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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**ORGANIZING TRAINING FOR 8-14 YEARS OLD FOOTBALL  
PLAYERS TO IMPROVE THE TECHNICAL READINESS****Shavkat Abidov**

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**ABOUT ARTICLE**

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**Abstract:** The article thoroughly examines the issues of organizing and planning the training of 8-14-year-old football players in technical movements. The adaptation of training exercises included in the existing training programs for players undergoing multi-year training has been discussed, highlighting the benefits of teaching technical movements to young football players based on the research conducted by scientists. The effectiveness of this approach has been proven.

**Relevance.** In recent years, the President and the Government of Uzbekistan have adopted several decrees and decisions aimed at raising the professional skills and capabilities of young football players, attracting talented youth to sports, and forming a reliable reserve for national clubs and teams. Ensuring the development of a highly skilled generation of young athletes has become one of the national priorities. Currently, the preparation of a sports reserve for football in Uzbekistan is carried out in two main directions. The first is through sports schools, specialized sports schools, and private training circles. The second is the establishment of a reserve of football players within professional football clubs and regional football academies, which have recently been actively developing.

Contemporary research in the field of children's and youth sports primarily focuses on improving the content of program-methodological documents. Scholars have noted that Uzbekistan's young football players currently lag behind their international counterparts, particularly in the area of ball control skills. This has underscored the need for introducing fundamentally new training methodologies during the initial stages of multi-year preparation. According to local football experts, these shortcomings are primarily due to deficiencies during the early stages of training, which later become deeply ingrained. Developing young players is a multi-faceted, long-term process based on scientific research as well as local and foreign best practices [1, 2, 9].

Scientists note that today's football players of our country are behind the strongest foreign games, this value requires the management of newly based methods of organizing uniforms from the invaders of the training machines for many years. According to the opinion of several football players in our country, young players can be left behind in acquiring technical and tactical aspects, first of all, they can be released on the table of training young players. It is clear that such situations occur, in our opinion, because the long-term training of young players is not at the sufficient level of scientific data. There is very little information on the development of physical, technical, and tactical training personnel in relation to age, religion, and competition support and health care. As a result, the issues at one stage of the starting methods, especially the issue of the Uzbek production of loading elements of the game equipment, which can later increase the level of the general technical equipment in a certain sense [2,4, 6,10].

Technical skills should be simple, quick and to the point. Techniques that used to be very important, such as stopping the ball completely, are rarely used in the game, because the modern rational game is moving to move the ball without stopping. On the other hand, some technical methods have become very important. Here we are talking about tricks, circumvention, hidden transmission. But it can be successful only when the players master the circling very well. Therefore, technical preparation is a logical link of a multi-year process, and each of its stages has its own specific goals and tasks. After all, the noted lags in the acquisition of game techniques at the initial training stage have a negative impact on the further training of players [3,5,8].

Technical training cannot be a random combination of different training tools. It is important to choose such tools that will have the necessary positive effect on the successful mastering of game techniques at each stage of the long-term training process. Training of young players is a long-term, exciting process that relies on scientific and research data and the best experiences of our country's and foreign experts. However, until now, the problem of the age

characteristics of young players in the competitive activity has hardly been studied. This situation does not help to expand the possibilities of improving the efficiency of technical training of players. The lack of scientific data on the age dynamics of the structure of competition activity of young players is clearly visible, especially at the initial stage of teaching the technique of controlling the ball. As a result, a number of issues in the methodology of the initial stage remain open, in particular, the issue of the consistency of teaching individual elements of game technique, which may later become a factor limiting the level of technical skill in a certain sense. That is why the problem of finding a new scientifically based approach to the technical improvement of young football players is urgently set, which undoubtedly confirms the relevance of the researched issue [3,4,5,7].

The purpose of the research is to determine the effectiveness of training and technical training of young football players.

Tasks of the research:

1. To study and analyze the work carried out on the importance of teaching technical movements in the training of young players.

2. Identifying aspects that need to be studied in the organization of training sessions for players aged 8-14.

3. Scientific justification of planning and increasing the efficiency of technical training of 8-14-year-old players.

**Research results and its discussion.** Local and foreign specialists who have conducted research on the subject consider the activity of the competition as the most important and raise it to the level of an integral indicator, and the sports result to the level of one of the leading criteria of the effectiveness of the training process. Therefore, when managing the training process, it is necessary to pay attention to the analysis of the competitive performance of the team and individual players, because only in the conditions of responsible competitions, the positive and negative aspects of the training of athletes are fully revealed. The lack of scientific data on the age dynamics of the structure of competition activity of young players is clearly visible, especially at the initial stage of teaching the technique of controlling the ball. As a result, a number of issues in the methodology of the initial stage remain open, in particular, the issue of the consistency of teaching individual elements of the game technique, which later, in a certain sense, can become a factor limiting the level of technical skill in general. That is why the problem of finding new methodical approaches to the technical improvement of football players is urgent. It is possible to develop a training system that is adequate for it by studying the activity of the competition in depth. Registration of competition activity allowed to gather

extensive information about technical and tactical actions of qualified athletes. However, these studies were episodic in young football players, and as a result, this problem remains [2,3,6,8,10].

