

**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**STUDY OF THE LEVEL OF DEVELOPMENT OF COORDINATION ABILITIES OF
11-13 YEAR OLD FOOTBALL PLAYERS****Sh.K.Qilichev***Uzbek State University of Physical Education and Sports
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Key words: coordination abilities, platform, squat, results, effectiveness, football players, coordination platform, dynamic balance.

Abstract: This article presents information on the development of methodological proposals and recommendations for improving the coordination abilities of 11–13-year-old participants of the Klichev Team using various tools and methods.

Received: 27.02.26**Accepted:** 01.03.26**Published:** 03.03.26**Introduction**

Today, like all sports, football as a sport type is becoming one of the most popular sports in our country. For this reason, the decisions and decrees issued by our head of state to further develop football, popularize children's football, raise a healthy generation, and prepare high-quality players for national teams are considered one of the pressing issues of today. Therefore, developing proposals and recommendations aimed at preparing football players and finding the most rational solution in complex situations is one of the urgent tasks facing specialists. In the process of analyzing international matches at the world level and the participation of our country's football players in international competitions, the need to pay attention to improving the efficiency of technical-tactical actions performed in changeable and unfavorable situations,

while possessing dynamic game characteristics, making rational decisions in complex situations, and developing them, is becoming increasingly evident.

Purpose of the work: To develop the coordination abilities of football players of the Klichev Team aged 11–13 years.

Research objectives:

- To analyze scientific-methodological sources on the development of coordination abilities;
- To determine the coordination abilities of 11–13-year-old football players using modern tools and methods.

Research object: The process of preparing 11–12-year-old football players.

Materials and methods

To determine the level of development of coordination abilities of football players of the Klichev Team aged 11–13 years, testing was conducted. A total of six modern tests were selected for this testing, and norms were adopted accordingly. A total of 20 participants were involved in the experimental and control groups. These tests included Dual Ball Dribbling, Wall Pass Accuracy, Agility T-Test, Dynamic Balance, Static Balance, and Rhythmic Test, which meet international requirements (Figure 1). Thus, the pre-experiment analysis of the Klichev Team's results in the Dual Ball Dribbling test (dribbling two balls) showed the following. The highest indicator among team members was 7.48 seconds, while the lowest was 9.81 seconds. In the Wall Pass Accuracy test (receiving and passing the ball exercise), the highest indicator was eight repetitions, achieved by player E.V., while the lowest was five repetitions by player M.V. In the T-Test performed with and without the ball, the highest indicator with the ball was 15.60 seconds by M.V., and without the ball — 13.05 seconds by P.V. In the Dynamic Balance test (one-leg standing/squatting exercise), the highest indicator was eight repetitions, achieved by a total of five football players, while the lowest was six repetitions, recorded by four participants.

Results

In the Static Balance test (heading the ball while standing on a coordination platform), the highest indicator was 20 repetitions, and the lowest was 15 repetitions. For the Rhythmic Test indicators, the highest was 15.47 seconds, and the lowest was 16.34 seconds (Table 1).

Figure 1. Tests for determining the coordination abilities of young football players

Test 1	Test 2	Test 3	Test 4-5	Test 6

				
Dual ball dribbling	Wall pass accuracy	Agility T test	A) Static balance B) Dynamic balance	Rhythmic test

Table 1. Results of determining the coordination abilities of young football players. (T.B.)

№	Name	Dual ball dribbling	Wall pass accuracy	Agility T test		Dynamic balance	Static balance	Rhythmic test
				With a ball	Without a ball			
1	E-v	8.56	7	17	13.55	8	15	17.06
2	H-v	9.81	5	17.53	14.10	8	14	18.59
3	Z-v	9.53	7	17.79	13.80	7	20	17.78
4	M-v	7.55	6	17.12	13.03	6	16	15.28
5	T-v	8.35	6	16.89	13.15	8	18	16.07
6	M-v	8.40	7	17.38	13.50	6	16	17.37
7	A-v	7.70	7	15.84	13.05	7	18	18.16
8	Z-v	8.60	6	17.25	14.35	7	16	17.00
9	R-v	8.06	6	16.87	17.72	8	18	16.73
10	S-v	7.32	7	15.81	13	6	19	15.47

