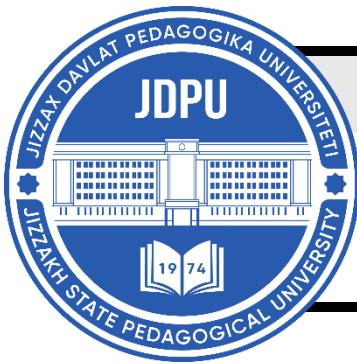


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STUDYING THE TECHNICAL AND TACTICAL ACTIONS OF YOUNG FOOTBALL PLAYERS DURING COMPETITIVE ACTIVITIES

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ABOUT ARTICLE

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Abstract: The article discusses the importance of technical training in the training of young players, training in technical training and its significance. The technical training of the players and the factors of its implementation have been studied.

Introduction. In recent years, the global popularity of football has led it to secure a strong position among other types of sports. The Presidential Decree of the Republic of Uzbekistan No. PF-5887 dated December 4, 2019, "On measures to bring the development of football in Uzbekistan to a completely new stage," the Resolution No. PQ-3610 dated March 16, 2018, "On measures for the development of football," the Resolution No. PQ-414 dated November 3, 2022, "On measures to further improve the system of personnel training and scientific research in the field of physical education and sports," and the Resolution No. PQ-115 dated April 7, 2023, "On additional measures for the comprehensive development of mass and professional football," as well as other legal and regulatory documents related to this field, define a number of tasks whose implementation this article aims to support to a certain extent.

In particular, the development of children's sports and the effective organization of their training process require the identification of new and more advanced methodological approaches, as well as the creation of innovative scientific and pedagogical technologies that contribute to the improvement of various aspects of young football players' training [1,5,8].

In football, the ability to accurately coordinate and reorganize technical movements in constantly changing game situations, reaction speed, the ability to concentrate and shift attention, and to maintain a fast pace of play all depend on the level of technical preparedness. Indeed, the development of these abilities is considered one of the key factors in achieving high results in football [1,6,9,11].

Research is being conducted on the development of children's sports and the selection of children for specific sports, with a focus on improving young football players' physical development, physical fitness, and technical level, taking into account their anatomical and physiological characteristics. These studies also aim to enhance the effectiveness of technical and tactical actions based on the conditions of competitive activity.

Although in recent years a considerable amount of theoretical and practical material has been accumulated on the improvement of athletes' technical and tactical abilities in football, research specifically aimed at enhancing the technical and tactical actions of young football players remains limited and has not received sufficient attention [2,3,6,10].

Research Objective: The goal of the study is to properly organize the training process for young football players, ensure the correct distribution of workload, and establish effective recovery strategies. It is evident that the technical and tactical skills of young football players are not yet fully developed, and much work remains to be done in this area. During the multi-year preparation process, taking into account the indicators of competitive performance, it is necessary to optimize the use of specialized tools in order to increase the effectiveness of young football players' technical training.

Research Tasks:

1. To determine the quantity and quality indicators of technical and tactical actions performed by young football players during competitions.
2. To identify the dynamics of technical preparedness required to ensure the effectiveness of young players' performance in competitive activity.
3. To justify, through experiments, the effectiveness of constructing the initial technical and tactical training process of young football players based on the dynamics of the structure of competitive activity.

Object of the Study:

The training process of young football players, including the structure of their overall activity in relation to technical and tactical actions.

Scientific Hypothesis of the Study:

Optimizing the training process for young football players can increase the effectiveness of their technical preparedness.

Methodology. The competitive activities of young football players from the “SM-1” and “SM-2” football schools located in the Tashkent region were studied.

Observations revealed that young players frequently make mistakes in executing almost all technical and tactical actions under competitive conditions.

In many cases, it was observed that passes did not reach their intended teammates.

While dribbling, young football players often moved with their heads down, focusing on the ball and the ground rather than surveying the field. As a result, this led to inaccuracies in passing.