The lack of information about the age dynamics of the structure of the competitive activity of young players has its effect, especially on the initial training stage of ball possession technique. As a result, a number of issues remain open in the initial training method (in particular, about the consistency of teaching individual elements specific to the game technique), their lack of study will later be a factor limiting the level of technical skill in a certain sense. Pedagogical observations on the activity of the competition were conducted in friendly and official games in the championship of Tashkent city for six age groups. Analysis of the result of pedagogical observations allows to determine the system of competition activity (Table 1). The data showed that 8-9-year-old team players in the game carried the ball (19%), passed the ball forward to short and medium distances (18%), took the ball (13%), tricked (12%), intercepted the directed ball. (10.4%) are the most used game methods. It is necessary to take into account that these technical elements are performed by children almost without prior learning. As a result, the percentage of errors is very high, in carrying the ball (21%), in passing the ball forward (49%), in taking the ball away (47%), in cheating (38%), in passing the ball (23%). In our opinion, it is legitimate to distribute the volume of technical and tactical actions for this age group in such a consistent manner.

**Table 1**

**ANALYSIS OF TECHNICAL AND TACTICAL ACTIONS OF 8-14-YEAR-OLD PLAYERS (%)**

№	Indicators		Age					
			8-9	9-10	10-11	11-12	12-13	13-14
			Amount of games					
		24	27	30	29	30	30	
Passing the ball								
1.	Short and medium distance	Back and across	8,0	9,0	11,0	13,0	17,0	20,0
2.		Forward	18,0	21,0	19,0	16,0	18,0	19,0
3.	To the moving player		0,2	2,0	3,0	3,0	3,0	3,0
4.	Long distance		0	0	2,0	3,0	2,0	2,0
5.	Quick		3,0	4,0	3,0	4,0	3,0	3,0
6.	Carrying		19,0	16,0	15,0	16,0	17,0	17,0
7.	Cheating (circumventing).		12,0	9,0	8,0	8,0	8,0	7,0
8.	Removal		13,0	13,0	11,0	11,0	9,3	7,3
9.	Seizure on the way		10,4	11,4	10,4	10,0	9,0	8,0
Joint actions								
10.	Below		5,0	4,0	6,0	4,4	3,0	3,0
11.	Above		1,2	2,0	2,0	2,0	2,0	2,0
12.	Playing with the head		2,0	2,0	3,0	3,0	3,0	3,0

Blows							
13.	With the head	0,2	0,2	0,2	0,2	0,3	0,4
14.	With feet	4,0	2,4	3,0	3,0	3,0	3,0
15.	Losses	4,0	4,0	3,4	3,4	2,4	2,3
16.	In the total game	100,0	100,0	100,0	100,0	100,0	100,0

Changes that occur during the entire preparation period are reflected in the structure of the competition. The volume of the following technical-tactical actions from 8 to 14 years old according to the first level of importance: passing the ball in different directions for short and medium distances, passing the ball to a moving player, quick passing the ball (except for 10-11-year-olds), catching the ball on the way, the above solo- solo shots, playing with the head (except for 10-11-year-olds), the volume of all technical-tactical actions during the game will reliably increase.

8-9-year-old players in the structure of technical-tactical actions, even in the first period of the probability of reliability, change in comparison to other young people as follows: carrying the ball, passing, taking the ball, one-on-one receptions below, head shots on the goal, kicks on the goal with the feet giving (except for 10-11 year olds). On the one hand, for the 10-11-year-old group, and on the other hand, for 12-13, 13-14-year-olds, back and cross passes, passing the ball to a moving player, carrying the ball (except for 12-13-year-olds), one-on-one receptions below, above, reliable differences ( $R < 0.05$ ) were found between one-on-one receptions (except for 12-13-year-olds), headers, kicks (except for 12-13-year-olds), all technical-tactical actions. You'll notice the difference between forward passes, quick passes, dribbling, set-backs, interceptions, and headers.

The structure of the game of 12-13-year-old players reliably differs from that of 13-14-year-old players in the following technical-tactical actions: back and cross passes, forward passes, carrying, dribbling, kicking the goal, the amount of all technical-tactical actions during the game . You will notice the difference between passing the ball to a moving player, long-distance passes, quick and high passes, take-backs, interceptions, low and high one-on-ones, headers, and headers.

In 13-14-year-olds: the difference ( $R < 0.05$ ) in the size of the ball back, in the transverse direction, forward passes, carries, kicks at the goal and all technical-tactical actions during the game is significant. In turn, there are changes in the size of errors. Reliability of differences exists only between the performance of 8-9-year-old athletes and 13-14-year-old athletes, which indicates a break in the long-term training process and lack of succession in improving the quality of the game.

