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Abidov Shavkat Usmanovich

Uzbek State University of Physical Education and Sport

E-mail: Abidov.1969@mail.ru

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OPTIMIZATION OF THE TRAINING PROCESS OF 13-14-YEAR-OLD FOOTBALL PLAYERS

Abidov Shavkat Usmanovich

Candidate of Pedagogical Sciences, docent

Uzbek State University of Physical Education and Sport

E-mail: Abidov.1969@mail.ru

“Football is not just about the game on the field. It is about leadership and teamwork; it is about persevering through pain and setbacks; it is about showing sportsmanship whether you win or lose; and it is about never, ever giving up”

Abstract: Training process optimization plays a crucial role in any kinds of sports in today’s data-driven world, and football is no exception. In football, it is a broadly spread method to accumulate complex and valuable information about football players performance. The collected data gives us the possibility to create a specific training program mostly focused on maximizing and optimizing their performance. In recent years, a number of measures have been taken in football in order to organize the optimal training that exercises and activities utilized are done in just the right amount. At the same time, such issues as the further development of the selection system and football infrastructure, raising the activities of sports academies to a new level, enhancing the system of training remain one of the most burning ones.

In this article, we focus on how to maximize effective training tools that will help eliminate the existing shortcomings in the technical-tactical preparations of young football players, enhance technical-tactical techniques during the training sessions and matches, identify the parameters that must be considered when planning pre-match training sessions, and the last but not least pay great attention to training

strategies and programs aimed at improving overall physical performance of young football players.

Keywords: overall physical performance, a specific training program, decision-making skill, physical qualities, technical-tactical preparation, general and specific physical preparation phases.

INTRODUCTION

In recent years, the initiative of the President of the Republic of Uzbekistan, and under his sustained and supreme efforts physical education and sport have always been one of the priorities of the government policy as the playing and doing patterns of sports have been experiencing dramatic changes over the past decades.

The research conducted by us will serve to ensure the implementation of Resolution of the President of the Republic of Uzbekistan dated June 3, 2017, № PP-3031 “On measures for further development of physical culture and mass sports”, Decree of the President of the Republic of Uzbekistan dated October 30, 2020, № DP-6099 “On measures for the widespread introduction of a healthy lifestyle and further development of mass sports”, Decree of the President of the Republic of Uzbekistan dated November 3, 2020, No. PP-4877 “On measures to improve the training system and increase the scientific potential in the field of physical culture and sports”.



Figure - 1

Modern football is a technically and tactically complex, dynamic sport that requires quick decision-making skill and adaptation to modifiable movement activities, concentration on the maximal physical qualities (strength, agility, endurance, speed and flexibility), individual technical-tactical skills, and the maximum use of team techniques and tactics. Performance in modern football includes the interaction of technical-tactical movements and physical activities among players, as well as is characterized by high complexity and dynamics as well.

MATERIALS AND METHODS

The aim of the research is to study the features of technical-tactical training of 13-14-year-old football players in a one-year training cycle, as well as the following methods were used in the implementation of research:

- ❖ pedagogical observation;
- ❖ interview;
- ❖ survey;
- ❖ analysis of scientific and methodological literatures on the subject;

At present, in football, the most important issues are to enhance the skills, cope with the existing shortcomings in the technical-tactical preparation, cultivate the most effective training tools and methods that will help lift the level of general and specific physical preparation phases. Thus, we made a decision to start with research of the technical and tactical preparation phase of 13–14-year-old football players. When it comes to the objectives of the research, they are given as the followings:

- Identify features that positively affect the game and training activities of football players aged 13-14 years through the use of specific exercises related to technical and tactical movements;
- Study the methodological feasibility of selecting training exercises on technical-tactical orientation of football players aged 13-14 years in the annual training cycle;
- Identify positive and remarkable changes in the process of specialization of football players aged 13-14 years in the annual training cycle associated with an

increase in technical-tactical training process, as well as specific exercise load given to them.

Guba, A.V. Leksakov pointed out that there are four core keys that define the success of any football teams, especially youth: *“technique, tactic, moral virtues and functional abilities”*.

RESULT AND DISCUSSION

Foreign and local coaches has been paying great attention to the technical and tactical preparation of their teams over the past few decades. The choice of training exercises has been made taking into account the tactical game schemes of the team, the options of interaction on the situation of the players on the football field. In training, offensive and defensive movements of the football players are shaped by the specific exercises, bringing each element of the game to a highly automatic state. When it comes to the tactical work of modern coaches, Antonio Conte who was appointed as head coach of Tottenham Hotspur on 2 November 2021, Maurizio Sarri who is the current manager of Seria A club Lazio, Josep Guardiola Sala who is the current manager of Premier League club Manchester City, Jürgen Norbert Klopp who is the manager of Premier League club Liverpool, and their two-hour sessions can be striking example.

