems.

The essence of the game method is that the motor the activities of those involved are organized on the basis of content and conditions and the rules of the game.

The competitive method is a method of performing exercises in a competitive format. The essence of the method lies in the use of competitions as a means of improving the level of preparedness of those involved.

A prerequisite for the competitive method is the preparedness of the participants to perform the exercises in which they must compete [2]. Specific means of tactical training include tactical forms of performing special training and competitive exercises, so-called tactical exercises:

- a game in pairs on a small court with the goal of taking goals, which involves

partner combat (dribbling, ball tackling) with the participation of two or three pairs;

- exercise 2x1 with the task of choosing a place to receive the ball

(opening);

- the same with the task of closing the player;

- exercises 2x1, 3x1, 4x1, 5x1 with the task of taking the ball away;

- a 2x2 game with one neutral player with a goal scored at the low end

site (20x15 m); the neutral plays for the team in possession of the ball;

- a 3x3 game (without goalkeepers) and 4x4 (with goalkeepers) on a small court (30x20 m) with a goal scored,

- a game of ball retention 6x6 on an area of 1/2 a football field (without restrictions on ball touches),

- exercises 2 x 1, 3 x 2, 3 x 2, 4 x 2, 4 x 3, giving an advantage in possession of the ball,

- "square" 3x1 in one touch,

- 4x4 "square" with one neutral in two touches on a 15x15 m area

and 15x20 m,

- 3x3 square with personal guard on a 30x20 m court,

- 7x7 square with personal guardianship on an area of 50x40 m,

- games 2 x 2, 3 x 3 with one neutral with scoring at low court; a neutral plays for the team in possession of the ball,

- a game on half of the field, divided into three zones: in the first third of the field

7 x 5 is played, two players from a team of five players remain

in the far third of the field; if this team intercepts the ball, it is necessary to give it back pass to partners in the far third; however, you cannot cross into the middle zone, i.e. success is achieved with a long pass [3].

Thus, an important place in the educational and training process During this period of football players' long-term training, exercises aimed at solving group and team tactical problems should be emphasized. In this regard, it is recommended to make extensive use of traditional methods such as attacking with numerical superiority (2x1, 3x2, 4x2) and defending while outnumbered.

From these results, it can be concluded that the students of the experimental group, according to the results of the students of the control group at the end of the study, there was a difference in the speed of solving tactical situational tests and correct decision-making ($p > 0.05$).

During the study, the technical and tactical actions of football players from the control and research groups were analyzed during the season in friendly games and championship games (preparation period, start period and end period of the competition).

The indicators of both groups of football players in terms of the dynamics of effective and erroneous performance of technical and tactical actions looked as follows (see Fig. 3).

The experimental group's decision-making score for a tactical situation was 11.3 ± 0.5 points, while the control group's was 11.8 ± 0.5 points. In terms of rapid decision-making in a tactical situation, the experimental group recorded a score of 5.4 ± 0.6 seconds, while the control group recorded 5.3 ± 0.6 seconds. Subsequent checks of the study (at the end of the season) revealed a difference in test scores between the experimental and control groups . Compared to test scores obtained at the beginning of the season, it is clear that the experimental group's performance in tactical situational tests improved due to their ability to make correct decisions.

During the preparatory games, the experimental group demonstrated an error rate of 43.8, while the control group demonstrated a defect rate of 42.9. In the initial round of the competition, the experimental group scored 39.1 points, while the control group scored 40.5 points. In the games held at the end of the round, the experimental group scored 36.4 points, while the control group scored 40.3 points.

These results demonstrate that the young football players in the experimental group effectively performed technical and tactical actions in championship games throughout the season, gradually mastering the movements they lacked. The study results indicate that in 2008 (U-14), the effectiveness of young football players in team technical and tactical actions during the season was 281 ± 5.0. The results for the 2009 age group (U-14) for the season were 366 ± 0.5. These results explain the fact that the young football players of Pakhtakor in 2005 (U-14) confidently performed in group and team tactical games, as well as technical and tactical actions throughout the season.

