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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**STUDYING THE OFFENSIVE TACTICAL ACTIONS OF YOUNG FOOTBALL
PLAYERS ON THE FIELD****Gayrat Ibragimovich Yarkulov***Tashkent University of Architecture and Civil Engineering*Email: gayrat84@ib.uz*Uzbekistan, Tashkent***ABOUT ARTICLE****Key words:** competitive activity, technical-tactical actions, cheating the opponent, placement of players, a shot on goal.**Received:** 16.03.25**Accepted:** 18.03.25**Published:** 20.03.25**Abstract:** The article presents materials on scientific and methodological support for the training of football players, which will help coaches improve the educational and training process, increase the effectiveness of the attacking actions of football players, and build team tactics. The introduction of the developed methodology into the training process of youth football schools and football academies will make it possible to prepare a sports reserve at the level of modern requirements for highly qualified football players.**Introduction**

In world football, the skillful upbringing of young players is of great importance in a number of areas, including the use of innovative tools and methods in planning the training process of young players, maintaining special physical fitness until the end of the competition, universal movement of young players on the field, the creation of various improvised combinations in attack and defense during the game, and the development of speed and accuracy of tactical thinking on the field.

Despite the numerous proposals made by local scientists, coaches, and teachers to further improve the training of young football players and increase the effectiveness of their technical and tactical actions in competition activities, in international football competitions,

shortcomings in the quick and accurate tactical thinking of our young football players on the field, errors in organizing attacks, occupying the center of the field, and tactical movements in the defensive zone are clearly visible. This is one of the problems of training our football players to master the tactics of the game specific to the needs of the time and become universal players. The issues of increasing the accuracy and effectiveness of technical and tactical actions of young football players in competitive activities and planning training sessions have been widely covered in the research of scientists and specialists of our country.

In their scientific research, the leading scientists on improving the tactical training of players of the training group have emphasized the importance of the role of theoretical training in teaching and developing tactical knowledge.

In this regard, European scientists and specialists in the field H.U. Shtunder, V.D. Wolf, J.A. Wilson, J.P. Crouch, G.A. Lysenchuk recognized that the explanation of tactical drawings and game episodes using modern innovative equipment leads to a faster understanding and development of tactical thinking of young football players. Experts emphasized the importance of using special test methods in developing the tactical preparation of young football players.

In the latest research in the field of football, it is recognized by experts that in the development of tactical training in young players, the number of games should be organized more and tactical knowledge should be taught through innovative methods.

Purpose of work. It consists in developing proposals and recommendations for controlling the offensive actions of players on the field.

Objectives of the research work. Analysis and generalization of scientific and methodological literature on the topic. Practical application of a set of exercises aimed at effective execution of attacking movements on the field by football teams (U-16).

Research. More than 30 matches of 16-year-old football players operating in Tashkent were observed and the following results were obtained in terms of offensive indicators. Pakhtakor and TFA teams used offensive tactics in each match against their opponents, and 10-12 of these attacks were random attacks. During the season, these teams managed to score an average of 2 goals per match against their opponents through offensive play, compared to other teams. These teams also performed much better in terms of reliable defense, and their defense was more reliable in eliminating standard situations of the opponent and creating offside. In modern football, the tactical game of effectively suppressing the opponent's attack in defense, creating "offside" requires greater alertness and skill from the team's defenders. A reliable implementation of offside 5-6 times in a game indicates the tactical readiness of the team

players and the effective implementation of tactical methods of movement without the ball throughout the game (see Table 1).

Table 1

Indicators reflecting the attacking actions of football players (U-16) in competition conditions (n=30)

Indicators	Pakhtakor	Bunyodkor	TFA	Spartacus
Organized Attacks (Number)	65	44	61	40
Organize malicious attacks (number)	12	7	11	6
Creating standard situations in attack (number)	8	4	6	6
Shots on goal in a match (number)	10	6	9	5
Number of shots on goal in a match	5	2	4	2

It was found that the number and effectiveness of tactical actions of 16-year-old students of Bunyodkor and Spartak football schools in championship games, such as organizing dangerous attacks, eliminating opponent's standard situations in defense, and creating offside, are low.

16-year-old trainees of Pakhtakor football academy were trained with a complex of combined tactical exercises to improve their attacking movements. The following recommendations should be followed when performing this complex of combinational offensive tactical exercises.

1. During training, it is necessary to master the structure of the combination, its content, and the principles of its execution. Only then can combinations be performed in accordance with specific game conditions.

