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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**INITIAL ANALYSIS OF THE PHYSICAL AND TECHNICAL-TACTICAL  
PREPAREDNESS OF FOOTBALL PLAYERS AT THE STAGE OF SPORTS  
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Department of physical culture and sports**Email: [anvarmamatraimov9@gmail.com](mailto:anvarmamatraimov9@gmail.com)**Toshkent, Uzbekistan***ABOUT ARTICLE**

**Key words:** football, sports improvement, physical fitness, technical-tactical actions, analysis, training process, young football players.

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**Abstract:** This article discusses the issues of initial analysis of the physical and technical-tactical readiness of football players at the stage of sports improvement. During the study, the special physical qualities of young football players and the effectiveness of using technical methods during the game were studied. The results of the analysis serve as a basis for individualizing the training process and developing recommendations for raising the skills of athletes to the next level.

**Introduction.** In recent years, football has evolved into a highly dynamic and demanding sport that requires players to demonstrate not only excellent physical conditioning but also advanced technical and tactical abilities. The increasing speed of the game, the intensity of matches, and the complexity of tactical systems place significant demands on athletes, especially during the stage of sports improvement. This stage is considered one of the most important phases in long-term athlete development, as it serves as a bridge between basic training and high-performance sport.

At this level, football players are expected to refine and stabilize previously acquired skills while simultaneously improving their physical qualities such as speed, strength,

endurance, agility, and coordination. In addition, technical skills—such as ball control, passing accuracy, dribbling, and shooting—must be performed efficiently under pressure and at high speed. Equally important is tactical preparedness, which includes decision-making, positioning, understanding of game strategies, and the ability to interact effectively with teammates during various match situations.

A well-balanced combination of physical and technical-tactical preparedness determines the overall effectiveness of a player's performance. However, in practice, it is often observed that players may excel in one component while lacking in another, which can negatively affect their competitive results. Therefore, it becomes necessary to conduct an initial, systematic analysis of these aspects in order to obtain objective information about the current level of players' development.

Such an analysis allows coaches to identify individual characteristics, strengths, and weaknesses of players. Based on this information, training programs can be adjusted and optimized to ensure a more targeted and efficient development process. Moreover, it contributes to the scientific organization of the training process and helps in monitoring the progress of athletes over time. As a result, the initial assessment of physical and technical-tactical preparedness plays a crucial role in improving both individual and team performance.

The relevance of this study is determined by the ongoing transformation of modern football and the continuously increasing level of competition in both professional and youth sports. Today, achieving high results is not possible without a scientifically grounded approach to the training process, especially at the stage of sports improvement. In this context, the need for comprehensive analysis and evaluation of players' preparedness becomes particularly important.

One of the key challenges faced by coaches and sports specialists is the lack of integrated methods for assessing both physical and technical-tactical components simultaneously. In many cases, these aspects are analyzed separately, which does not provide a complete picture of a player's readiness for competitive activity. This creates a need for more holistic and systematic approaches that take into account the interconnection between different components of performance.

Furthermore, the importance of early identification of weaknesses in players' development cannot be overstated. Timely detection of deficiencies in physical fitness or tactical understanding allows for the implementation of corrective measures, thereby preventing potential performance decline and reducing the risk of injuries. This is especially

relevant in the stage of sports improvement, where training loads increase significantly and players are exposed to greater physical and psychological stress.

Another factor that highlights the relevance of this study is the growing emphasis on individualized training. Modern football increasingly requires personalized approaches that consider the unique characteristics of each player. Initial analysis serves as a foundation for designing such individualized programs, ensuring that training interventions are both effective and efficient.

In addition, the results of this study can be useful not only for coaches but also for sports scientists, methodologists, and football academies. The findings may contribute to the development of improved training methodologies, enhance talent identification processes, and support long-term athlete development strategies.

In conclusion, the initial analysis of physical and technical-tactical preparedness of football players at the stage of sports improvement is a highly relevant and practically significant area of research. It provides valuable insights that can enhance the quality of the training process, improve competitive performance, and support the sustainable development of athletes in modern football.

