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THE INFLUENCE OF MINI-FOOTBALL ON CADET DEVELOPMENT

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ABOUT ARTICLE

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Abstract: This article examines the impact of mini-football on the physical and cognitive development of cadets. The origins of this sport and its rise in popularity both worldwide and in Uzbekistan are identified. The article describes the advantages of this sport, as well as its benefits when integrated into the educational process. Biological aspects of individuals participating in mini-football are discussed, including energy production, metabolic processes, and heart rate. Potential risks associated with this sport are also mentioned, specifically its injury hazards, along with measures for injury prevention. Particular emphasis is placed on the advantages of mini-football over “full-scale” football, as the former is more widely practiced in educational institutions. Special attention is also given to mini-football competitions as events that positively influence both cadets and spectators.

Introduction

Cadets who recognize the need for physical development begin to take an interest in various sports in which they could realize their potential. One of these sports is mini-football.

Mini-football appeared in the 1920s and 1930s in Brazil. The emergence of this form of football is quite logical: Brazilian schoolchildren, students, and even ordinary workers spent their time playing football on various fields where they had the opportunity to interact with the

ball. Often, these games were held outdoors, and less frequently in halls. Over time, the game spread to Latin American countries such as Argentina and Uruguay. In European countries, mini-football arrived much later, around the early 1960s. In Uzbekistan, regular mini-football championships began to be held in 1992. The popularity of mini-football in our homeland was gained thanks to significant achievements, which were made possible by the efforts of enthusiasts of this sport. Our teams quickly became part of the "football elite" of Asia. In 2001, at the Asian Championship in Iran, the Uzbekistan team took 2nd place. In 2016, our team earned its first-ever ticket to the World Cup, which was held in Colombia.

In our country, the integration of football is largely due to the decree of the President of the Republic of Uzbekistan "On Additional Measures for the Comprehensive Development of Mass and Professional Football," which was approved on April 7, 2023.

Methods. Mini-football, as a sport, has several undeniable advantages over its older counterpart. The key word "football" remains in its name, which retains a huge fan base, however, at the same time:

- Mini-football is independent of weather conditions and can be practiced in halls at any time of the year, which is especially valuable for regions with short summers and long winters;
- A mini-football team consists of 5 players, so the formation of the team and maintaining the players requires significantly fewer resources;
- The rental of halls is much cheaper than the fee for a football field;
- The small size of the field and the possibility of player substitutions allow people who are not very physically developed, as well as young players and "veterans" of the sport, to play mini-football.

In the modern world, information technologies are developed, and computerization is taking place in various sectors of life. More and more young people spend time on their phones and computers, including due to studies or work, which is a necessary measure. As a result, most people lead a "sedentary" lifestyle, forgetting how important it is to develop not only mentally but also physically. Therefore, the problem of strengthening the health of student youth arises. The question arises: which means of physical education are most effective for cadets.

Mini-football is the ideal sport for the development of students. First of all, the main advantage is, as already mentioned, accessibility: players do not require special equipment (as, for example, in hockey). The classic set includes a t-shirt, shorts, socks, and special indoor footwear ("futsal shoes"). In turn, the game requires a clearly marked hall and goals. This minimum is provided by almost all higher education institutions and even schools in all regions.

Let's consider mini-football from a physiological standpoint. Under the influence of modern trends in intensifying mini-football, the anaerobic energy production method, which occurs during oxygen deprivation in the body, is gaining increasing importance. In certain cases, at maximum exertion, it accounts for 80-90% of energy production. The heart rate reaches 180-210 beats per minute. This level of intensity in metabolic processes is maintained for 40-150 seconds, after which there is a need to reduce physical activity.

Submaximal intensity loads cause a noticeable increase in metabolic processes, with about 80% of the required energy being supplied aerobically. The heart rate reaches 170-190 beats per minute. The duration of these loads can range from 5 to 7 minutes.

Moderate intensity loads can be sustained throughout the entire game duration (up to 2-3 hours). During this time, the heart rate stays within the range of 140-170 beats per minute.

