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ANALYSIS OF THE COMPETITIVE ACTIVITY OF FOOTBALLERS IN SPORTS IMPROVEMENT GROUPS AS A FACTOR IN DIRECTING PLAYERS TO TEAMS OF HIGHER SPORTS MASTERY

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ABOUT ARTICLE

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Abstract: This article presents a comprehensive analysis of the competitive activity of the “Lokomotiv” U-19 football team based on data from the official report of the 2023 season. Indicators of individual and group technical-tactical actions (TTA), ball possession, duels, attacking actions, and set pieces were examined. A statistical analysis of the differences in ball possession between the first and second halves was conducted using Student’s t-test.

Introduction. Modern youth football demands a high level of individual and group technical and tactical skills, the ability to perform a large number of actions under time and space constraints, and the ability to make quick and accurate decisions. Therefore, analyzing competitive performance is a key tool for determining the level of preparedness and identifying areas for improvement in the training process.

The Lokomotiv U-19 team has demonstrated strong results at the youth level following the 2023 season. However, assessing the players' true effectiveness requires an in-depth study of their individual and team performance. Quantitative data on technical and tactical actions

(TTA), ball passes, duels, and ball possession, as well as statistical analysis of these indicators, are of particular importance.

To conduct a comprehensive analysis of the competitive performance of the Lokomotiv U-19 football team players and identify the main factors influencing the effectiveness of the athletes' game performance, as well as determine statistically significant differences between the indicators of different halves.

Methods. Official data from 24 matches of the 2023 U-19 Championship of the Republic of Uzbekistan were used, including: individual performance data of all players, group and team performance data (various types of passes, aerial and ground challenges, dribbling, rebounds, interceptions, ball possession by half, shots on goal, set pieces, and active advantageous position passes). The following methods were used: structural and comparative analysis, calculation of average and relative values, statistical analysis: Student's t-test for dependent samples, and interpretation of results from a competitive perspective.

Results. Analysis of individual and group technical and tactical interactions of football players. The individual technical and tactical action (ITA) data of the Lokomotiv U-19 team's players is presented in extensive form, allowing for an objective assessment of their athletic performance. A total of 14,950 TAA were recorded during the season, of which 10,954 (73.3%) were successful, while 3,996 (26.7%) were errors.

It is important to emphasize that only 12% of players exceeded the team average performance level, indicating the low level of individual technical and tactical preparedness among the majority of athletes. This figure is critically low for the stage of athletic development, where the primary focus should be on improving tactical skill and the ability to make effective decisions under pressure from opponents. The best individual TTA indicators were observed among B-v D. (86.8%), M-v H. (83.1%), and J-v K. (76.2%). These players demonstrated consistency and high accuracy, which allows them to be considered potential candidates for the main squad (Table 1).

The lowest efficiency indicators were observed among A-v K. (50.2%), A-v H. (51.1%), and M-v D. (64.0%). The decrease in accuracy among attacking players is a systemic problem, as they determine the quality of the final phase of the attack and the number of scoring chances created (Table 1).

Table 1

Data on the effectiveness of technical and tactical interactions of Lokomotiv U-19 football players

		Position	Games	Time on the field (min.)	TTA				
					+	-	Total	Efficiency coefficient (%)	Marriage rate (%)
30	Baklanov Daniil	Gk	11	990	439	67	506	86.8	13.2
40	Farrukh Kurbonov	Gk	2	180	59	10	69	85.5	14.5
50	Makhmudov Khusan	Gk	7	630	301	62	363	82.9	17.1
37	Mamazhonov Khamidullokh	CD	13	1059	794	161	955	83.1	16.9
56	Usmonkhuzhaev Ismoilbek	CD	12	852	654	124	778	84.1	15.9
34	Erkinov Doniyor	CD	12	855	529	140	669	79.1	20.9
81	Inomov Diyorbek	CD	4	252	210	58	268	78.4	21.6
53	Ergashev Kamronbek	CD	2	66	42	17	59	71.2	28.8
27	Alokhujaev Maksudkhudzha	LD	16	1303	965	232	1197	80.6	19.4
58	Abdumazhitov Azizbek	LD	11	689	364	136	500	72.8	27.2
41	Seitzhanov Chingiz	LD	3	100	61	22	83	73.5	26.5
48	Yigitaliev Kamronbek	RD	19	1538	1058	330	1388	76.2	23.8
42	Sharipov Saidakbar	RD	12	542	291	85	376	77.4	22.6
46	Ho Chimbo Jahongir	CB	18	1038	730	258	988	73.9	26.1
47	Khusanov Muhammad-Yusuf	CB	16	727	486	193	679	71.6	28.4
38	Kurbonov Ibrohimjon	CB	19	1452	774	320	1094	70.7	29.3
35	Zhumakhanov Pulatzhon	CB	16	955	524	225	749	70.0	30.0
54	Kuchkorov Ismoil	CB	12	420	243	94	337	72.1	27.9
57	Khabibullaev Muhammad	CB	7	168	111	46	157	70.7	29.3
77	Mirzaev Lazizbek	CB	3	198	131	64	195	67.2	32.8
36	Komilov Azamat	LW	16	1246	584	332	916	63.8	36.2
43	Tursunaliev Ibrohimjon	LW	10	256	119	59	178	66.9	33.1
52	Mamataliev Diyorbek	RW	17	1266	552	310	862	64.0	36.0
31	Abraev Kuvonchbek	RW	7	436	146	145	291	50.2	49.8
59	Almeev Amir	RW	10	246	88	62	150	58.7	41.3
49	Yokubov Aminbek	RW	6	232	118	55	173	68.2	31.8
51	Yunusov Temurbek	RW	3	15	10	2	12	83.3	16.7
61	Toirzhonov Zhamshid	RW	2	76	34	11	45	75.6	24.4

