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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE USE OF INNOVATIVE METHODS IN THE SELECTION OF 7-8-YEAR-OLD  
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**ABOUT ARTICLE**

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**Abstract:** This article presents information on improving the methodology of selecting talented children for football through the use of innovative tests. It also addresses the development of new test standards aimed at the objective assessment of the physical development, physical fitness and motor abilities of young athletes. Proceeding from the necessity of improving the methodology of selecting talented young football players for the initial training stage on the basis of comprehensive research using pedagogical, medical-biological and sociological methods, the article indicates the ways of carrying out research work based on scientific and practical experience concerning the main stages of organising an effective selection system.

**Introduction.** Today, leading specialists around the world are conducting scientific research aimed at the selection of athletes and their orientation according to playing positions, focusing on qualification criteria and directions in football. In the sport of football, the majority of researchers are carrying out scientific investigations to determine the indicators of interrelationship between an athlete's genetics, physical work capacity and the player's current condition based on playing position. Despite the fact that the content of selecting trainees for sport has been developed to a sufficient degree, many unresolved problems remain regarding

the selection and orientation of children for sport when admitting them to the initial training stage in football. There arises a necessity to develop new test standards aimed at the objective assessment of the physical development, physical fitness and motor abilities of young athletes, and to improve the methodology of selecting talented young football players for the initial training stage on the basis of comprehensive research using pedagogical, medical-biological and sociological methods. The fact that comprehensive scientific and methodological works on the selection of talented children for football have not been fully studied, and, in addition, the absence of continuous monitoring and re-analysis of indicators of physical development and physical fitness in the process of selecting children for football, create a demand for identifying reliable and informative tests that determine football-specific abilities and for introducing them into practice.

The head of our state has determined as priority directions the tasks of further improving the system of the main types of professional activity of highly qualified specialists being trained in the education system of our Republic and of creating effective mechanisms for introducing scientific achievements into practice.

**Literature review.** Today, football is becoming one of the effective and multifaceted means of physical education and personal development. Engagement in football exerts an effective influence on many important systems of the organism and improves them to a high degree. For these reasons, football occupies a significant place in the physical education systems of many countries. Football has been included in the physical education curricula of children's and youth sports schools (CYSS), general education schools and higher educational institutions. In the sports sections of physical culture collectives and in military units, people regularly engage in football. Football is used as a means of active recreation and leisure in numerous mass sports events held on indoor and outdoor sports grounds, which brings pleasure and relaxation to people leading a sedentary lifestyle [5; p. 200; 3; pp. 21–26; 6; pp. 28–35; 4; pp. 18–23].

The problems of selecting young football players, the general stages of selection, the organisational and methodological aspects of selection for football, as well as the problems of initial selection and talent identification have been covered. On the basis of an analysis of local and foreign literature, it was established that many specialists focus their attention on the search for new forms and methods of determining and monitoring the physical development and physical fitness of children when selecting them for engagement in football. The organisation and conduct of pedagogical control in the selection of children for engagement in football should be directed towards identifying children's abilities in the selection process, as

well as towards achieving a high level of physical and special fitness. The main task is to determine the degree of correspondence between the indicators of general and special fitness of young football players. In this regard, the informativeness and reliability of the set of tests selected for selecting children for engagement in football must be tested. The level of physical fitness of children and adolescents is determined through control tests of their basic physical qualities and pedagogical observations. In order to identify the potential of children and adolescents with a high degree of probability, it is advisable to determine not only the level of their initial fitness, but also the rates of their growth. The ability to solve motor tasks, to demonstrate motor creativity and the ability to control it must be revealed. In the majority of cases, one-time control tests provide information about the prospective opportunities of readiness to perform the presented set of tests. The potential result of an athlete depends to a greater extent on the rate of growth of these qualities in the process of special training than on the initial level of development of physical qualities [2; p. 61].

