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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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TECHNICAL-TACTICAL PREPARATION OF THE YOUNG FOOTBALL PLAYERS ON THE BASIS OF GAME TASKS

Abidov Shavkat Usmanovich

Candidate of Pedagogical Sciences, docent

Uzbek state university of Physical education and Sport

E-mail: Abidov.1969@mail.ru

Abstract: The game of football has been making a plenty of progress over the past few decades, and has placed increased demand on football players, since training sessions are becoming more and more intensive. If you want to be a professional football player, have to perform football tasks at a much higher level which means that requires a high level of physical qualities (*endurance, strength, agility, flexibility and speed*) than before. The already above-mentioned motor and functional abilities, furthermore, football players must possess a certain level of technical-tactical capabilities, from my personal perspective. To sustain an overall physical preparation, technical and tactical standards, functional and motor abilities, requires quality planning of the training.

Coaches in football utilize certain teaching strategies and their experiences with a football to help football players improve their performance in games, championships as well as competitions. It is clear that using tactical-technical analysis for the development of football means utilizing each method possible to succeed, because the tactical-technical analysis data is the core to successful analysis and practice to overcome the opponents. In this article, we pay great attention to an effectiveness of the trainings that will help elevate the level of knowledge of the football players on technical-tactical preparation, enhance technical-tactical techniques during the training sessions and matches, identify the reasons for the current, unsuccessful performances of the national team of Uzbekistan and suggests the ways to solve.

Keywords: coordination skills, physical qualities, technical-tactical preparation, psychological preparation, general physical preparation phases, game tasks, detailed methodological recommendations.

INTRODUCTION

The results of our country in major international competitions have been disappointing so far. Many experts point out the lack of bright, technically and tactically skilled young players in football's sporting reserves, reflecting their level of preparation. In addition, they have repeatedly stated in their work that there is a lack of technique of coordination complexity in football, and it is associated with heavy training loads. To respond quickly to the game conditions, football players are required to have a high level of technical knowledge and abilities, as well as to use technical-tactical skills to adapt and react properly. That is why complex playing environment requires sufficient football training sessions planning ahead, with all areas improving simultaneously, since that is the only way to accomplish a high level of performance in competitive tournaments.

Therefore, it is of paramount importance to expand the possibilities of targeted selection of tools and methods for the technical-tactical preparation of the young football players for a match during training session. In recent years, detailed methodological recommendations on the techniques and tactics, methods of training football players have been published in the scientific articles, magazines and literatures. In many cases, the best practical experience of conducting educational work is summarized, the periodicity of training, the stages of preparation are described good enough. But these recommendations mainly apply to highly qualified players, not young players.

Many articles have discussed the problem of preparing the sports reserve of football. This idea is based on the fact that it belongs to the technical-tactical preparation, which plays a crucial role in the training of young football players. The main focus of the research is on the development of technical-tactical preparation of young football players based on a set of game tasks in physical preparation phase.

The proposed complexes of game tasks are based on technical elements that not only cultivate the motor skills of young football players, but also contribute to the development of technical-tactical skills of them. The problem studied in the article has been highlighted by the scientific research of the leading authors.

LITERATURE REVIEW.

In the study of technical preparation, Professor N.A. Bernstein's scientific works played an important role, he successfully developed methods of studying movements, developing coordination skills, building movements by levels. His valuable works are a guide for training football players in modern sports. A scientific researcher, B.V. Lobanovsky emphasizes that in the training of young football players should pay attention not only to general physical, but also technical-tactical preparation, as it constitutes a key component of the training process.

While studying the training process of young football players, according to another scientific researcher, K.I. Adambekov, emphasizes the technique of the field and goalkeeper, in which he considers that technique of the movement and possession of the ball contributes to the development of young football players. From his personal perspective, technical-tactical preparation using appropriate tools and methods will help to further solve the problem of improving the technical-tactical quality of young football players.

Such researchers M.A. Godik, A. I. Shamardin, I. Khalil studied team, group, and individual actions in the tactical preparation of young football players. In their works, paid great attention to the organization of training at different stages of preparation, taking into account the age and physical level of development of young football players. The use of a wide variety of game techniques and tactics in preparation and competition phases helps to regulate the amount of physical activity.

A.P. Gerasimenko, A.F. Rogachev, V.D. Knyazev, as other scientific researchers and authors, have found it is of paramount importance to ensure that the

level of training of young football players is consistent with the age-related developmental patterns of their bodies and the structure of the competition activities. They stressed the need to build the learning process purposefully across periods and cycles. A.P. Zolotarev, in his scientific works, he conducted some researches in the issue of training sports reserves in football from primary school age and the basics of technical preparation.

MATERIALS AND METHODS

The aim of the research is to justify the effectiveness of the use of game task sets developed by us in the learning process, as well as, this article analyzed the following methods:

- ❖ analysis of scientific and methodological literatures on the subject;
- ❖ interviews;
- ❖ pedagogical observation;
- ❖ surveys.

When it comes to the objectives of the research, they are given as the followings:

- ⇒ identify features that affect the success of exercises related to the technical and tactical movements of young players;
- ⇒ analysis of the opinion of experts on technical and tactical actions.

Football players must master different modes of play, so utilizing game techniques and their types in conjunction with other exercises, we have established criteria for evaluating game techniques and their characteristics. The analysis of scientific research shows that special attention must be paid in the training of young football players from different aspects (*physical, technical, tactical, etc.*). Today, in football, the most important and burning issues are to improve the skills, deal with the existing shortcomings in the technical-tactical, general and specific preparation phases, develop the most effective training methods that will play an important role in elevating the level of overall performance.

particular technique in combination with other techniques.