2. Tactical combination is a synthesis of individual tactical thinking and mutual understanding in a group, that is, mutual cooperation. Therefore, the main task in implementing a combination is not to memorize this or that structure of group movement without understanding it, but to creatively apply one's knowledge and skills during the game.

3. A football match is a complex, multi-move tactical combination that is simple, developed through play, and involves many players. However, even multi-move combinations are actually made up of several simple combinations that are executed in succession. Multi-move combinations are much more difficult to practice, and although they arise during the

match and are often executed without preparation, the level at which they are executed largely depends on the player's ability to execute simple, well-rehearsed combinations.

4. When studying different combinations, it is important to remember that the more parts of a previously studied combination are added to a new combination, the easier and faster it will be to master it. It is useful to know a variety of options for the development of combinations starting from one standard position. Such a variety of combinations makes it very difficult for the opponent to organize a defense.

5. When performing combinations, the distracting actions of teammates are of particular importance. With their movements, they pose a potential threat to the opponent's goal and distract the attention of the defenders.

It should be noted that the basis of group tactical movements in football is the interaction of 2, 3 or more players in certain ways. Further improvement of the relationship between two and more than three players will be continued during game exercises and training games. Game drills begin with the number of attackers being more dominant, then equalize the number of attackers and defenders, and finally reduce the number of attackers. It is advisable to include conditions that force the players to use the learned methods in convenient situations in the practice games and training games. In order for the coach to continue the movements of the players correctly during the game exercises and training games, it is necessary to pay special attention to the speed of goal acquisition under certain conditions, to independently evaluate the situation.

The development trends of modern football and the requirements for the tactical actions of young players in attack and defense in the competition activities were identified.

Developed a method of controlling the level of tactical training of young players on the basis of the computer program "Determining the level of tactical thinking of players"; the criteria for assessing the tactical thinking and accuracy of young players in the game were scientifically substantiated;

The effectiveness of the method of controlling the tactical training of young players in competitive activities was determined.

Research results. The methods recommended by us were applied to young players of the Pakhtakor team born in 2008 in the 2024 season and the following results were achieved. Table 2 shows the attack organization performance of 16-year-old players of the Pakhtakor Football Academy in 2023 and 2024.

The tactical thinking abilities of the players of the Uzbek youth national team were also studied during the study. During the study, it was decided to test all the players who were part of the national team, in agreement with the national team coaches, and to obtain results based on their ampoule along the line of movement on the field.

Table 2

Pakhtakor U-16 players' offensive performance on the field in the 2023 and 2024 seasons.

Indicators	Pakhtakor (A) team (Born in 2007)	Pakhtakor (A) team (Born in 2008)
	(2023 season) (n=10)	(2024 season) (n=10)
Organized Attacks (Number)	65.1 ± 4.0	73.1±5.0
Number of malicious attacks	12.5 ± 0.5	14.0 ± 0.6
Scoring goals from standard situations	0.7±0.04	1.1 ± 0.09
Shots on goal in a match (number)	10.0±0.05	12.8 ± 0.08
Number of shots on goal in a match	4.7±0.04	6.1± 0.07

In 2024, the tactical performance of Pakhtakor (U-16) players on the field was different from that of Pakhtakor players who participated in the 2023 championship. In the 2nd half of the 2023 season, the tactical performance of young players born in 2007 in the 2023 season was 65.7 ± 4.0 on average in organizing attacks, 12.5 ± 0.5 on average in organizing free attacks, 0.7 ± 0.04 on average in scoring goals from set pieces in attack, and 10.0 ± 0.05 on average in shots on goal per game. As a result of the implementation of the methods implemented in practical training by young players born in 2008 in the 2024 season, they achieved noticeable results in terms of an average of 73.1±5.0 attacks, 14.0±0.6 dangerous attacks, 1.1±0.09 goals scored from set pieces in attack, 12.8±0.08 shots on goal, and other offensive tactical indicators during the season.

A pedagogical experiment was conducted to improve the results of the attacking tactical game of young football players and to increase the tactical readiness of young football players. For this, control and research groups were formed. The tactical readiness of young football players was assessed using the program "Determination of the ability of football players to

think tactically” developed by us. Control tests were conducted using the program “Determination of the ability of football players to think tactically” as follows. The first control test was conducted at the beginning of the season, and the second control test was conducted at the end of the season. 15 students in the control group and 15 students in the research group participated in the tests. The assessment of the tactical thinking of young football players was carried out using a special computer program. In this program, episodes of a football game are displayed on the monitor, and in the displayed episodes, the participants are required to correctly assess the tactical situations that occur on the field (including passing the ball, shooting at goal, taking the correct position, passing the ball or shooting in standard situations).