Engagement in football exerts an effective influence on many functions of the organism and on the personal qualities of players, including:

- important physical exercises based on the game are formed: jumping, striking, acceleration, sharp stopping, falling, somersaulting and similar skills;
- many physical qualities of players develop: jumping ability, strength, speed, agility and endurance;
- the intellectual abilities of players develop, the sense organs and the majority of psychic states improve. In this regard, it is a good testing ground for forming positive traits such as industriousness, purposefulness, determination, confidence in victory and a sense of team spirit;
- as with any other type of sport, it would of course be something of an exaggeration to conclude that engagement in football is completely beneficial. Taking into account that any living organism improves only in the process of exercises, one must not overlook their quantity and norm. Already in past centuries, physicians emphasised that anything (in our case – exercises) can be either medicine or poison for the organism – everything depends on the norm. In particular, in the sport of football, excessively intensive training rarely improves the health of the athlete. Numerous injuries, physical and mental overloads ultimately exert a negative influence on the health of professional athletes;
- on the other hand, if a very large amount of time is devoted to sports training (almost every day two or three training sessions, training camps, tournaments), a number of aspects of improving other functions present in the genetic programme of the professional

player's organism, and other directions that ensure the vitally important spheres of human activity, remain outside attention. This leads to limiting the personality to a certain boundary. For a person who has chosen sport as a profession, this is an inevitable additional result; all professions also exert a certain influence on the human personality;

- other organs of the organism become overstrained and fatigued. Constant overloads of a psychological nature are also dangerous – they can lead athletes (first of all coaches) much earlier to emotional burnout, depression and other illnesses;
- in the system of physical education and sport it is necessary to organise training sessions in this interesting game – football – in such a way that these exercises do not hinder studying, acquiring a profession, being healthy, working effectively and sincerely solving family problems, but rather assist in them. Only then does engagement in the sport of football bring pleasure to human life. This interesting and useful game leads to strong emotional experiences, and as a result of the exercises one can feel that the functional systems of the organism have improved, and many positive qualities of the player's personality are formed [8; p. 240; 7; pp. 70–86; 1; p. 64].

As can be seen from the above analysis of the literature, improving the quality of selection and training of future football players by means of sports specialisation remains one of the little-studied problems: the issues of forming the priority skills and abilities that determine the effectiveness of their educational activity, their personal qualities, and of raising the level of motor and technical fitness have not been sufficiently fully covered.

**Methodology.** In the research we conducted, the methods of literature analysis, pedagogical observation, pedagogical testing of physical fitness, pedagogical experiment, psychophysiological methods, analysis of documentary materials, questioning and surveying, and mathematical statistics were used. The reliability of the research results is ensured by the practical and scientific substantiation of the aim and objectives of the work, the logical consistency of the author's initial methodological positions, the comparative analysis of data obtained with the help of various methods of pedagogical research, the purposeful analysis of real practical activity, the confirmation of the hypothesis by clear theoretical and practical results, the reliability of the results through the use of methods of obtaining empirical data accepted in science, the application of generally recognised statistical methods of processing the results, and the breadth of the sample.

**Results and discussion.** A number of criteria that significantly influence the diagnosis of the talent of young football players are of great importance. The criteria include qualitative and quantitative characteristics of specific abilities. However, collecting maximally complete

information is technically difficult. Therefore, the urgent scientific task consists in determining a sufficient minimum of comprehensive assessment in the process of initial selection. For this reason, proceeding from the theory of standardisation of tests in the process of initial selection, before the practical application of exercises it is necessary to determine and comprehensively monitor their reliability, informativeness, the degree of reproducibility of results and objectivity. During selection for sport, the abilities of athletes are also not expressed with equal brightness. This is connected, first of all, with differences in their motor regime, rates of maturation, social and other factors. The principle of a comprehensive approach in solving the problem of selection for sport makes it possible not only to obtain a wide range of information, but also to compare indicators related to different spheres of life activity from the point of view of the possibility of forming special abilities. All qualities and properties of the personality are in complex interrelations with one another and with the effectiveness of game activity. In addition, they undergo changes in the process of sports training. The regularities of interrelations and variability orient towards the correct and timely assessment of abilities in selection. In the development of the technology of selection for sport, the starting point was the understanding of it as methods of assessing the capabilities of trainees with the effective use of means and methods of determining the prospects of athletes for the stage-by-stage solution of the tasks of sports training and the effective solution of the final tasks of the initial training of young football players.