Results. Excessive dribbling was also frequently observed. This often caused other teammates to crowd around the ball, disrupting the overall team structure.

Table 1.

Table 1. Results of Studying Technical and Tactical Actions of Young Football Players (“SM-1”)

| TTX | Passes | Dribbling Past Opponent | Ball Recovery (Taking the Ball) | Aerial Duel | Ground Duel | Shots on Goal | Total TTA (Technic al- Tactical Actions) |
|----------------------------------|--------|-------------------------|---------------------------------|-------------|-------------|---------------|--|
| Correctly Performed (Actions) | 93 | 24 | 30 | 16 | 10 | 2 | 175 |
| Incorrectly Performed Actions | 67 | 34 | 27 | 13 | 6 | 6 | 153 |
| Total | 160 | 58 | 57 | 29 | 16 | 8 | 328 |
| Effectiveness (%) | 58 | 41 | 53 | 55 | 62 | 25 | 54 |
| Errors (%) / Deficiency Rate (%) | 42 | 59 | 47 | 45 | 38 | 75 | 46 |

Note: TTA – Technical and Tactical Actions

In this match, young football players performed a total of 328 various technical and tactical actions (TTA). Out of these, 175 TTAs were executed correctly, while 153 actions were performed incorrectly. The overall effectiveness coefficient of the actions amounted to 54%, whereas the error rate was 46%.

Passing the ball to a teammate: In this match, the players made a total of 160 different passes. Among them, 93 passes were effective, while 67 were ineffective, resulting in an overall effectiveness of 58%.

If we include the goalkeeper, each player performed an average of 14.6 passes per game.

Dribbling past an opponent: The players used this technique a total of 58 times during the match. 24 of the dribbles were successful, while 34 were unsuccessful, leading to an overall effectiveness of 41% and an error rate of 59%. On average, each outfield player used this technique 5.8 times during the game.

Ball interception from the opponent (technical-tactical action):

This technique was used a total of 57 times during the match. It was successfully executed 30 times, while 27 attempts were unsuccessful.

The overall effectiveness was 53%, while the error rate stood at 47%.

On average, each player used this technique 5.7 times during the game.

Table 2

Types of Shots on Goal in the Match Between "SM-1" (youth) and "SM-2" (youth)

| | Types (of Shots) | “SM-1” | | | Total | “SM-2” | | Total |
|---|--------------------------|-----------|------------|------------|-------|-----------|------------|-------|
| | | Section I | Section II | Total | | Section I | Section II | |
| 1 | Inside the penalty area | + | 1 | 1 (goal".) | 2 | 2 | 1 | 3 |
| | | - | 2 | 3 | 5 | 3 | 1 | 4 |
| 2 | Outside the penalty area | + | - | - | - | - | - | - |
| | | - | - | 1 | 1 | 2 | - | 2 |
| | Jami | | 3 | 5 | 8 | 7 | 2 | 9 |
| | Effectiveness | % | 33 | 20 | 25 | 28,5 | 50 | 33 |

Aerial Duel as a Technical-Tactical Action

This technical-tactical action was used less frequently compared to other technical-tactical actions. In total, players participated in aerial duels 29 times. Out of these, 16 attempts were successful, while 13 were unsuccessful. The overall effectiveness was 55%, and the error rate was 45%.

On average, each outfield player took part in aerial duels 2.9 times.

Table 3

Shot Attempts on Goal in the “SM-1” vs “SM-2” Match

| | Types (of Shots) | “SM -1” | | | Total | “SM-2 ” | | Total |
|---|-------------------------|--------------|---------------|----------------|-------|-----------|------------|-------|
| | | Penalty Area | Section I | Section II | | Section I | Section II | |
| 1 | Inside the Penalty Area | + | 3+1 goal". | 2+1 (goal") | 7 | 2 | 1 | 3 |
| | | - | 2 | - | 2 | 3 | 2 | 5 |

| | | | | | | | | |
|---|--------------------------|---|----|----|----|----|----|----|
| 2 | Outside the Penalty Area | + | 1 | - | 1 | - | 1 | 1 |
| | | - | - | 1 | 1 | - | - | - |
| | Total | | 7 | 4 | 11 | 5 | 4 | 9 |
| | Effectiveness | % | 71 | 75 | 72 | 40 | 50 | 55 |
| | Errors | % | 29 | 25 | 28 | 60 | 50 | 45 |

Note: SM-1 and SM-2 refer to Sports School 1 and Sports School 2, respectively.