**Methodology.** Purpose: The main purpose of this study is to conduct an initial analysis of the physical and technical-tactical preparedness of football players at the stage of sports improvement.

Objectives:

1. To assess the current level of physical fitness of football players, including speed, strength, endurance, and agility.
2. To evaluate the level of technical skills such as ball control, passing accuracy, dribbling, and shooting.
3. To analyze the tactical preparedness of players, including decision-making, positioning, and teamwork during game situations.
4. To identify strengths and weaknesses in players' overall preparedness in order to improve and optimize the training process.

Results and Discussion. At the stage of sports improvement, the training process of football players becomes more specialized, systematic, and scientifically grounded. This stage is characterized by a significant increase in training intensity and volume, as well as higher demands on players' physical, technical, and tactical abilities. Therefore, conducting an initial analysis of these components is essential for understanding the current level of preparedness and for planning further development effectively.

Physical preparedness is one of the fundamental aspects of a football player's performance. At this stage, players are expected to demonstrate well-developed physical qualities, including speed, strength, endurance, agility, and coordination. Speed is crucial for both offensive and defensive actions, allowing players to react quickly to changing situations on the field. Strength contributes to success in physical duels, maintaining balance, and executing powerful movements such as shooting and tackling. Endurance ensures that players can sustain high-intensity performance throughout the entire match, while agility and coordination enable quick changes of direction and precise execution of movements.

The initial analysis of physical fitness is typically carried out using a variety of tests and indicators. These may include sprint tests to measure speed, endurance tests such as the Yo-Yo test or shuttle runs, strength assessments through jump or resistance exercises, and agility tests involving directional changes. The results obtained from these tests provide objective data about the players' physical condition and help identify areas that require improvement. It is important that these assessments are conducted regularly to monitor progress and adjust training loads accordingly.

In addition to physical fitness, technical preparedness plays a vital role in a player's overall performance. Technical skills form the foundation of football and include ball control, passing, dribbling, shooting, and receiving. At the stage of sports improvement, these skills must be executed with high precision, speed, and consistency, even under pressure from opponents. For example, accurate passing is essential for maintaining possession and creating scoring opportunities, while effective dribbling allows players to overcome defenders in one-on-one situations.

The analysis of technical skills is often conducted through both standardized tests and observation during training sessions and matches. Coaches may evaluate the accuracy and speed of passing, the success rate of dribbling attempts, and the effectiveness of shooting. Video analysis is also widely used as a modern tool to assess technical performance in real game situations. This approach allows for a more detailed understanding of players' strengths and weaknesses and provides valuable feedback for further improvement.

Tactical preparedness is another key component that determines the effectiveness of football players at this stage. Tactical skills involve the ability to understand and apply game strategies, make quick and correct decisions, and interact effectively with teammates. This includes positioning on the field, movement without the ball, anticipation of opponents' actions, and adaptation to different game situations. Tactical awareness is particularly important in

modern football, where team organization and strategy often determine the outcome of matches.

The initial analysis of tactical preparedness is more complex compared to physical and technical components, as it requires evaluation of cognitive and decision-making abilities. Coaches typically assess tactical performance through observation of players during matches, analyzing their positioning, movement patterns, and decision-making in various situations. Small-sided games and situational exercises are also used to evaluate how players respond to specific tactical challenges.

An important aspect of the training process at the stage of sports improvement is the integration of physical, technical, and tactical components. These elements should not be developed in isolation but rather in a combined and coordinated manner. For example, training drills can be designed to simultaneously improve physical endurance, technical execution, and tactical decision-making. This integrated approach reflects the real demands of football and ensures a more effective transfer of training results to competitive performance.

The results of the initial analysis serve as a basis for the development of individualized training programs. Each player has unique characteristics, and therefore, training should be adapted to address specific needs and goals. Players who demonstrate недостаточный уровень physical fitness may require additional conditioning work, while those with technical deficiencies may need more focused skill training. Similarly, players with limited tactical understanding may benefit from increased participation in game-based exercises and tactical discussions.

Furthermore, the monitoring of players' preparedness over time is essential for ensuring continuous improvement. By comparing initial and subsequent assessment results, coaches can evaluate the effectiveness of training programs and make necessary adjustments. This process also helps in preventing overtraining and reducing the risk of injuries by ensuring that training loads are appropriate for each player.