Passes to a player on the move, long-range passes, sharp passes, carries, tackles, tackles, one-on-ones down and over, headers and footwork, and stoppage losses are common. does not

change even according to the first period of the reliable probability. As a result, an impossible situation arises, that is, the elements performed in childhood with a high percentage of errors remain difficult even for players of highly skilled teams. The interdependence of competition and training activities, which is not reflected in the actual training programs created for sports schools, is the basis for assuming the existence of inconsistency between their structure.

In order to clarify this problem, the content of training sessions in each age group was recorded. The analysis of the training of training and improvement of game techniques and tactics to young football players made it possible to distinguish the structure of the main technical and tactical actions (Table 2).

**The structure of the main technical and tactical actions during the training of 8-14 year-old players (%)**

№	Technical actions	Ёши					
		8-9	9-10	10-11	11-12	12-13	13-14
Extensions							
1.	Short and medium distance:						
2.	a) Back and transverse	16,0	17,0	15,0	12,6	26,0	20,0
3.	b) forward	30,0	25,0	17,0	24,0	35,0	15,0
4.	to action	3,0	7,0	2,0	2,0	1,0	6,0
5.	Long distance	0	0	6,0	2,0	1,0	8,3
6.	like an arrow	1,0	3,0	1,0	4,0	1,0	3,0
7.	To carry	16,0	12,0	11,6	11,0	9,0	12,0
8.	Cheat (go around).	4,0	2,0	4,0	4,0	4,0	5,0
9.	Remove	9,0	6,0	7,0	9,0	4,0	6,0
10.	Playing with the head	6,0	2,0	5,0	7,0	6,0	5,4
Joint actions							
1.	Below	4,0	4,0	8,0	5,0	1,0	5,0
2.	Above	1,0	2,0	0,4	2,0	1,0	1,0
3.	Playing with the head	2,0	5,0	1,0	6,0	1,0	1,0
4.	Shots:						
5.	With the head	1,0	1,0	0,4	0,4	0	0,3
6.	With feet	4,0	11,0	14,5	6,0	7,0	6,0
7.	Losses	3,0	3,0	7,0	5,0	3,0	6,0
8.	In the total game	100,0	100,0	100,0	100,0	100,0	100,0

When comparing the information that consists of the structure of competition and training activities, as well as the content of programs, it is possible to see their inconsistency. For example, 28.8% of the total hours of technical training of the program are allocated to teach the technique of kicking the ball for 8-9-year-olds. Performance of this technical method in training is 54%, and in competition activity is 33.2%.

For the same age group, a total of 9.3% of the program's total technical training hours were allocated to ball handling. The performance of this technical method in training is 16%, and in competition activity is 19%. Cheating actions (feints) are performed 7% in the program,

4% in training, 12% in the game. Heading the ball is 10.8% in the program, 3% in training, and 2.2% in competition. Taking away the ball is carried out depending on the situation in the game, but in the structure of the competition activity, 13% is allocated to it, and only 4.8% in the program. In subsequent age groups, the inconsistencies in the structure of training are similar. Ball carrying and passing are 8.7% and 8.5% in the program, 12% and 2% in training, 16% and 9% in competition.

This situation is maintained in all age groups, which means that there is an inconsistency in these three most important areas that help to train young players to become highly skilled. The analysis of programs, competition and training activities of sports schools allows to highlight the following priority aspects of technical training for academic years:

- 8 to 9 years old - carrying and cheating the ball;
- from 9 to 10 years old - carrying and tricking the ball, passing it over a short distance;
- from 10 to 11 years old - carrying and tricking the ball, passing the ball to short and medium distances, playing with the head;
- from 11 to 12 years old - carrying and tricking the ball, passing the ball over a short distance, hitting the goal with the foot, playing with the head;
- from 12 to 13 years old - carrying and tricking the ball, quick and high passes, long-distance passes, hitting the goal with the head;
- 13 to 14 years old - carrying and dribbling the ball, passing the ball to a long distance, passing the ball to a moving player, taking the ball away, quick passing the ball, hitting the goal with the head and feet.

The conclusion of the conducted research allowed to propose changes to the content of the technical training for many years. Changing the structure of the training process conducted in the pilot study can serve as a basis for optimization.

**Summary.** The analysis of the existing rules recorded in the currently used training programs shows that it is necessary to control the competition activity of young players and to create it based on descriptions for years. The technical training section of the current training program for sports schools and football academies and the content of the training process of young players do not fully reflect the characteristics of their competitive activity.

This is expressed in the fact that the structure of the priority technical and tactical actions does not take into account the age characteristics and the consistency of the initial teaching of game techniques does not meet the requirements of the current football game.

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