Technical-Tactical Actions of Intercepting the Ball

This action requires speed and strength from the players. In this match, a total of 16 interception attempts were made. In 10 of these, no errors were observed, while in 6 attempts there were errors. The effectiveness rate was 62%, and the error rate was 38%. The quality of this action was significantly higher compared to other technical-tactical actions. However, in terms of frequency (excluding shots on goal), it had the lowest rate among all actions.

On average, each player (including the goalkeeper) used interceptions 1.5 times during the match.

Technical-Tactical Actions of Shooting Towards the Goal

A total of 8 shots were taken towards the opponent's goal. Out of these, 2 shots were on target, and 6 were off target. Of the 8 shots, 7 attempts were made from inside the penalty area, and 1 attempt was made from outside the penalty area. Out of the 2 on-target shots, 1 was successful and resulted in a goal against the opponent's net. The final score of the match was 2:2.

The overall effectiveness of shots on goal was 25%, which is quite low.

From the table reflecting the types of shots on goal, it is evident that players from both teams primarily took shots inside the penalty area. Out of all 17 shots in this match, 14 were directed inside the penalty area. Three shots were attempted from outside the penalty area, and among these, one shot by "SM-2" forward Toyirov U. accurately reached the lower corner of the goal. The remaining two shots touched the opponents and bounced back into the field.

Based on the data presented above, the following conclusions can be drawn:

1. The experience of conducting training sessions with young children in our country shows that for the further development of mass children's football and preparing substitutes for highly skilled teams, it is important to organize and prepare young children well from an early age.
2. In training young footballers, educational work and technical preparation are among the main components.
3. The importance of interest and motivation in young footballers is increasing.

4. During the preparation process, qualities such as goal orientation, endurance, self-control, teamwork, and discipline develop well in children of this age.

5. At this age, the competition method should be widely used, as it helps reinforce technical skills in young footballers.

6. Physical preparation is one of the main parts of training young footballers and is necessary for their all-round development.

7. Besides general physical training methods, special physical training means should also be applied.

Based on the above information and results, practical recommendations have been developed for implementation.

Technical Preparation:

Teaching the basics of football technique to young children has several specific features. This can primarily be explained by the fact that their psychophysiological functions are not highly developed.

Therefore, it has been found that the following exercises mostly arouse interest in young footballers:

For outfield players:

- Dribbling the ball along a straight line on the tip of the foot;
- Dribbling the ball along a straight line using the middle part of the foot; dribbling the ball in circles and figure-eight shapes with the inside of the foot; dribbling the ball along a snake-like path, etc.;
- Striking stationary balls, rolling balls, jumping balls, and balls coming from the side;
- Striking balls coming on different trajectories using various parts of the foot;
- Heading suspended balls and other exercises;
- Stopping the ball in various ways;
- Different types of feint moves;
- Bringing the ball into play from the sideline;
- Different ways of taking the ball from an opponent;
- Passing and moving the ball, and others.

When developing a certain type of training, for example, speed training in physical preparation, special attention should be paid to performing exercises with balls.

In organizing this process, training types should be directed from simple to complex, focusing primarily on the development of technical elements. When organizing training

sessions, it is useful to gradually introduce football elements in an interesting and varied way through simple to complex movement games that regularly demonstrate different variations.

Of course, no single game can be regarded as a tool for developing any quality in its pure form, but attention can be given to one particular quality.

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