They effectively carried out tactical actions such as performing offside on the field, creating standard situations in attack, carrying out fast attacks, changes were also observed in tactical movements, eliminating the number of standard situations of the opponent in defense, taking the correct position (see Table 1).

Table 1

Tactical performance indicators of the Pakhtakor team players on the field in 2008 and 2009 in the 2023 and 2024 seasons.

Indicators	(2023 season) (n=10)	(2024 season) (n= 10)	t	p
Total number of attacks created (quantity)	59.7 ± 4.0	63.1±5.0	3.3	< 0.0 1
Of these, dangerous attacks (number)	8.5 ± 0.5	1 0 ,0 ±0,6	2.8	< 0.05
Set piece goals (number)	0.7±0.04	1.1 ± 0.09	2.32	< 0.05

creating an offside situation (quantity)	0.8±0.05	1 , 4±0.08	2.8	< 0.05
technical and tactical actions (quantity)	419.7±5.0	460.1± 5.0	2.4	< 0.05
defective technical and tactical actions (%)	43.1±4.2	37.1±4.1	3 ,3	< 0.01

In 2009, the Pakhtakor U-14 team, which we took as an experimental group, showed differences in tactical movements on the field from the Pakhtakor players of 2023. The tactical indicators of young football players born in 2008 for creating attacks averaged 54, for creating dangerous attacks on average 7, for creating set situations in attack on average 6, creating offside situations 3, the number of technical and tactical actions in the game averaged 420. Football players of the experimental group in games during the season created on average 63 attacks, 11 dangerous attacks, 9 set situations in attack, 6 offside situations, the number of technical and tactical movements on average was 455 per game and achieved noticeable efficiency in other tactical indicators.

Many football experts emphasize that great attention must be paid to teaching technical and tactical actions to football players, starting from the period of initial sports specialization.

In modern football, there are studies exploring cognitive abilities using modern technologies. For example, foreign specialists conducted a study of the Spanish national team's players ahead of the European Football Championship. They assessed their "executive functions"—high-level processes in the human brain responsible for planning actions and the ability to adapt responses depending on the situation, while multitasking and under intense emotional pressure. It was found that a footballer's performance depends on their level of game intelligence—the ability to be in the right place at the right time.

It was found that professional football players solve such problems significantly better than the average person. A series of tests developed to assess football intelligence suggested that cognitive measures can help understand a player's potential early in their career. Executive functions are linked to game intelligence, as successful football players must not only run fast and hard but also process vast amounts of information in a split second, despite physical exertion. If a player's performance on the field depends on their mental abilities, then it makes sense to train not only their muscles but also their brain. Scientists from Israel served as scientific consultants to the developers of a game that helps football players develop their ability to see the field, make quick, appropriate decisions, and respond effectively to challenging situations. The developers are confident that the football simulator develops the intellectual abilities that determine success on the field.

Russian specialists (L.I. Korzun, A.A. Arbuzin, M.M. Poliskis) studied the individual, group, and team tactical actions of football players in various playing systems. They found that it is necessary to develop the tactical training of young football players, both in theoretical and practical training.

Therefore, when teaching football players tactical actions, it is necessary to use various methods and tools. One promising direction in the process of teaching football players tactical training is the development of computer programs that can be used both as monitoring methods and as training and improvement tools for their tactical preparedness.

Conclusions

1. In recent scientific studies, the research and methodological work of specialists in this field has identified, based on an analysis of a small number of scientific guidelines and methods based on the experience of developing tactical training for young football players. In their research, many authors emphasized the significant role of theoretical training in the development of tactical preparation. Many authors acknowledge the rapid understanding and development of tactical ideas in young football players through the explanation of game tactics and game sequences in theoretical lessons using modern tools.

