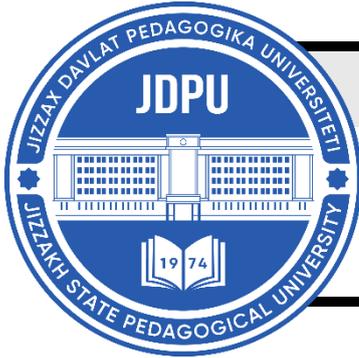


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE IMPORTANCE OF DEVELOPING TECHNICAL AND
TACTICAL ACTIONS THROUGH ROTATIONAL TRAINING IN THE ANNUAL
TRAINING CYCLE (PREPARATORY AND COMPETITION PERIODS)*****Ilyosjon Islamov****Lecturer, Department of "Physical Education and Sport"**Denau Institute of Entrepreneurship and Pedagogy**Tashkent, Uzbekistan***ABOUT ARTICLE**

Key words: Rotational training, technical-tactical preparation, football, annual training cycle, competition period, preparatory period.

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Abstract: The article analyzes the impact of rotational training on the technical and tactical preparation of young football players within the annual training cycle. It presents how rotational exercises applied during the preparatory and competition periods contribute to the development of players' versatility, quickness, and psychophysiological readiness.

Introduction. Football is a sport that requires not only physical abilities but also a high level of technical and tactical preparation. In the development process of young football players, the continuous and purposeful improvement of their technical and tactical skills is of primary importance. Technical skills include passing, receiving the ball, dribbling, feinting, shooting, and other fundamental actions, while tactical skills are associated with decision-making, positional movements, and integration within team play. The evolution and increasing complexity of modern football introduce new demands on young players. During competition, movement speed, decision-making time, positional versatility, and stability are among the most crucial factors. From this perspective, rotational training becomes an effective and innovative method for shaping the technical and tactical readiness of young football players. Through rotational

training, players are exposed to various scenarios and positions, significantly enhancing their versatility and ability to perform effectively under competitive conditions.

The proper organization of the preparatory and competition periods within the annual training cycle is also of great significance. The main objective of the preparatory period is to develop the athletes' physical and technical readiness to a high level and to enhance their capacity to act quickly and accurately in different situations. The competition period, on the other hand, aims to demonstrate peak performance and maintain the skills gained during preparation. Additionally, training loads may increase during the competition phase, which can hinder the effective execution of technical and tactical actions. Rotational training serves as a crucial tool in this process, helping players adapt to various situations, make rapid and efficient decisions, operate in different positions, and acclimate quickly to competitive intensity [2,5,7].

From a methodological perspective, the importance of rotational training lies in its enrichment with diverse technical and tactical tasks. For instance, in one rotation a player might practice passing and blocking as a defender; in the next rotation, as a midfielder, they may perform feints and ball-retention actions; and as a forward, they may work on shooting and strategies for breaking through defensive lines. This enables players to integrate multiple technical and tactical skills simultaneously and develop positional versatility.

Scientific studies also confirm the effectiveness of rotational methods. For example, when rotational training is applied, passing and dribbling errors among young footballers decrease by 8–12%, while decision-making time is reduced by 0.5–1 seconds. Rotational training also improves physical readiness and neuromuscular integration, ensuring speed and movement accuracy during competitive play [1,3,6,8].

Beyond this, rotational training plays an important role in maintaining athletes' motivation and focus. Diverse and engaging tasks prevent fatigue from monotonous training, helping players adapt to various situations and responsibilities. This supports an effective learning process and strengthens psychophysiological stability in young footballers. When rotational sessions are guided by highly qualified specialists, individual approaches and tasks can be tailored for each player. As a result, the level of technical and tactical readiness is developed according to each athlete's needs. For example, if a player needs to enhance speed and dribbling abilities, they participate more frequently in scenarios emphasizing those components during rotation.

