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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**METHODOLOGY FOR A SET OF EXERCISES AIMED AT DEVELOPING THE
TECHNICAL READINESS OF 11-12 YEAR-OLD FOOTBALL PLAYERS AT THE
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ABOUT ARTICLE

Key words: football, young footballers, technical training, training stage, exercise complex, dribbling, passing, strike, ball takeoff, coordination.

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Abstract: This article describes a complex of special exercises aimed at developing the technical readiness of 11–12-year-old football players in the training stage and the methodology for their application. The study developed a system of technical exercises based on the characteristics of the physiological and psychomotor development of young football players, the importance of sensitive periods, and the requirements of modern football. The exercises are aimed at improving basic technical elements such as ball carriage, passing and receiving, hitting the goal, and taking the ball away. The results of the control tests conducted at the beginning of the study showed that the technical readiness of the young players was not sufficiently formed. The results obtained confirm that the implementation of the developed set of exercises into the training process serves as a scientific and practical basis for the effective development of technical skills.

Introduction. Football is developing rapidly on a global scale. This process requires not only a high physical and technical level from the players, but also tactical thinking and comprehensive training. Increasing competitiveness creates a need to improve players' skills, such as speed of movement, decision-making accuracy, and rapid adaptability to positional

changes on the field. Especially for young players at the training stage, these factors require organizing their comprehensive training based on a comprehensive approach.

In football, technical preparation is considered one of the key factors determining a player's performance. Especially at the training stage (11-12 years old), the level of mastery of technical techniques directly affects the quality of the training process at subsequent stages. When forming the technical training of young football players, it is important to take into account, on the one hand, the morphofunctional development of the organism, and on the other hand, sensitive periods. During this age period, the motor analyzer, visual-motor coordination, balance, and speed indicators develop significantly; therefore, the process of teaching technical techniques requires a scientifically grounded approach.

The results of research conducted by Wein show that for young players to effectively master technical techniques, special exercises based on game situations should be widely used during training. Clemente, on the other hand, emphasizes the development of players' motor coordination, ball control speed, and technical decision-making skills through small-field games. At the same time, according to A. Roca and A. Williams (2017), it is possible to improve the accuracy of decision-making in game situations by increasing the cognitive load in technical training.

Methodology. In this study, a specially developed set of technical exercises was developed for players at the training stage. This complex is aimed at developing the following basic technical skills of young football players: ball carriage, passing and receiving the ball, striking technique, and technical movements to take the ball away.

Results and Discussion. The comprehensive exercises are scientifically grounded and developed taking into account the physiological characteristics, technical capabilities, and requirements of young football players during the game process (see Table 1).

Table 1

Complex of technical training exercises for players at the training stage

№	Technical method	Exercise title	Procedure for performing the exercise	Exercise duration / repetition	Purpose
1	Carrying the ball	"Shuttle Dribbling" Exercise	Carrying the ball at maximum speed between tiles arranged along a 10x20 m	6-8 times × 20-25 seconds	Developing the ability to control the ball quickly and quickly change direction

			perimeter. The accuracy of ball control is monitored at every turn.		
		1x1 Rapid Duel Exercise	The player dribbles the ball against the defender at a distance of 8 m, and it is required to pass the defender and strike the goal.	5-6 attempts × 15 seconds	Increasing speed, coordination, and decision-making speed in defensive resistance
2	Passing and receiving	"Pass to the wall" exercise	The player performs maximum accurate passes to the wall at a distance of 4–5 m within 30 seconds and receives the returned ball with control.	5-time Set × 30 Seconds	Improving transmission accuracy and receiving techniques
		"Don't pass to a moving partner" exercise	Two footballers, running side by side, pass the ball to each other at a distance of 6–8 m, gradually increasing the speed.	6-8 times × 25-30 seconds	Developing the ability to quickly and accurately pass to a partner while in motion
3	Goal accuracy	"Hit the Target" Exercise	Three targets are marked at a distance of 7 m from the goal. The footballer makes the most accurate shots within 10 attempts.	3 sets × 10 shots	Accurate goal kicking and developing foot coordination

		"From opponent after-pass shot"	The player dribbles between 5 tiles and finally hits the goal.	5-6 times × 20 seconds	Harmonious development of speed, ball control, and shot accuracy
4	Ball withdrawal	"Active pressing" exercise	Two players fight a duel on a small court (5x5 m) to take the ball away in 10 seconds.	8-10 Duels × 10 Seconds	Actively take the ball away from the opponent and increase decision-making speed
		Exercise "Quick attack with the ball"	As soon as the defender takes the ball away, they move to a distance of 6–8 m with rapid dribbling and deliver a precise pass to their partner.	6 times × 20 seconds	Developing the ability to quickly transition from defense to attack

The development of technical readiness for 11–12-year-old players is closely linked to age-specific physiological characteristics, sensitive periods, and the process of forming complex coordination movements. During this age period, the central nervous system, the musculoskeletal system, and motor control mechanisms develop actively. Therefore, a complex of special exercises aimed at forming the technical skills of football players must be created on a scientific basis, gradually complicated, and adapted to the dynamics of technical actions.

The set of exercises presented in the table above is aimed at the comprehensive development of players' basic technical techniques, such as ball carriage, passing and receiving the ball, striking the goal, and taking the ball away. The choice of each exercise is based on the harmonious development of players' technical and tactical preparation, speed, coordination, decision-making speed, and the ability to read the game..

1. Developing dribbling techniques

Exercises:

"Shattledribbling" exercise - high-speed dribbling is performed between pieces placed on a 10x20-meter perimeter. This exercise develops players' skills in speed, ball control, and rapid change of direction.