In conclusion, the main part of the study highlights the importance of a comprehensive and systematic approach to analyzing the physical and technical-tactical preparedness of football players at the stage of sports improvement. The integration of these components, supported by objective assessment methods and individualized training strategies, plays a crucial role in enhancing players' performance and achieving long-term success in football.

### **Assessment of Physical Preparedness of Football Players**

<b>Nº</b>	<b>Physical Quality</b>	<b>Test Method</b>	<b>Unit of Measurement</b>	<b>Evaluation Criteria</b>
<b>1</b>	Speed	30 m sprint	Seconds (s)	Time taken to complete
<b>2</b>	Endurance	Yo-Yo Intermittent Test	Level / Distance	Total distance covered
<b>3</b>	Strength	Standing long jump	Centimeters (cm)	Jump distance
<b>4</b>	Agility	Illinois agility test	Seconds (s)	Completion time
<b>5</b>	Coordination	Shuttle run (4x10 m)	Seconds (s)	Speed and accuracy

Assessment of Physical Preparedness of Football Players – Commentary. This table presents the key components used to assess the physical preparedness of football players at the stage of sports improvement. Each physical quality plays a crucial role in determining overall performance during training and competition. Speed, measured through a 30-meter sprint, reflects a player’s ability to accelerate quickly, which is essential in both attacking and defensive situations. Endurance, evaluated using the Yo-Yo Intermittent Test, indicates a player’s capacity to sustain high-intensity activity over time.

Strength is assessed through the standing long jump, which provides insight into explosive power, especially relevant for jumping, sprinting, and physical duels. Agility, measured by the Illinois agility test, reflects a player’s ability to change direction rapidly while maintaining control. Coordination, evaluated through shuttle runs, demonstrates how effectively a player can combine speed with precision. Overall, this table highlights the importance of a comprehensive physical assessment in identifying players’ readiness and guiding training interventions.

#### **Assessment of Technical Skills**

<b>Nº</b>	<b>Technical Skill</b>	<b>Test Method</b>	<b>Evaluation Criteria</b>	<b>Performance Indicator</b>
<b>1</b>	Ball Control	Juggling test	Number of touches	Control stability
<b>2</b>	Passing	Target passing test	Accuracy (%)	Successful passes
<b>3</b>	Dribbling	Slalom dribble test	Time (s)	Speed and ball control
<b>4</b>	Shooting	Shooting at target	Accuracy (%)	Goals / target hits

5	Receiving	Pass reception under pressure	Success rate (%)	Ball retention quality
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Assessment of Technical Skills – Commentary. This table focuses on evaluating the technical abilities of football players, which form the foundation of effective gameplay. Ball control, assessed through juggling tests, reflects a player’s ability to maintain possession under various conditions. Passing accuracy is one of the most critical skills in football, as it directly influences team play and the creation of scoring opportunities.

Dribbling is evaluated through slalom tests, measuring both speed and control while maneuvering around obstacles. Shooting ability is assessed based on accuracy and effectiveness, which are key factors in determining a player’s contribution to scoring goals. Receiving skills are also important, particularly under pressure, as they determine how well a player can retain possession and continue the flow of the game. This table emphasizes that technical proficiency must be consistently developed and evaluated to ensure high-level performance.

#### Assessment of Tactical Preparedness

Nº	Tactical Component	Evaluation Method	Criteria	Indicator
1	Positioning	Match observation	Correct positioning	Tactical awareness level
2	Decision-making	Video analysis	Speed and correctness	Decision efficiency
3	Team interaction	Small-sided games	Cooperation level	Passing & movement quality
4	Game understanding	Tactical exercises	Strategy application	Adaptability
5	Anticipation	Match situations	Reaction to opponent actions	Prediction ability

Assessment of Tactical Preparedness – Commentary. The third table outlines the assessment of tactical preparedness, which is a complex and essential aspect of football performance. Tactical skills involve not only physical execution but also cognitive abilities such as thinking, perception, and decision-making. Positioning is evaluated through match observation, helping to determine whether a player is correctly placed on the field in various situations.