For the comprehensive monitoring of functional and physical capabilities, exercises and tests were developed and their reliability characteristics were examined. According to the tests recognised as reliable and informative, the growth effectiveness of indicators of physical development, physical fitness, technical movements and coordination of young football players was comprehensively monitored.

During selection, the abilities of children are also not expressed with equal brightness. This is connected, first of all, with differences in their motor regime, rates of growth, social and other factors.

In the selection of 7–8-year-old football players for the initial training stage, a theoretical model of criteria for assessing reaction time and selective reaction time in situation-appropriate technical movements was improved in order to determine the level of development of physical qualities (see Table 1).

**Table 1. Theoretical model of assessment criteria for determining the physical qualities of talented 7–8-year-old football players**

| Special qualities         | Manifestation of special characteristics and abilities                                                                                          | Criteria, tests, methods                                                                                                |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Speed, agility, endurance | Increasing movement speed and reactivity                                                                                                        | 20 m run from a walking start 30 m run from a high start                                                                |
|                           | Increasing movement agility and reactivity                                                                                                      | 3×10 m shuttle run                                                                                                      |
|                           | Increasing movement endurance                                                                                                                   | 6-minute run                                                                                                            |
| Speed-strength            | Contesting for the ball in the air and striking                                                                                                 | Standing high jump Standing long jump                                                                                   |
|                           | Contesting for the ball in motion within a short time                                                                                           | Sit-ups from a supine position                                                                                          |
|                           | Putting the ball into play and passing to a teammate (field player, goalkeeper)                                                                 | Hanging on a horizontal bar with bent arms Throwing a medicine ball (1 kg) forward with both hands from behind the head |
| Reaction time of the legs | Receiving the ball Controlling the ball in the air (ball juggling) Kicking the ball into the goal and passing to a teammate within a short time | Kicking the ball as far as possible with the right and left foot                                                        |
|                           | Feeling the ball, controlling the ball within a short time in technical movements                                                               | Dribbling the ball over a distance of 30 m with three touches                                                           |

In the process of selecting young football players at the initial training stage of training sessions, taking into account the sensitive period of development of physical qualities, age indicators of improving the speed of body movement and the static balance of the body muscles, as well as the periods of intensive development of physical qualities in the process of selecting athletes for the initial training stage, were developed on the basis of the indicators of physical development and physical fitness of athletes.

**Table 2 Favourable age periods for the development of physical qualities in the selection of football players from the age of 7–8 years (according to Sh.S. Ermatov)**

| Anthropometric indicators and physical qualities | Age      |
|--------------------------------------------------|----------|
|                                                  | <b>7</b> |
| Speed                                            | +        |
| Speed-strength qualities                         |          |
| Strength                                         |          |
| Endurance                                        | +        |
| Anaerobic capabilities                           | +        |
| Flexibility                                      | +        |
| Coordination abilities                           | +        |
| Maintaining balance                              |          |

We analysed 12 indicators of physical fitness of 8-year-old football players. In the 20 m run from a walking start, the indicator in the experimental group was  $3.2 \pm 0.3$  s, while in the