Exercise "1x1 Quick Duel" - the player increases the speed of decision-making by dribbling against the defender, entering the goal, and striking.

These exercises serve to perform complex coordination movements, increase foot sensitivity, improve intermuscular synchronization, and enhance visuomotor coordination. Combining speed, precision, and directional changes in dribbling enhances a player's performance.

2. Developing passing and receiving techniques

Exercises:

"Pass to the Wall" exercise - passing to the wall from a distance of 4-5 meters and receiving the returned ball with control develops pass accuracy and reception technique.

Exercise "Pass to a Moving Partner" - two players exchange passes during movement while running side by side.

These exercises serve to improve coordination flexibility in football players. Improves passing and receiving during movement, expands the visual field, and enhances the ability to evaluate partner positions. By developing sensorimotor integration in young football players, the effectiveness of collaboration in the game increases.

3. Improve goal accuracy

Exercises:

The "Hit the Target" exercise - aiming and striking at designated points in the goal - develops leg muscle strength management, control over the direction of the shot, and foot precision.

"Blow after passing" exercise - dribbling between chips and finally hitting the goal develops coordination and quick decision-making skills.

These exercises are aimed at the combined development of strength, precision, and speed, enhancing visual-motor coordination, leg movement amplitude, and the synchrony of muscle tension. Accurately hitting the goal is one of the key criteria for a player's game efficiency.

4. Developing the technique of taking the ball.

Exercises:

The "active pressing" exercise involves a duel between players on a small field to seize the ball within a short period of time.

The "fast attack with the ball" exercise: after the defender takes the ball, they immediately launch an attack using fast dribbling.

These exercises improve players' reaction speed, ability to predict movements, adaptability to opponent movements, and decision-making efficiency. The ability to quickly transition from defense to attack is one of the essential requirements of modern football.

This set of exercises was developed based on a scientifically grounded methodology for developing the technical proficiency of football players. The exercises were selected based on the principle of "simple to complex" depending on the level of complexity. They serve to comprehensively develop not only technical skills but also players' skills in speed, coordination, decision-making, reading the game, and interaction with partners.

Table 2.

Technical training indicators of the experimental and control group players at the beginning of the study (n=32).

№	Control tests	Experimental group			Control group		
		$\bar{X}$	σ	V %	$\bar{X}$	σ	V %
1.	Carrying (seconds)	14,8	0,9	6,1	15,0	1,0	6,7
2.	Passes and receptions to the wall (times)	15,3	1,4	9,1	15,0	1,5	10,0
3.	Goal shots (times)	5,8	1,1	19,0	5,7	1,0	17,5
4.	Caps (times)	2,2	0,7	31,8	2,1	0,6	28,5

Note: Test 1 - carrying the ball through the 10x20 meter perimeter (11.5-13.5 seconds is a good indicator;

Test 2 - performing 20 or more precise passes in 30 seconds is considered a good result;

Test 3 - ≥ 7 accuracy out of 10 strikes is a good indicator;

Test 4 - in a 1x1 duel, taking ≥ 3 successful balls from 5 attempts is considered a good result.

At the beginning of the study, four main tests were used to determine the level of technical training of 11–12-year-old football players. A total of 32 football players were involved in the study; they were part of the experimental group (EG, n=16) and the control group (CG, n=16). Preliminary results showed that the players' technical skills were insufficiently developed, and lower results were recorded compared to the best evaluation criteria.

1. Carrying performance.

The EG players showed an average of 14.8 ± 0.9 seconds, while the CG players showed 15.0 ± 1.0 seconds. Although 11.5–13.5 seconds was noted as a good result in the explanation of the indicators, the players' initial indicators exceeded it by 1.5–2 seconds. This indicates that the skill of carrying the ball quickly has not yet been sufficiently developed..

2. Pass-and-receive test.

In the EG, the average number of passes was 15.3 ± 1.4 , while in the CG, it was 15.0 ± 1.5 . While 20 or more accurate passes were accepted as a good result, players averaged about 25% lower results. This confirms the lack of stability in transmission accuracy.

3. Goal accuracy.

The EG players recorded an average of 5.8 ± 1.1 accurate shots out of 10 shots, while the CG players recorded 5.7 ± 1.0 accurate shots. Although accuracy of 7 and above was defined as a good indicator, players showed results about 20% lower than it.

4. Capture (1x1 Duel Test).

EG players successfully intercepted the ball an average of 2.2 ± 0.7 times out of 5 attempts, while CG players did so 2.1 ± 0.6 times. Although a good score of 3 or higher indicates that the players' results are below the 60% success rate.

Preliminary results show that the level of technical training of 11–12-year-old players is generally insufficiently formed. The results of all tests are 15-30% lower than the established criteria, which confirms the need to develop and apply a complex of special exercises aimed at developing technical skills during this age period.

Conclusion. The results of the conducted research showed that training organized taking into account age-specific morphofunctional characteristics and sensory developmental periods is of great importance in developing the technical readiness of 11–12-year-old football players. The developed set of exercises serves to comprehensively improve the basic technical movements of football players, such as carrying the ball, passing and receiving it, striking the goal, and taking the ball away.

The results obtained at the beginning of the study showed that the technical training indicators were below the established norms, confirming the necessity of systematically implementing specialized technical exercises into the training process. The proposed methodology, along with technical skills, allows for the development of players' coordination, speed, decision-making speed, and the ability to assess game situations.

The use of this set of exercises in the training process of specialized football schools, football academies, and sports schools serves as an effective methodological tool for improving

the technical skills of young football players, increasing training efficiency, and creating solid preparation for subsequent stages of sports improvement.

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