The young player participating in the study sits in front of a computer, understands how to correctly execute a tactical episode, and presses a button (mouse) with his hand. After pressing the button, the sequence of execution of the tactical episode can be seen on the monitor. During the study, coaches take into account whether the young player correctly or incorrectly executed tactical situations.

A football game situation is displayed on the computer monitor and the examiner must identify the correct version of the situation (episode) in the game.

10 seconds are given for each situation frame. According to the computer program, the test taker was allotted three minutes and twenty seconds to solve 20 episodes with tactical situations. 1 point is given for each option found correctly. The performance of the students of the control and research groups on the initial tactical situational tests was similar. Correct decision-making for tactical situations was 11.8 ± 0.5 points in the study group and 11.3 ± 0.5 points in the control group (see Table 3).

Table 3

Results of pre-tests of football players from the study and control groups (n=30)

Groups	Research group	Control group	t	p
The game is the right decision for tactical situations (score)	11.3 ± 0.6	11.2 ± 0.5	1.5	> 0.05
Time spent solving game tactical processes (c)	5.4 ± 0.6	5.3 ± 0.6	0, 5	> 0.05

the rapid response to a tactical situation, the study group recorded 5.4 ± 0.6 seconds, and the control group 5.3 ± 0.6 seconds. These indicators allow us to see that there is no difference in the results of both groups ($P > 0.05$).

In the subsequent tests of the study (at the end of the season), differences were observed in the test results of the study and control groups. That is, compared to the test results obtained at the beginning of the season, it can be seen that the results of the study group players in solving and making quick decisions during tactical situational tests increased.

At the end of the season, we can find out the following information about the tests that the students of the research group passed on the basis of the computer program for the study of tactical knowledge in competition activities.

According to the program, the results of making a correct decision on a tactical episode were 14.5 ± 0.6 points, and the results of making a quick decision on a tactical episode were 4.8 ± 0.6 seconds. The results of the control group's tests, which were based on a computer program for studying tactical knowledge in competitive activities, were as follows: Making a correct decision on a tactical episode was 11.9 ± 0.5 points, and the results of making a quick decision on a tactical episode were 5.2 ± 0.5 seconds.

Conclusions. There was a difference in the performance of young players of the Pakhtakor (2008) team in organizing attacks on the field, and young players of Pakhtakor (2007) in the 2023 season in organizing attacks on the field. As a result of the methods used by us in training during the season, Pakhtakor (2008) players organized an average of 73 attacks in the season's games, of which 14 were dangerous attacks, and achieved significant growth in other tactical indicators.

Today, modern football requires players to move and think quickly on the field in various competitions. The acceleration of the modern football game makes it appropriate to master tactical knowledge and evaluate tactical thinking in theoretical training in the preparation of modern players.

In modern football, the reliable implementation of an effective attack also depends on the tactical skills of the players moving on the field. A player with a high level of tactical preparation, as the game progresses, understands the tactics of the game, does not make mistakes, and effectively completes the team's attack.

The scientific and methodological literature provides a sufficient number of tools and methods for tactical training, which are mainly characterized by studying various combinations of possible movement methods in a game situation. The acquisition of tactical knowledge and

skills by young football players in theoretical and practical training helps them become talented football players.

Outside of training sessions, children should be engaged only in technical techniques and tactical movements that they cannot learn by playing, or by making gross mistakes. Situations that are rare in the game, but are based on important biomechanics, are taught separately.

2. Training materials on tactical and technical training should be taught not step by step, but in a spiral. In this case, the following tasks should be set:

a) to provide a broad understanding of the variety of technical techniques and tactical movements of football players;

b) to raise the most important technical techniques and tactical movements to the level of mastery and proficiency;

c) at the initial stage of training young football players, the game is an effective means of training. The science of winning is taught from childhood.

Like other sports, football is characterized by team and individual struggles against the opponent. These individual fights require the development of not only individual, but also team game movements. Taking into account these principles, the time spent during the training session is approximately divided as follows: 20-25% for physical training, 30-35% for technical training, 40-45% for tactical game and competition preparation. These figures are subject to changes depending on age, player skills and training period.

Many experts, based on their research and experience, have described football in such a way that this sport is characterized by its extremely variable situation, the inclusion of vital skills in its structure (walking, stopping, sliding, running, jumping), the development of speed, strength, agility, endurance, flexibility, with movement skills and tactical combinations that captivate both adults and children, is the main means of physical education in educational institutions and, as the most popular game, has attracted the attention of children.

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