control group it was  $3.4 \pm 0.4$  s [ $t=2.2$ ;  $P<0.05$ ]. In the 30 m run from a standing start, the indicator in the experimental group was  $5.8 \pm 0.1$  s, and in the control group  $6.0 \pm 0.3$  s [ $t=2.17$ ;  $P<0.05$ ]. There are statistically significant differences according to these two indicators. In the standing long jump, the result in the experimental group was  $134.7 \pm 11.7$  cm, and in the control group  $130.5 \pm 12.4$  cm [ $t=2.11$ ;  $P<0.05$ ]. In the standing high jump, the result in the experimental group was  $24.3 \pm 1.7$  cm, while in the control group it was  $22.8 \pm 1.4$  cm [ $t=2.18$ ;  $P<0.05$ ], and statistically reliable differences were established between these indicators. In particular, the  $3 \times 10$  m shuttle run showed that the result in the experimental group was  $9.7 \pm 0.7$  s, and in the control group  $10.1 \pm 0.8$  s [ $t=2.15$ ;  $P<0.05$ ]; statistically reliable differences between the indicators were also established. The result of the 6-minute run in the experimental group was  $711.6 \pm 37.4$  m, and in the control group  $698.4 \pm 40.6$  m; this revealed statistically reliable differences between the experimental and control groups [ $t=2.34$ ;  $P<0.05$ ]. In the test of throwing a medicine ball (1 kg) forward with both hands from behind the head, the result in the experimental group was  $8.4 \pm 1.2$  m, and in the control group  $8.0 \pm 1.5$  m [ $t=2.21$ ;  $P<0.05$ ]; statistical differences between the indicators were established. In the test of sit-ups from a supine position, the result in the experimental group was  $26.7 \pm 1.3$  times, and in the control group  $24.2 \pm 1.4$  times [ $t=2.17$ ;  $P<0.05$ ]; statistically reliable differences between the indicators were observed.

In the exercise of hanging on a horizontal bar with bent arms, the result in the experimental group was  $19.5 \pm 1.7$  s, and in the control group  $17.6 \pm 1.6$  s [ $t=2.12$ ;  $P<0.05$ ]; reliable statistical differences between the indicators were established. Ball control in the air (ball juggling) was performed  $7.4 \pm 1.7$  times in the experimental group and  $7.0 \pm 1.5$  times in the control group [ $t=2.23$ ;  $P<0.05$ ]; reliable statistical differences between the indicators were observed. In the exercise of kicking the ball as far as possible with the right foot, the result among children of the experimental group was  $22.3 \pm 1.2$  m, and with the left foot  $18.8 \pm 0.9$  m. In the control group the result with the right foot was  $19.7 \pm 1.3$  m, and with the left foot  $16.2 \pm 0.8$  m. The statistical differences were as follows: [ $t=2.19$ ;  $P<0.05$ ] and [ $t=2.25$ ;  $P<0.05$ ], which indicates that statistically reliable differences between these indicators were established. The exercise of dribbling the ball over a distance of 30 m with three touches yielded the following indicators:  $7.9 \pm 0.65$  s in the experimental group and  $8.2 \pm 0.8$  s in the control group; reliable statistical differences between these indicators were established [ $t=2.31$ ;  $P<0.05$ ].

The statistical analysis of the indicators of physical development and physical fitness of 7- and 8-year-old young football players at the beginning of the experiment showed that children with approximately the same level of fitness were selected for the experimental group



(EG) and the control group (CG), which gave us the opportunity to conduct a purposeful pedagogical experiment ( $P > 0.05$ ). In the group of 7-year-old children, at the end of the pedagogical experiment statistically reliable differences were observed in 8 indicators of physical development ( $P < 0.05$ ) and in 7 indicators of physical fitness ( $P < 0.05$ ). Among the 8-year-old children, reliable statistical differences were recorded in 6 indicators of physical development ( $P < 0.05$ ) and in 12 indicators of physical fitness ( $P < 0.05$ ).

Proceeding from the results obtained, the study of the issues of forming and developing professional skills and abilities with the help of football means is considered one of the important problems.

The selection of students for the sport of football was carried out by us on the basis of the methods we developed. In this process, the curricula of the control and experimental groups differed from each other in accordance with the tasks of the pedagogical experiment.

**Conclusion.** In order to increase the effectiveness of selecting young football players, during pedagogical observation it is necessary, when teaching elements performed with the ball, to use exercises aimed at reducing the time of selective reaction in situation-appropriate technical movements and, on the basis of a model for developing special physical qualities, to progressively increase the speed-strength capabilities of football players. It was established that this contributes not only to increasing the speed of performing technical movements on the field, but also to improving the morphological base for the growth of aerobic capabilities.

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