2. According to the questionnaire survey, coaches used 78% of practical training and 22% of theoretical sessions to improve young footballers' tactical preparation. This figure demonstrates that coaches rely primarily on practical training when developing tactical preparation. Tactical preparation in theoretical sessions revealed a lack of information among coaches on the use of new innovative methods in providing recommendations and guidance.

3. The computer program developed to improve the tactical training of football players made it possible to:

- to determine the operational state of tactical training of young football players during the competitive period
- to assess the tactical thinking ability of young football players in competitive activities;
- organize effective theoretical classes in the educational training process.

4. In terms of correct decision-making and rapid acceptance of the initially conducted tactical situational tests, the performance of the teachers in the control and experimental groups was as follows. The experimental group's correct decision-making in the tactical situation yielded a result of 11.3 ± 0.5 points, while the control group's score was 11.8 ± 0.5 points. In terms of rapid decision-making in the tactical situation, the experimental group recorded a result of 5.4 ± 0.6 seconds, while the control group recorded 5.3 ± 0.6 seconds. These two indicators indicated the absence of a difference ($p > 0.05$) in both groups. During

subsequent checks of the study (at the end of the season), a difference in test results was observed between the experimental and control groups. That is, compared with the test results obtained at the beginning of the season, it is clear that the results of the students in the experimental group improved in solving the tactical situational tests due to correct decision-making.

5. Based on the results analyzed, 16 young football players from Pakhtakor and BUSM won places at various levels in the 2023 championship. Observations showed that young football players average 8-10 shots per game, with an efficiency rate of 35-45%. During the game, the players made 12 threats toward the goal, with an efficiency rate of 0.40. Of these, 7 of the 12 shots were made in the first half, and 5 shots were made in the second half. occurred in the second half. Two of the seven shots in the first half were made with the head, and this technical movement was executed incorrectly . The remaining five shots were made with the foot, and three of them were aimed in the wrong direction.

6. The study analyzed theoretical tactical training sessions at Tashkent football schools. The main methods used by coaches to teach and improve their tactics during theoretical sessions for young football players were examined and analyzed. The analysis revealed that, when developing tactical training, coaches widely use demonstration and demonstration methods in theoretical training, verbal methods, and game tactics used by teams and players in world football.

References:

1. 1. Bektorov OY The analysis of technical and tactical actions of players of the national team of Uzbekistan up to 15 years in the Central Asian football association U-15 (CAFA) // European Journal of Research and Reflection in Educational Sciences 2019 -№7/5 P-.41-44 [13.00.00 №3]
2. 2. Golomazov S. N., Chirva B. G. Football. Arithmetic of tactics: methodological
3. Developments for trainers. Moscow: TVT Division, 2013. 59 p.
4. 3. Golomazov S. N., Chirva B. G. Football. Patterns of play and tendencies Development of tactics: a methodological guide. Moscow: TVT Division, 2013. 44 p.
5. 4. Football: a standard training program for sports preparation for children's and youth sports schools, specialized children's and youth Olympic reserve schools [Text] / Russian Football Union. Moscow: Sovetsky Sport, 2011. 160 p.
6. 5. Suvorov, V.V. Technical and tactical actions of football players aged 16-18. Scientific notes of P.F. Lesgaft University. - 2009. - No. 8 (30). - P. 93-96.

7. 6. Theory and methodology of football: textbook / edited by V.P. Guba, A.V. Leksakov . – M.: Sovetsky Sport, 2013. – 536 p.

8. 7. Football: a textbook for physical education institutes / edited by M.S. Poliskis , V.A. Vyzhgin . – M.: Furlong, 1999. – 254 p.

9. 8. Yakovlev, A.N. Technical and tactical actions of young football players in competition conditions / A.N. Yakovlev, E.A. Maslovsky, A.P. Saskevich // Scientific notes of the University named after P.F. Lesgafta. – 2014. – No. 10 (116). – pp. 161-168