11	P-v	7.15	7	15.34	13.05	8	18	19.34
12	A-v	7.84	7	16.22	13.60	7	18	16.90
13	R-v	8.10	6	16.78	13.47	8	17	16.78
14	Z-v	9.35	7	17.23	14.40	7	16	17.54
15	Y-v	8.53	8	16.76	14.82	8	17	17.25
16	S-v	7.48	7	15.83	14.12	7	16	18.34
17	O-v	7.80	6	15.67	14.05	8	17	16.69
18	T-v	8.13	7	16.79	15.35	7	17	16.61
19	A-v	8.06	6	17.56	15.89	6	18	15.58
20	M-v	9.12	5	15.60	14.37	7	15	16.73

Thus, the age of 11–13 years is considered the most favorable period for specifically developing coordination abilities in the process of preparing young football players. Therefore, in organizing training sessions, precise norms for the volume of coordination-development tools were established within the load allocated to physical preparation at the beginning of the year, and these tools were distributed across various microcycles in accordance with the set goals and objectives. In this approach, the main focus was placed on creating specific coordination complexity situations during the execution of technical actions and physical preparation exercises used in the football players' training process. As a result, complexes of tools were developed and directed toward specific characteristics.

Primarily, a variety of tool and method complexes were created and implemented to manifest coordination abilities such as adaptation to rhythm, maintaining balance, coordinating mutual movements, and spatial orientation.

Analysis of re-obtained results showed the following improvements:

In the Dual Ball Dribbling test, the highest result was 7.11 seconds, achieved by S.V. In the Wall Pass Accuracy test (accuracy of receiving and passing the ball), the highest indicator reached nine repetitions. In performing the Agility T-Test, the best result was 15.09 seconds by P.V., while the lowest was 17.11 seconds by Z.V. (Table 2).

In the Dynamic Balance test, the highest result was nine repetitions, achieved by four participants. Seven football players managed to perform the exercise eight times. In the Static Balance test (heading the ball exercise), the highest result was 21 repetitions, performed by player T.V. The lowest result was 16 repetitions by H.V.

The results of the Rhythmic Test also showed significant improvement.

Overall, the data indicate noticeable progress in all tested coordination parameters after the application of the targeted training program.

Table 2. Tests for determining the coordination abilities of young football players (T.O.)

№	Name	Dual ball dribling	Wall pass accuracy	Agility T test		Dynamic balance	Statie balance	Ritmic test
				With a ball	Without a ball			
1	E-v	7.56	8	16,40	12.12	8	17	15.12
2	H-v	8.15	9	16.12	12.88	8	16	16.32
3	Z-v	8.22	7	16.36	12.23	7	20	16.12
4	M-v	7.12	7	16.11	12.01	7	17	14.45
5	T-v	8.00	8	16.22	12.24	8	18	15.17
6	M-v	8.12	7	15.56	12.23	8	17	15.37
7	A-v	7.11	8	15.22	12.4	8	18	16.23
8	Z-v	7.90	7	16.21	12.66	7	17	16.34
9	R-v	7.88	7	16.44	14.55	7	18	15.23
10	S-v	7.11	7	14.76	13,23	6	21	14.56
11	P-v	7.15	8	15.09	12.34	9	19	17.22
12	A-v	7.34	6	15.22	13.22	7	19	15.90
13	R-v	8.01	8	16.22	12.21	6	19	15.34
14	Z-v	8.12	6	17.11	13.31	8	20	16.22
15	Y-v	8.11	8	15.34	13.12	7	22	15.55
16	S-v	7.12	5	15.23	13.02	8	19	16.12
17	O-v	7.22	7	15.11	13.05	9	19	15.76
18	T-v	7.77	7	16.12	13.88	7	21	15.61
19	A-v	7.14	8	17.12	15.34	7	19	14.45
20	M-v	7.42	6	15.60	14.11	9	19	15.23

Discussion

Thus, the highest result was achieved in 14.45 seconds by A.V., while the lowest result was determined to be 17.22 seconds.

Analysis of the re-obtained results showed a sharp increase in performance across all the applied tests. The main reason for this improvement can be explained by the positive assimilation of the targeted tools and methods introduced into the training process by the young football players.

Conclusion

In conclusion, it should be emphasized that the use of modern testing tools and methods, as well as contemporary testing procedures, yields significant effectiveness when working with 11–13-year-old football players. Particular priority must be given to selecting tests that are specific and characteristic of the sport of football. Considering that football is played in a highly dynamic state, it is essential to adapt players precisely to the movements that arise in such

conditions. Implementing tools with coordination complexity appropriate to the age characteristics of 11–13 years produces substantial results. This, in turn, directly contributes to the effective execution of technical-tactical actions and determines the overall success of the team.

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