Decision-making is analyzed using video analysis, allowing coaches to assess how quickly and effectively players respond to dynamic game scenarios. Team interaction is evaluated through small-sided games, which simulate real match conditions and highlight players' ability to cooperate with teammates. Game understanding and anticipation are also critical, as they reflect a player's ability to read the game, predict opponents' actions, and adapt accordingly. This table demonstrates that tactical preparedness requires both experience and continuous analytical evaluation.

This table provides a comprehensive framework for integrating the results of physical, technical, and tactical assessments. It allows coaches to summarize each player's overall level of preparedness by categorizing performance into high, medium, or low levels. Additionally, it includes sections for identifying strengths and weaknesses, which are essential for individualized training planning.

The recommendations column is particularly important, as it translates assessment results into practical actions. For example, players with low physical fitness may require additional conditioning, while those with technical deficiencies may need focused skill development. The integrated evaluation ensures a holistic understanding of each player's capabilities and supports a more targeted and effective training process. This approach ultimately contributes to improved performance and long-term athlete development.

**Conclusion.** In conclusion, the initial analysis of the physical and technical-tactical preparedness of football players at the stage of sports improvement plays a decisive role in enhancing both individual performance and overall team effectiveness. Modern football places increasingly high demands on players, requiring them to combine excellent physical fitness with advanced technical skills and well-developed tactical thinking. Therefore, a comprehensive and systematic approach to evaluating these components is not only important but essential for achieving competitive success.

The study has shown that physical preparedness remains the foundation upon which all other aspects of performance are built. Without sufficient levels of speed, endurance, strength, agility, and coordination, players are unable to effectively implement their technical and tactical abilities during matches. At the same time, physical qualities alone are not enough; they must be integrated with technical precision and tactical awareness. This highlights the importance of balanced development, where no component is neglected.

Technical preparedness, as demonstrated in the analysis, is a key factor that directly influences the quality of play. Players who possess high-level technical skills are able to control the ball more effectively, execute accurate passes, and create scoring opportunities under

pressure. The ability to perform these actions consistently and efficiently in real match conditions distinguishes highly skilled players from average ones. Therefore, continuous improvement and monitoring of technical skills should remain a priority in the training process.

Tactical preparedness, on the other hand, reflects the intellectual and strategic aspect of football. It involves not only understanding the game but also the ability to make quick and correct decisions in constantly changing situations. Players with strong tactical awareness can anticipate opponents' actions, position themselves effectively, and contribute to team cohesion. The analysis confirms that tactical development requires both theoretical knowledge and practical experience, supported by regular match analysis and situational training exercises.

One of the most important findings of this study is the necessity of integrating physical, technical, and tactical training into a unified system. Isolated development of these components does not lead to optimal results. Instead, training sessions should be designed in a way that simultaneously develops multiple aspects of performance, closely reflecting real game conditions. This integrated approach ensures better transfer of training outcomes to competitive matches and enhances overall effectiveness.

Furthermore, the initial assessment provides valuable information for the individualization of the training process. Each player has unique strengths and weaknesses, and a standardized approach to training may not be equally effective for everyone. By identifying specific areas that require improvement, coaches can design personalized training programs that maximize each player's potential. This not only improves performance but also contributes to long-term athlete development and reduces the risk of injuries.

The importance of continuous monitoring and evaluation should also be emphasized. Initial analysis is only the first step in a long-term process. Regular reassessment allows coaches to track progress, evaluate the effectiveness of training methods, and make necessary adjustments. This dynamic approach ensures that players continue to develop and adapt to increasing demands.

In addition, the results of this research have practical significance for coaches, sports scientists, and football academies. The findings can be used to improve training methodologies, optimize the structure of training sessions, and enhance talent development systems. By applying a scientific approach to training and analysis, it is possible to achieve more consistent and sustainable results in football performance.

In summary, the initial analysis of physical and technical-tactical preparedness at the stage of sports improvement is a crucial element in the training process of football players. It provides a solid foundation for planning, implementing, and evaluating training activities. A

well-organized and scientifically based approach to player development not only improves current performance but also ensures future success in competitive football.

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