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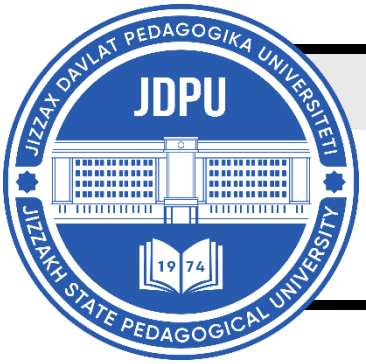

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SPECIFIC FEATURES OF THE DEVELOPMENT OF COORDINATION ABILITIES IN 12–14-YEAR-OLD FEMALE FOOTBALL PLAYERS

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ABOUT ARTICLE

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Abstract: The article examines the relevant issue of developing coordination abilities in young female football players. The presented results clearly demonstrate that the exercise complexes developed and proposed by the authors are effective and can be used in the training process of young female football players to improve their technical preparedness. The authors provide sets of exercises that are specially selected and aimed at developing all components that constitute coordination abilities.

Introduction. Currently, football is one of the most popular sports in the world. Along with men's football, women's football is also flourishing and moving confidently toward proper development. Women's football worldwide demonstrates its entertainment value and high skill level, showing strength and determination that inspire young people to take up this beautiful and spectacular sport. In Uzbekistan today, significant attention is being given to women's football. Just a few years ago, we only dreamed that our girls would no longer fear or look for gender-related reasons to avoid playing football.

The Uzbekistan Football Association is taking substantial steps to further develop and promote women's football. National championships are organized for young female players in age categories U-12 and U-14, as well as the First League and the Super League. Each league

includes enough teams to ensure competition, increase match practice, and support long-term growth. This shows, first and foremost, that women's football in Uzbekistan has become significantly younger in recent years.

The state also pays special attention to the further development of various sports, including football. Clear examples of this are the resolutions and decrees of the President of the Republic of Uzbekistan: the Resolution No. PP-115 of April 7, 2023 "On additional measures for the comprehensive development of mass and professional football"; the Presidential Decree of December 4, 2019 No. UP "On measures to bring football in Uzbekistan to an entirely new stage of development"; the Presidential Resolution No. PP-355 of November 3, 2023 "On measures to expand the network of football educational institutions and develop football infrastructure that meets international standards"; the Law of the Republic of Uzbekistan No. 394 of September 4, 2015 "On amendments and additions to the Law of the Republic of Uzbekistan on Physical Culture and Sports", as well as other regulatory documents in the field of physical culture and sports.

An important trend in the development of modern football is the increasing amount of motor activity among players, manifested in constantly arising unexpected situations that require female football players to demonstrate concentration, the ability to switch attention, spatio-temporal accuracy, and rapid reactions during gameplay [1].

Today, it is evident that the level of development of female players' physical and coordination abilities is critically important, as it determines the effectiveness of their future sports performance. Learning new motor skills and improving existing ones cannot take place without developing coordination abilities [2]. Coordination forms the foundation and is one of the most essential qualities necessary for achieving athletic excellence, especially for female football players. It influences movement efficiency, proper use of energy reserves, and technical-tactical performance.

It is important to understand the need for the development, strengthening, and continuous improvement of this significant ability, which is often not given enough attention during different stages of the training process. Today, progress is mostly seen in the development of training tools and methods aimed at physical qualities such as strength, speed, endurance, flexibility, and agility [3, 4]. Coordination abilities, however, remain one of the key factors for successful progression and improvement in sports performance [4, 1, 5]. Undoubtedly, the relevance of studying the specific features of coordination development requires deeper and more comprehensive examination

Materials and methods. Purpose of the study: to examine the specific features of the development of coordination abilities in young female football players in training groups.

Research methods: the research employed analysis and synthesis of scientific and methodological literature, pedagogical observation, pedagogical testing, and methods of mathematical statistics.

Result and discussion. The study involved 70 female football players participating in the Uzbekistan U-14 Championship (aged 12 to 14 years). Tests were conducted to determine the level of coordination abilities, including ball turns (4.57 m, 6 times), ball dribbling (9.14 m), and running with ball control around cones (10 m).

1. Table 1 – Indicators at the Beginning of the Study

TESTS				
Σ 70	Ball Turns 4.57 m/sec, 6 times	Ball Dribbling 9.14 m/sec	Running with Ball Control Around Cones 10 m/sec	
			Right Side	Left Side
	55,78	67,56	16,13	16,49

This table shows the average test indicators for specialized physical training (Ball Turns 4.57 m/sec, 6 times – 55.78 sec; Ball Dribbling 9.14 m/sec – 67.56 sec; Running with Ball Control Around Cones 10 m/sec – 16.13 sec on the right side and corresponding value on the left side) used to assess the coordination abilities of the female football players. From these results, it can be seen that the players' physical and coordination preparedness does not meet the expected standards for this training category.

Analyzing these test results and observing the average performance indicators, we concluded that insufficient attention is being given to coordination training, which directly affects the technical preparedness of the players.

We proposed and developed exercises to improve the technical skills and coordination abilities of young female football players.