Results. Let's consider mini-football from a cognitive perspective. It is worth noting a study conducted among 50 cadets. The cadets were divided into two training groups of 25 people each – a general group and a specialized group (i.e., with a mini-football specialization). The study lasted for 2 years. The results were as follows: Cadets in the general group improved their physical performance by 1.7% to 14.2%. The physical fitness of the specialized group changed from 5.7% to 20%. Thus, it can be observed that mini-football has a more effective impact on the physical development of cadets compared to the standard program.

During mini-football training, the human brain is actively developed. Various signals during the game stimulate the functioning of nerve cells and the connections between them, promoting the expression and development of inherited (genetic) potentials of the nervous system.

At every competition where cadet teams participate, there is almost always a full hall of spectators. They actively support the team spirit of the footballers, cheering for their team. Even cadets who do not engage in sports enjoy watching mini-football games. Some of them even consider taking up this sport themselves. Thus, the function of involvement in sports emerges.

Mini-football undoubtedly represents a dynamic game, the course of which is unknown in advance to the coach, players, or spectators. Decisions are not made "automatically," but depend on the actions of the opponent. The mind here is not aimed at perfecting and automating what has already been learned (at least to a lesser extent). Creative activity is also involved: reacting to the opponent's game, assessing the current situation, choosing the current tactics, and so on — all of this relates to cognitive activity. A player on the field must evaluate the position of his teammates and the opponent, analyze potential combinations from the opposing team, and predict the direction of the ball when shots and passes are made. With limited time,

the success of the footballer depends not only on the correctness of the decisions he makes but also on the speed of his neural processes.

In extremely short periods of time, the brain of a mini-football player perceives and processes information from different parts of the body. However, this is still not enough; in addition, it is necessary to visualize hypothetical changes in the game situation, otherwise the player's efforts will not achieve the desired result.

Only after this can the right decision be made in the situation and the appropriate tactical actions chosen. All these processes – from the perception of the situation to the execution of the move (shots, or dribbling-passing the ball) – take mini-football players with a lower rank just 1.5-2 seconds, while for athletes with a sports master rank, it takes only about 1 second. This demonstrates the high demands mini-football places on the brain's quick response.

Mini-football expands the range of the body's functional capabilities. It develops the ability to overcome certain stresses and difficulties. In the process of training in mini-football, cadets develop a number of important moral and willpower qualities: collectivism, goal-orientation, perseverance, discipline, and courage. It is especially important that the large volume of movements in mini-football is accompanied by a high emotional background, which is a crucial factor in maintaining interest in physical education activities.

Playing mini-football is an aerobic-anaerobic load, and therefore, using mini-football as a means of physical education for cadets is highly effective in improving their physical condition.

This fact is particularly relevant for those cadets whose academic activities require a high level of brain cortex activity.

It is worth noting that mini-football is primarily a team sport. Whether they like it or not, players need to communicate with each other to achieve their goals. This aspect helps cadets develop their social and communication skills, especially in stressful situations. Additionally, through this sport, they can find good friends or companions, which is particularly important for cadets with certain physical or mental deviations.

The spirit of competition is also inherent in this sport. Competitive ethics serve as a mechanism for the development of any sports discipline. Competition influences the diligence and effort of players, even when there is nothing at stake. This helps to fully unlock the potential of the players. However, competition does not always have a positive effect. It can lead to the emergence of traits such as hostility and aggression.

Discussion. Thus, the use of mini-football in educational institutions is a very effective means of improving both physical strength and cognitive abilities. It is important that when

using mini-football as an alternative physical education practice in educational institutions, the instructor should be familiar not only with the basic rules and principles of the game but also know how to properly structure the training process, master training methods, and principles. The most important methods for mini-football coaches are a differentiated and individual approach to athlete training. The educational and training process for students at higher education institutions should be built taking into account the main methods and principles.

However, there is a disadvantage to this sport: the risk of injury. A large number of injuries are sustained by football players during falls that occur during matches. The main reason for this trend is often the underdevelopment of training methods for teaching players self-protection during falls.

Other drawbacks include the biological characteristics of the body: if a person has diseases of internal organs or the musculoskeletal system, it is essential to consult with a qualified treating physician about the possibility of participating in training sessions, or, in some cases, to refrain from this sport altogether.

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