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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**DEPENDENCE OF PHYSICAL AND TECHNICAL-TACTICAL
PREPARATION OF YOUNG FOOTBALL PLAYERS*****Ilkhom Shaniyazov****Assistant lecturer**Karakalpak State University named after Berdak**Nukus, Uzbekistan**E-mail: shaniyazov@mail.ru*

ABOUT ARTICLE

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Abstract: The article discusses the problems of improving the technical, tactical and physical fitness of young football players and the relationship between them. Since the physical and tactical preparation of athletes are closely related to each other, there are cases of paying the main attention to them during training. It is explained that the skill level of highly qualified football players is determined by the quality of technical and tactical training during adolescence, as well as individual characteristics that ensure high efficiency of game activity.

INTRODUCTION

Due to the necessary conditions created for athletes and employees through the large-scale reforms in the field of physical education and sports during the years of independence, today the athletes of our country participate in the most prestigious international sports competitions, such as the Olympic and Asian Games, the World and Asian Championships, and are the strength of our country. - they are showing their power to the whole world. The consistent measures taken by our state to popularize football, create the necessary conditions for playing football, strengthen the material and technical base of our national football, and ensure the appropriate participation of our national team in international sports arenas serve to create ample opportunities and favorable conditions for the development of football. is doing

Today, the constant development of football in the world, the use of new technologies in sports, the setting of new records and the increasing competition require the development and implementation of a new approach and principles for the development of our national football at a more stable and rapid pace.

In order to further increase the effectiveness of the ongoing reforms, to implement priorities for the creation of additional conditions for the comprehensive and rapid development of football, the need to define measures to eliminate a number of shortcomings and problems encountered in the development of football in our Republic, as well as the analysis of advanced foreign experience and the discussion of the football community As a result, measures for the further development of football in the Republic of Uzbekistan were approved.

MATERIALS AND METHODS

In addition, the President's decision PQ-136 dated March 20, 2024 on "Measures for the development of football infrastructure and network expansion in neighborhoods" is an example. According to the decision, to interest the youth of the neighborhood in public and professional football, as well as to organize various promotional activities in this regard, to organize the systematic and effective use of the existing football sports facilities and other sports fields in the neighborhoods, to organize different age categories of men and women in football in the neighborhood. forming "neighborhood national teams" and organizing their training, analyzing whether sufficient conditions have been created for the youth of the neighborhood to play football, and systematically establishing cooperation with sports-educational organizations and local executive authorities on the development of football, youth in the neighborhoods The youth leader in the neighborhood has the following additional tasks: identifying talented players and directing them to professional football educational institutions, developing football infrastructure in neighborhoods, providing sports equipment, and making proposals to local executive authorities to create additional conditions for neighborhood national teams.

In recent years, high requirements have been placed on training for the complexity of football game situations, for attacking the opponent in unexpected situations, for young players to perform technical methods at a high level in constantly changing game conditions, to perform offensive and defensive tactical actions while understanding the right partner. And it depends on how reliably and accurately the player performs technical and tactical actions in every minute of the competition at different levels. It was observed that the main emphasis is that the level of physical fitness of young players has a great impact on the effectiveness of performing

technical and tactical actions in the game and in training. In addition, it was observed that during the transition to the tactical training process, the physical training conditions are transferred to the second front. This determines the urgency of the work that quality improvement in the process of systematic development of physical training has a negative effect on the training period in the allocated time.

Purpose of work. Analysis of the opinions of experts on the dependence of physical and technical-tactical training on the performance of young players at a high level during the game.

Job duties.

- formation of a database on physical, technical and tactical training in the literature;
- development of recommendations on related aspects of physical and tactical training based on the obtained data base.

Research methods. The method of literature analysis was used in conducting the research.

RESULTS AND DISCUSSIONS

Research results. In the scientific work carried out by local experts [1,2,3,8], it was recognized that our football players are significantly behind foreign athletes in performing technical and tactical actions performed in the competition while in possession of the ball. While it is important for the players in the game to perform their individual actions at a high level of technical techniques, it depends on the physical, tactical and expressive components. They noted the importance of organizing the level of training conducted in youth and taking into account their characteristics, especially in the demonstration of technical and tactical training of highly skilled football players. Therefore, it is important to form the tactical and technical skills of young players from childhood. However, the analysis of the scientific and methodical literature on the sport of football shows that the tactical training issues, the specific characteristics of performing technical methods, and the methods of training young players in harmony with the stages of rapid development of physical qualities of young players have not been fully resolved.