45	Mubarakov Zhavohir	CF	17	1472	469	311	780	60.1	39.9
32	Akopov Nikolaos	CF	11	297	67	64	131	51.1	48.9
53	Norkobilov Mirzhalol	CF	1	31	1	1	2	50.0	50.0
				Total:	10954	3996	14950	73.3	26.7

Analysis of group interactions (ball passing)

Passing, as a component of group interaction, demonstrates significantly higher values compared to individual TTA. A total of 8,956 passes were completed during the season, of which 7,482 (83.5%) were accurate. The error rate was only 16.5%, significantly higher than similar individual figures.

This difference indicates that the team's players interact quite well in structured game situations:

1. The team's model of ball possession and positional attacking is functioning effectively, as evidenced by a total possession rate of 62% per game.

2. Individual actions under pressure and in limited space remain a weak link.

Particularly low accuracy is observed among the central forwards and wingers, where the error rate consistently exceeds 25-30%. This negatively impacts the effectiveness of the attacking phase – the number of ball losses during reception, dribbling, and finishing of attacks leads to a decrease in tempo and a reduction in the number of scoring opportunities (Table 2).

The data obtained indicate a significant imbalance between the individual and group technical and tactical performance of football players. Despite the fact that teamwork (ball passing) indicators are quite high (83.5% accurate passes), the individual effectiveness of most players remains insufficient—only 12% of players exceeded the average technical and tactical performance standard [3].

This situation is typical for the early stages of athletic development, but by the U-19 age group, athletes should already demonstrate the high level of individual skill necessary for the transition to professional football. Particularly alarming is the low level of individual performance among attacking players, where the error rate reaches 30-50%. This leads to a decrease in the number of scoring chances created, unnecessary turnovers, a drop in attack tempo, and insufficient finishing.

In contrast, the team's defenders demonstrate high consistency and quality of individual performance, as confirmed by the indicators. The main focus of further training should be strengthening individual tactical work with an emphasis on attacking players.

In this regard, it is recommended to use 2-3 times a week during the competitive period lasting 8-9 months in the training process of football players the developed special exercises of Models A, B, C given in Table 3 aimed at the development and improvement of both individual and group tactical actions and physical qualities, the content of specialization and coordination complexity, and ultimately the improvement of the individual coordination abilities of the football player.

Table 3. Special exercises aimed at improving the tactical actions of football players

Model A	Model B	Model C
Focused on developing overall endurance (HR 140-160 bpm): 1x2, 1x3, 2x3 double-goal midfield play with a shorthanded attacker; A) 11x11 full-court play with 2 touches; B) 11x11 handball without goalkeepers.	A) 9x9 without goalkeepers B) 9x9 with goalkeepers C) 9x9 with two free players for the team in possession 3000m track run 2x2, 3x3 handball shootout to 1 goal	Two 10-minute halves without a goalkeeper A) 6x5 (with a goalkeeper) B) 6x6 with a goalkeeper 7x7 game against a weak opponent (pressing) C) Two games per day: - against a weak opponent - against a strong opponent

After implementing training models A, B, and C, passing accuracy increased by 16% and the total number of successful ball actions by 11.3%. This confirms that targeted passing practice under controlled game loads is a key factor in improving technical and tactical preparedness.

The use of specially designed exercises in models A, B, and C, similar in structure and intensity to competitive activities, contributes to the improvement of game decisions and tactical thinking. A 13.2% increase in the effectiveness of decision-making in attacking phases, an 11.6% increase in successful interactions in the final stages of attacks, and an increase in the stability of tactical behavior during pressing and transitions from defense to attack were recorded. This confirms the importance of game models in developing intellectually prepared footballers.

Discussion. Assess each player's competitive performance at all stages of long-term athletic development using the Instat computer program, which determines performance indicators and their effectiveness. A comprehensive analysis of game performance allows for

the planning and selection of effective training tools and methods to facilitate the achievement of the planned process.

An objective assessment of the competitive activity of football players at stages should be carried out on the basis of the volume and effectiveness of the technical and tactical actions of each athlete, which are the basis for the development of the athletic skills of football players.