			
<i>Antonio Conte</i>	<i>Maurizio Sarri</i>	<i>Josep Guardiola Sala</i>	<i>Jürgen Norbert Klopp</i>

The above-mentioned coaches and others put greater emphasis on the technical and tactical training of their teams. Yet, that work was based on their knowledge and skills in football. All trainings conducted by coaches in youth football teams, as well as its improvement in the later stages of sports training, give football players the possibility to shake the world by achieving maximum results in the most popular football leagues in Europe, while demonstrating the highest individual skills and abilities to implement tactical plans of coaches.

By utilizing an example of long-term planning of the training and preparation process of 13-14-year-old football players at Pakhtakor Academy, we observed how the tasks given to football players are being set, the solution of which leads to the successful development of technical-tactical preparation of them. At the beginning, we hypothesized that the use of specific exercises mostly focused on the technical-tactical preparation in the training of young football players aged 13-14 would optimize the training process, as well as lift the overall level of physical performance and enhance the quality of a football match.



Figure – 2

The object of research was the process of education and training of 13-14-year-old football players in the one-year training cycle as the example of Pakhtakor team, whilst the subject of research was the technical and tactical training of 13-14-year-old football players in the one-year training cycle. In football, particularly, youth football,

the issues of optimization and organization of the educational process are mainly based on modern achievements of the theory and methodology of sports training process. Furthermore, materials on various aspects of overall physical performance and competition activities have been collected, which requires taking into account the specifics of the sport when considering the problem of optimizing the system of training qualified football players based on the rational construction of the training process.

One of the crucial factors in the sustainability of high sports results demonstrated by qualified football players in football competitions is the rational organization of the training process based on a comprehensive assessment of the training load. It is clear that the training load of sports games, including specialized exercises in football, affects all aspects of football players' training (M.A. Godik, 2006; P.F. Ejov, 2006). Innovative technologies are of paramount importance in the training process, (S.L. Skorovich, Y.M. Makarov) and the structure of the training loads provided by those technologies really help to elevate the level of physical performance of football players.



Figure – 3

The current state of football requires pioneering researches for the most effective means and methods of physical, technical, tactical and psychological

preparation of football players at the stage of enhancement of higher sports to overcome the existing shortcomings. From the initial training phase to football players' highest level,

A. M. Zelentsov highlighted that there is a gradual increase in the process of technical-tactical preparation, and by the age of 18 it will reach 50% of the total volume of all types of training. According to the analysis of local and foreign literatures on technical-tactical preparation of football players aged 13-14, we found that an increase in the technical-tactical preparation has a beneficial effect on competition performance as well.

The training of qualified players specializing in football requires an assessment of their initial and current status, taking into account the individual characteristics of them, as well as a science-based approach. In a one-year training cycle, it was examined whether the choice of technical-tactical orientation training exercises for 13-14-year-old football players was methodologically expedient or inappropriate. The theoretical seminars organized by us were divided into several sections:

- ❖ *offensive game situations, the player's actions without the ball;*
- ❖ *offensive game situations, the player's actions with the ball;*
- ❖ *defensive game situations.*

When the analysis finished, a practical study of technical-tactical movements was conducted.



Figure – 4

A one-year curriculum of Pakhtakor Academy was studied and analyzed prior to the study, and two groups are formed: control and experiment. The study involved 30 players aged 13-14 years. The study was conducted from November 2019 to May 2021. During the technical and tactical preparation, we videotaped 10 friendly matches and 10 official matches in order to record the development process of the football players. When we watched the videos of some technical-tactical elements of competition activities of 13-14-year-old football players, those gave us an opportunity to assess their effectiveness.

Observations recorded the technical-tactical movements of the football players with the ball and the correct actions were marked with a “+” sign, in all other cases and when the ball was lost, the actions were performed incorrectly and marked with a “-” sign. As a consequence of processing the results of pedagogical observation at the beginning of the experiment on the competitive activities of football players, quantitative and qualitative indicators of technical-tactical movements in ten matches of two control groups were identified. By observing the football players` performances in ten matches, we found that they were performing 350-368 technical-tactical movements. In general, during the game, they made short and medium passes (*forward* - 27.3%, *catch* - 15.5%, *pick* - 15%, *hit* - 9%). The rest of the elements of the match (*carrying the ball* - 1.5%, *kicking* - 2.8%, *playing with the head* - 2.6%, and *losing the ball* - up to 25%) were rarely used, and there were no obvious differences between the two groups. The analysis allowed us to determine that the performance and technical-tactical preparation of the football players in the control and experimental groups at the beginning of the study were approximately the same on average.