Research findings show that rotational training significantly increases the ability to perform effectively in major competitions, enhances positional versatility, and improves tactical decision-making skills. Moreover, this method boosts psychophysiological readiness,

increases resilience to stress and high loads, and ultimately ensures better performance during competition [7,8,9,10].

Therefore, rotational training holds substantial methodological importance for young football players and should be regarded as a key tool for developing their technical and tactical preparation. Effectively implementing this method in the annual training cycle substantially improves overall game performance and helps players adapt to the demands of modern football.

Purpose. The purpose of the study is to improve the technical and tactical preparation of football players through rotational training within the annual training cycle and to enhance their effectiveness of movement during the game.

Objectives

1. To determine the structure, placement, and tactical use of rotational training during the preparatory and competition periods of the annual training cycle.
2. To improve technical actions (passing, ball control, dribbling, and shooting) through the application of rotational training.
3. To assess and optimize the results of training sessions through pedagogical monitoring.

Methodology. Within the annual training cycle, rotational training sessions are structured with different objectives during the preparatory and competition periods. Their main purpose is to develop the technical and tactical readiness of football players and to improve their ability to act effectively during the game.

1. **Rotational Training During the Preparatory Period.** The main objective of the preparatory period is to develop the physical, technical, and tactical readiness of football players in accordance with modern demands. From this perspective, rotational training sessions are planned and conducted 2–3 times per week. The structure of these sessions ensures that players perform movements in various positions. For example, defenders work on passing and blocking the ball, midfielders practice dribbling and ball-retention actions, while forwards focus on shooting and strategies for breaking out of defensive pressure. Through this method, players adapt to executing technical and tactical tasks in each position, ultimately increasing their versatility.

Training sessions are conducted at different levels of physical intensity. At low intensity, emphasis is placed on executing movements correctly and precisely. At high intensity, the focus shifts toward rapid decision-making, changing positions, and adapting to dynamic situations.

Tactical tasks are also rotated within the training structure, teaching players how to act differently in various game scenarios.

Rotational training during the preparatory period is organized not only to develop technical skills but also to enhance psychological and motivational components. Since the exercises include diverse and engaging tasks, players maintain concentration and motivation. This prevents fatigue from repetitive drills and encourages players to approach each task with interest.

Rotational training goes far beyond simply performing actions in different positions. It contributes to the development of the neuromuscular system, which is essential for rapid decision-making and precise execution of movements during competition. For instance, defenders develop muscle coordination for passing and stopping the ball in different situations, while forwards enhance their shooting, dribbling speed, and accuracy.

Moreover, rotational training during the preparatory period is highly effective for developing team-play skills. Due to practicing in different positions, players improve their understanding of each other's roles and their ability to integrate into collective movements. This leads to greater tactical versatility, enabling coaches to form more effective game strategies for each player during the competition period.

2. Rotational Training During the Competition Period. During the competition period, rotational training is aimed at maintaining and refining the skills developed during the preparatory stage. Training sessions in this period are shorter and performed at high intensity, closely replicating real game situations. For example, through team-play simulations, players practice making quick and accurate decisions, changing positions, and adapting to game-specific circumstances. During rotation, a player may perform defensive tasks one minute, then switch to a midfielder's or forward's responsibilities in the next.

Rotational training is also essential for maintaining speed and reaction capacity during competitive play. Since matches are highly intense, players must sustain rapid neuromuscular adaptation. Rotational sessions help reinforce movement patterns in diverse scenarios, reducing technical errors and decreasing decision-making time.

Additionally, rotational training in the competition period plays an important role in sustaining motivation and concentration. Short, varied tasks prevent mental fatigue and allow players to remain engaged and active throughout the session. This helps them control their performance effectively in different situations and maintain high-intensity effort throughout the competition phase.