For the development of coordination abilities, the following exercises were used:

1. Exercises to improve reaction speed.

These exercises can be performed using tennis balls, footballs, or inflatable balls:

- Release the ball with one hand and catch it with the other (right or left hand).
- Toss the ball upward, make a 360-degree turn around your axis, and catch the ball (using the right hand, left hand, or turning over the right or left shoulder).
- Bounce the ball on the ground and make a 360-degree turn around your axis.
- Toss the ball upward, clap once, twice, or three times, and catch it (right or left hand).

- Toss the ball upward, clap over the leg, and catch the ball (over the right leg or left leg).
- Toss the ball upward, perform shuttle acceleration for a few meters, and catch the ball.
- Bounce the ball on the ground and make as many hand turns as possible, or, if holding a cone, rotate it around the ball until the ball stops.

2. Exercises to improve balance.

Players perform exercises in pairs, facing each other:

- Stand on one leg facing each other, extend your arms, and push palms together while maintaining balance (alternate legs).
- Stand on one leg facing each other and touch your partner's shoulder (alternate legs).
- Stand on one leg facing each other and touch your partner's leg (alternate legs).
- Stand on one leg facing each other, hold each other with both hands, and try to pull your partner to your side (alternate legs).
- Stand on one leg facing each other, hold your partner with one hand, and pull them to your side.

3. Exercises to improve spatial orientation.

- Various starts in different directions with and without the ball, responding to the coach's signal or gesture, including changes of direction (cones, markers, poles, and barriers can be set in different sequences).
- Moving game "Tails": two teams of 10–12 players each play in a 25x25 or 30x30 m square. Each player has a bib tucked into their shorts. On the coach's signal, one team must pull out the bibs and throw them on the ground. The game is timed, and the team that collects the bibs the fastest wins. This game can be varied in multiple ways.
- Moving game "Hand Ball": in a 25x25 m square, 12 players hold the ball and pass it to teammates. The player with the ball must pass it as quickly as possible while all players move in different directions, seeking open space. Variations include passing to a third player, passing over the head, or passing with the right or left foot.

4. Games for comprehensive improvement of various coordination abilities.

- Game 6x6, 7x7, 8x8 on different-sized fields depending on the number of players (25x25, 30x30, 35x35 m). Small goals (4 or 6) are placed around the perimeter. Each team can score in any goal. Players can be limited in touches, use passes to a third player, and cannot return the ball to the passer.

- Game in a 40x40 m square, 6x6x6+3 format (6 players per team, 3 teams + 3 neutral players). Two teams play in the square, the third team is positioned around the perimeter, and two neutral players are placed on the perimeter, with one in the center. Objectives: two teams control the ball, e.g., players are color-coded (red, green, white). The white team is positioned around the perimeter with the neutral players; red and green teams are in the center with a neutral player. The red team has the ball and keeps it with neutral players and the perimeter team (white). The green team attempts to take the ball from both red and white teams. If the green team takes the ball from the red team, it keeps the ball with the white team; if from the white team, it passes the ball to the red team and switches positions with the white players on the perimeter. Neutral players switch positions with the central player when a pass is made to them on the perimeter.

At the end of the study, testing was repeated, and the following results were obtained. From Table 2, it can be seen that in the "Ball Turns" test, the average indicator before applying our proposed methodology at the beginning of the experiment was 55.78 seconds, and after the methodology at the end of the experiment it was 54.96 seconds, showing an improvement of 1.47 seconds. In the "Ball Dribbling" test, the average indicator before the methodology was 67.56 seconds, and after the methodology it was 66.30 seconds, showing an improvement of 1.86 seconds. In the "Running with Ball Control Around Cones" test, on the right side, the average indicator before the methodology was 16.13 seconds, and after the methodology it was 15.90 seconds, showing an improvement of 1.42 seconds. On the left side, the average indicator before the methodology was 16.49 seconds, and after the methodology it was 16.20 seconds, with an improvement of 1.75 seconds.

Table 2 – Indicators at the End of the Study

	TESTS							
Σ 70	Ball Turns 4.57 m/sec, 6 times		Ball Dribbling 9.14 m/sec		Running with Ball Control Around Cones 10 m/sec			
					Right Side		Left Side	
	Before the Study	After the Study	Before the Study	After the Study	Before the Study	After the Study	Before the Study	After the Study
	55,78	54,96	67,56	66,30	16,13	15,90	16,49	16,20
	1,47		1,86		1,42		1,75	

From the obtained data, it can be concluded that the improvement in the indicators was not very large. This suggests that the exercise complex we developed and proposed, aimed at improving coordination abilities, can have a positive effect on both the technical and physical preparedness of the players.

Conclusions. After reviewing and analyzing the scientific and methodological literature, we identified that coordination abilities play an important role in the development and improvement of technical and physical preparedness, as well as in the further enhancement of football skills in female players. Based on the obtained data, we developed and implemented a set of exercises in the training process aimed at developing the coordination abilities of 12–14-year-old female football players. After the completion of the study, we compared the indicators before and after implementing our methodology and observed a slight improvement, indicating a positive effect. This suggests that the exercise complex we developed, aimed at improving coordination abilities, can be effectively applied in the training process.

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