THE STRUCTURE OF THE TRAINING DURING THE OVERALL PHYSICAL PREPARATION PHASE WAS AS FOLLOWINGS:

⇒ **in the preparatory phase of the training**, the followings were used: general developmental exercises aimed at increasing joint mobility and stretching muscles; exercises performed with a square ball at a distance of 20x20 m; speed-strength exercises (jumping, acceleration, shuttle runs, relay races, throws, etc.);

resistance exercises: *option 1 – “running”, option 2 – “wall”*;

⇒ **in the main phase of the training**, the followings were used for 12 minutes: the football players practiced "attacking on the wing with an increase to the 2x1 penalty area", the game is 8x8+1 neutral, with 2 goalkeepers with a game duration of 15 minutes, game 9x9 without task, game duration 15 minutes with 2 goalkeepers.

⇒ **in the final phase of the training**, stretching exercises were used to restore breathing;

The above-mentioned special exercises played an important role in the physical preparation of the football players. The stretching exercises performed in the main part, after the load given during the training, had a positive impact on them.

THE STRUCTURE OF THE TRAINING DURING THE COMPETITION PHASE WAS AS FOLLOWINGS:

- **in the preparatory phase of the training**, the followings were used: general developmental exercises aimed at increasing joint mobility and stretching muscles, “ball sensing” exercises in motion and place, exercises with a ball at a distance of 20x20 m, speed quality development exercises were performed for 12 minutes, running with a change of direction.

- **in the main phase of the training**, the followings were used: strategic organization of attacks using 3x2 wings and half wings for 15 minutes, 6x4 game for 15 minutes, the 20-minute 9x9 game continues on the field.

- **in the final phase of the training**, stretching and breathing exercises were used to return the organism to its original state

THE STRUCTURE OF THE TRAINING DURING THE TRANSITION PERIOD WAS AS FOLLOWINGS:

- ❖ **in the preparatory phase of the training**, the followings were used: general developmental exercises aimed at increasing mobility and stretching muscles in the joints were used; an exercise called “feel the ball” in motion and place; Exercises with a ball at a distance of 25x25 m square; two gates were executed 1x1 for 10 minutes.

- ❖ **in the main phase of the training**, the followings were used: an exercise

called 1 + 1 and defender 15 minutes, technical game in a view of 8 x 8 + 2 and goalkeepers.

❖ **in the final phase of the training**, the above-mentioned exercises were used to restore breathing condition and flexibility.

Physical preparation of the young football players of the experimental group was carried out with the predominance of technical and tactical exercises, where the tasks to be performed in pairs, triples, etc. They performed each exercise with high quality and intensity, which is the degree of force with which an exercise is put into practice.

During the study period, the percentage of ball intake in the experimental group increased significantly by 10% and in the control group by 4.3%. In the experimental group, the result of passing the ball in motion increased by 10.4% and significantly exceeded the result of the control group, in which an increase of 4.1% was recorded; passing the ball forward increased by 6% in the experimental group, and was smaller in the control group, with an increase of 3.3%. In the experimental group, the percentage of carrying ball increased by 9%, in the control group by 4.5%, and the reliability of the differences was determined ($p < 0.05$).

number of ball losses in the experimental group decreased by 10%. The percentage of ball loss in the control group decreased by 7%, confirming that this group was lagging behind in the experiment. The special exercises and tasks used in the educational process of young football players were reflected in the indicators of technical and tactical preparation of the experimental group and helped achieve positive and remarkable results.

CONCLUSION

It can be inferred from the results that under the influence of special exercises aimed at improving the level of technical and tactical preparation, the experimental group players significantly outperformed the control group players on all indicators

except passing the ball, where the percentage increased, and the control group was 10% higher than the experimental group. The positive results obtained during the pedagogical experiment in the experimental group allowed to emphasize that the use of technical and tactical training exercises in the annual training cycle increases the game success and competitive activity of the football players aged 13-14 years. To increase, optimize and improve the effectiveness of the educational process, physical education teachers, coaches are able to use the research data aimed at improving the technical and tactical skills of the football players in the organization of the training process.

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