Conclusion. Coaches do not objectively analyze the strengths and weaknesses of the educational and training process, and therefore do not evaluate the shortcomings and achievements of football players during game play, as comprehensive training is not recorded. The player is the primary player in the training process; the training process itself is the development and refinement of technical skills and tactics. Therefore, the evaluation of competitive performance should be perceived by coaches and players as a method for planning and scientifically substantiated adjustments to the educational and training process for preparing training sessions. Sports science has long recognized the need for objective monitoring of training results. Such monitoring involves conducting an objective quantitative comparison of the assessed athlete's quality with a certain standard accepted as a unit of measurement. The development of methods for improving the effectiveness of comprehensive training of athletes has been identified as a key objective in the development of modern sports science. This requires developing methods for improving the assessment of football players' performance, aimed at enhancing their athletic skills.

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		Position	Games	Time on the field (min.)	Passing the ball													Coefficient of efficiency (%)	Marriage rate (%)
					Forward		Back		Across		Long		Flanking		Total				
					+	-	+	-	+	-	+	-	+	-	+	-	Σ		
30	Baklanov Daniil	Gk	11	990	248	6			31	1	66	37			345	44	389	88.7	11.3
40	Farrukh Kurbonov	Gk	2	180	36	2			6		6	4			48	6	54	88.9	11.1
50	Makhmudov Khusan	Gk	7	630	118	9			35	1	63	44			216	54	270	80.0	20.0
37	Mamazhonov Khamidullokh	CD	13	1059	293	36	114		133		31	46	1		572	82	654	87.5	12.5
56	Usmonkhuzhaev Ismoilbek	CD	12	852	279	34	88		125	3	25	25			517	62	579	89.3	10.7
34	Erkinov Doniyor	CD	12	855	200	25	64	1	82	3	35	35			381	64	445	85.6	14.4
81	Inomov Diyorbek	CD	4	252	63	18	50	1	53	4	2				168	23	191	88.0	12.0
53	Ergashev Kamronbek	CD	2	66	14	5	11		3		3	1			31	6	37	83.8	16.2
27	Alokhujaev Maksudkhudzha	LD	16	1303	379	48	155	2	135	3	48	73	11	16	728	142	870	83.7	16.3
58	Abdumazhitov Azizbek	LD	11	689	115	34	68	2	38	3	8	13	6	8	235	60	295	79.7	20.3
41	Seitzhanov Chingiz	LD	3	100	18	4	13		7		1	2			39	6	45	86.7	13.3
48	Yigitaliev Kamronbek	RD	19	1538	359	80	265	8	141	3	26	24	10	16	801	131	932	85.9	14.1
42	Sharipov Saidakbar	RD	12	542	76	27	83		19		2	2	1	1	181	30	211	85.8	14.2
46	Ho Chimbo Jahongir	CB	18	1038	212	64	153	8	114	10	10	16	3		492	98	590	83.4	16.6
47	Khusanov Muhammad-Yusuf	CB	16	727	117	36	121	4	77	4	3	5	1	1	319	50	369	86.4	13.6
38	Kurbonov Ibrohimjon	CB	19	1452	189	56	211	10	86	6	19	7	2	8	507	87	594	85.4	14.6
35	Zhumakhanov Pulatzhon	CB	16	955	126	43	144	2	59	5	8	8	8	7	345	65	410	84.1	15.9
54	Kuchkorov Ismoil	CB	12	420	92	26	53	2	18	3	2	4	1	4	166	39	205	81.0	19.0
57	Khabibullaev Muhammad	CB	7	168	39	15	26	1	10	1	1			1	76	18	94	80.9	19.1
77	Mirzaev Lazizbek	CB	3	198	37	17	38	1	12	1	1	2	3	2	91	23	114	79.8	20.2
36	Komilov Azamat	LW	16	1246	112	50	139	13	54	7	7	4	14	15	326	89	415	78.6	21.4
43	Tursunaliev Ibrohimjon	LW	10	256	24	9	31	1	13		1		3	2	72	12	84	85.7	14.3
52	Mamataliev Diyorbek	RW	17	1266	144	59	89	10	45	8	6	5	18	20	302	102	404	74.8	25.2
31	Abraev Kuvonchbek	RW	7	436	24	16	31	2	16	8		1	5	15	76	42	118	64.4	35.6

59	Almeev Amir	RW	10	246	15	4	27	4	11			1	2	5	55	14	69	79.7	20.3
49	Yokubov Aminbek	RW	6	232	20	10	36	3	25		1		3	2	85	15	100	85.0	15.0
51	Yunusov Temurbek	RW	3	15	3		3							1	6	1	7	85.7	14.3
61	Toirzhonov Zhamshid	RW	2	76	12	1	8		5			1	2	1	27	3	30	90.0	10.0
45	Mubarakov Zhavohir	CF	17	1472	87	57	110	6	35	12	1	2	7	11	240	88	328	73.2	26.8
32	Akopov Nikolaos	CF					17	2	6	2		2			35	18	53	66.0	34.0
							2148	83	1394	88	376	364	101	136	7482	1474	8956	83.5	16.5