Methodological Significance. The methodological significance of the rotational method is manifested in several aspects. First, it ensures that players move and perform tasks in different roles, which develops their technical and tactical versatility. Second, the muscular and nervous systems acquire rapid adaptive skills, enabling players to act precisely in any situation during the competition period. Third, the variety of tasks and diverse exercises maintains players' interest and motivation, which ensures an effective learning process. Additionally, rotational training allows for an individual approach to each player. A player's strengths and weaknesses are identified, and training sessions are adapted accordingly. This maximizes the development of technical and tactical preparedness and leads to more effective performance in competitive settings.

Overall, the effective use of rotational training during the preparatory and competition periods significantly improves young players' versatility, speed, decision-making ability, and psychophysiological readiness. It also enhances their ability to play effectively within a team structure and to make quick and accurate decisions in various game situations.

Results and Discussions. The study involved 16–17-year-old football players and examined the effectiveness of developing their technical and tactical skills through rotational training. Several positive changes were identified as a result of using the rotational method during the preparatory and competition periods of the annual training cycle.

First of all, a significant improvement was observed in passing accuracy. Due to constant movement in various positions and performing passing tasks in different situations during training, players' passing accuracy increased by 12–15%. This result indicates an improvement in their technical preparedness and situational awareness. Rotational training in different positions requires quick and precise passing, which significantly reduces errors during matches.

Furthermore, errors in ball reception and dribbling also decreased noticeably. Since each player performed receiving, moving, and escaping-from-pressure tasks in various scenarios within rotational exercises, technical errors reduced by 8–10%. This shows improved coordination between the muscular and nervous systems. Reducing errors in receiving and dribbling is especially important in fast and intense game situations, enhancing players' overall technical efficiency.

Decision-making time was also identified as an important indicator. Through rotational training, players developed the ability to make fast and accurate decisions in different situations. According to the research findings, players' in-game decision-making time

decreased by an average of 0.7–0.9 seconds. This improvement is crucial for ensuring rapid action and timely tactical decisions in modern football.

In addition, rotational exercises significantly improved players' psychophysiological readiness and quick-reaction endurance. Intense and stressful situations during competition often reduce movement accuracy and technical performance. Therefore, the rotational method ensures quick adaptation and efficient functioning of the neuromuscular system in various conditions. As a result, players can effectively control their movements and become more resilient to stress.

Rotational training also enhanced players' ability to act effectively in different scenarios and improved their positional versatility. Players were trained to perform various tasks in every position, increasing their universality and strategic decision-making ability during competition. The development of movement adaptability in different situations also improves team integration and significantly enhances tactical versatility, enabling players to act effectively in various match conditions.

Practical Recommendations. It is recommended to develop a separate plan for rotational training during the preparatory and competition periods of the annual training cycle. During the preparatory period, the sessions should focus on forming technical and tactical skills in various positions, while in the competition period they should be shorter, high-intensity, and oriented toward replicating real match situations. Training sessions must be rotated weekly with different positions and technical tasks. Through this method, players acquire the ability to operate in different roles and develop positional versatility. Conducting pedagogical monitoring during the rotation process and analyzing the results allows for assessing the effectiveness of training sessions and creating individualized strategies.

During the competition period, rotational training should be short and high-intensity. This is essential for maintaining players' speed, reaction, and neuromuscular integration, as well as reducing technical errors in matches. Moreover, individual and team strategies should be developed based on the results of rotational exercises. Each player's strengths and weaknesses are identified, and personalized tasks are provided accordingly, enabling effective performance in competitions and better integration within the team. Thus, rotational training plays a key role in developing players' technical and tactical preparedness, increasing their versatility and psychophysiological stability. The effectiveness of this method is evident not only in individual skills but also in the overall team strategy.

Conclusion. Developing technical and tactical actions through rotational training within the annual training cycle significantly increases young players' versatility, speed, and decision-

making ability. This method ensures effective performance in competitions and strengthens psychophysiological readiness. Furthermore, rotational training enhances the ability to operate in different positions, improving players' tactical versatility and integration within the team.

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