It is possible to talk about the existence of a conflict between technical, tactical and physical training at the initial training stage, with the increasing requirements for the level of enrichment with technical methods implemented in teams. Many authors point out [4,7] that there may be problems in improving the technical and tactical training of young players. They distinguish such features as the formation of speed and accuracy of technical-tactical actions of young athletes in conditions of strong competition. Because at the current stage, the speed of the game is increasing, and this requires the player to perform techniques and tactics effectively

and quickly. Field distance and time limits are observed when performing technical-tactical actions in conditions where the game situation is constantly changing. High-performing players must have technically equipped players who can quickly execute tactical moves and make quick decisions in game situations.

Speed, strength, endurance, flexibility, and agility are important qualities that affect the movement activity of players in acquiring a high level of tactical skills [9,12]. consists of technical methods. In modern football, the player must be able to show the power of the shot according to the situation of the game. The most important thing is that regardless of the distance at which the player performs the technical methods, they must be performed with a correct assessment of the tactical situation. The overall quality of the game is greatly influenced by the ability to seize opportunities through collective control of the ball in game situations.

In recent years, the lack of efficiency in performing the technical method of passing the ball in a game situation has negative consequences. Therefore, special attention should be paid to these technical methods. However, in recent years, the perfect tools and methods of training a football player based on the students of the competition are not clear, it leads to the fact that the training system of young players has many unknown databases. The latest scientific methodical researches, knowledge, experiences, study and analysis of factors affecting the improvement of technology, results of practical experiments allow to find more effective means and methods of technical and tactical training of football players. As the sports skills of young players increase, the training process becomes more specialized. This is expressed in the increase in the volume of competitive loads in the year-round training of young football players, and it is of great importance to choose effective exercises with and without the ball [10,11]. In football training, coaches focus on performing many special exercises with the ball, and are considered as special training tasks to improve the technical and tactical training of the players. Football is an independent sport with its own characteristics, which allows us to classify most of the exercises used as special training exercises and coordinated game movements.

In this case, the skill of a young player depends on the use of modern, improved game techniques with a stable dynamic structure, the rational management of external and internal forces, and the high level of technical methods to increase the level of previously achieved parameters of physical qualities. In football, there is a closer connection between the set of physical qualities and the technique of playing with the ball than in other sports, where there are also different movement activities.

After the selection of young athletes for football, the process of preparing them for the actions performed with the ball begins. Movement skills through technical methods with the

ball are formed by establishing temporary connections in the cerebral cortex, as a conditioned reflex has a probabilistic basis. By repeating the same action, a stereotype is developed, in which afferent synthesis becomes a continuous internal process of the brain itself, which is triggered by a limited signal from the outside. With the formation of a dynamic stereotype, the stability of the connections between the nerve centers of the brain increases, they are less susceptible to the influence of confusing factors [6].

The criterion of technical and tactical skills of football players is "standard", i.e. the performance indicators of leading players in the strongest national teams of the world. As a result, performance of technical and tactical actions of any talented player has individual characteristics [5,7]. In football, there is individualization related to age, gender, game characteristics, as well as "personal" individualization with the level of development of anthropometric characteristics and physical qualities of a certain athlete.

The process of improving sports skills of young players is a very complicated process. It is especially important to connect the methods performed with the ball to tactical combinations, to organize training sessions by connecting tactical actions with physical training. By performing a large volume of specific exercises, the athletes strengthen the skill and help the repetition of conditioned reflex pathways in the cerebral cortex [11]. As a result of the research, it was determined that football movement skills should be developed based on the study of the most reliable and simple variations of the technique of execution of movements, always taking into account the development of individual physical qualities of players. Thus, due to small losses in the efficiency of the equipment, the overall reliability of collective action can be significantly increased.

On the basis of the received information, it was important to develop our practical recommendations. In this case, it would be appropriate to lead young players through exercises focused on the process of developing tactical movements, connecting them to physical training. In the given database, information on the positive effect on the process of technical and physical training of young football players in the process of technical training together with physical training is widely covered. However, in the process of tactical training, physical training takes second place, a negative change in physical training is observed.

CONCLUSION

We think that during training, coaches should pay attention to physical qualities when forming a set of exercises related to the development of individual, group and collective tactical actions in attack and defense. Coaches should pay attention to these aspects especially when improving individual tactical training. Taking these points into account, coaches should develop

a training methodology. We think that during the process of improving tactical training through this method, young athletes will be prevented from changing negatively in their physical training.

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