An important

condition of the game is the ability of young football player to apply a certain technique in each specific game mode (*take the ball, stop and pass the ball, move, tricks, hit the ball*), due to the fact that in the process there is active resistance to the opponent, as well as the final result of a competition depends on the application of each football player's technique in the game.

RESULT AND DISCUSSION

By observing the young football players during the trainings, we were able to see the quality side of mastering the techniques that need to be enhanced and strengthened in different game situations. Based on the identified results, we developed a teaching methodology based on game tasks. The pedagogical experiment was conducted in 2021-2022 to justify the effectiveness of the use of game sets developed by us in the trainings of 13-14-year-old football players of Pakhtakor Academy.

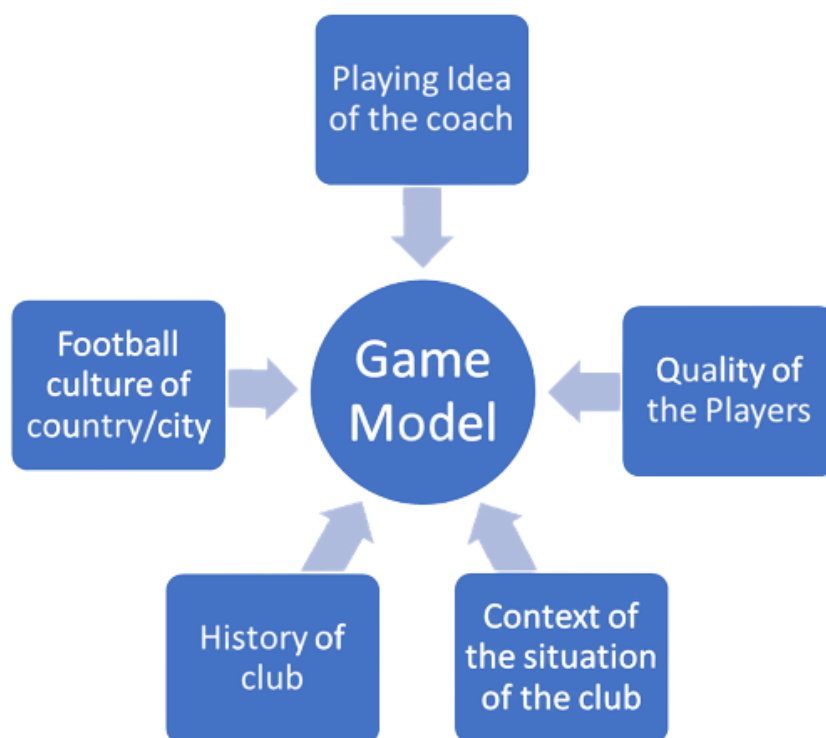
Table-1

THE CRITERIA FOR EVALUATING GAME TECHNIQUES

Criteria	Characteristics
The number of techniques used by a football player.	The ability of a football player to use different game techniques wisely during the game.
Stability and reliability of the techniques used regardless of questionable factors.	The intensity of the match, the state of the game, the active resistance of the opponents, the reaction of the fans, the bad weather, a football player's technical skill, the psychological attitude.
Effectiveness and appropriateness of the methods used in the game.	It depends on the conditions of the game situation, the number of opponents in the situation, the acquisition of deceptive movement skills and the technical reserve of the players for this situation (<i>types of hits, types of movements, types of stopping the</i>

	<i>ball, etc.)</i>
Ease and speed of performing techniques in the game.	It depends on the training of physical abilities, the speed of the motor reaction to a moving object and a single movement, the automation skill.

An experiment and control groups were formed to solve the tasks, and the main purpose of our methodology is the preparation of technical elements, generalization and special exercises, game tasks combined into complexes. All games are based on technical elements and systems to cultivate physical qualities (*strength, speed, flexibility, agility, endurance*) and coordination skills that are incorporated into the movement skills of young football players. Those complexes were used in a specific sequence according to the learning tasks, and the performance of the game tasks was closely related to the intensity and volume of their physical activity.



The formation of skills in the young football players took place in different ways. Some of them learned a certain type of technique effectively and efficiently,

while others could not. It depended on their physical tendencies and the state of being in physical development. Therefore, during the trainings, the young football players ought to be separated by their role-playing, in which the leading role must be played by a football player with unique and extraordinary physical, psychological as well as technical-tactical preparation, then they will be able to apply techniques creatively throughout the game, solve tactical tasks, and be the leader of their team.

Table-2

COMPLEX GAME TASKS

Methods	Perform exercises as a partner, in a trio, and in a group
Kick a slow-moving ball into the gate	The exercise is performed in pairs. Each player hits a clear target 20 times from a distance of 3-4 m to the gate. The task of the players is to strengthen the contact of the foot with the ball and hit the ball accurately. The result is evaluated by the number of hits accurately.
Give a clear shot with the ball to the target	The exercise is done by three people. A 1x1 m square is depicted on a vertical base (shield). A football player must hit 10 shots from a distance of 20 m on this target. The result is evaluated by the number of strokes.
Pass between the flags and hit the ball.	The football players are divided into pairs. The distance between the partners is 25 m. In the middle, a gate with a width of 1.5 - 2 m is built of columns. It is evaluated by the number of kicks on the target. The partners take turns short passing the ball among the flags, then directing the ball to each other before kicking the goal. The task of each player is to make fewer mistakes in handling the ball. The result is evaluated in seconds and times.
Carry the ball and kick it into the gate.	The football players are divided into pairs. One of the partners passes the ball from the side and the other hits the goal without stopping it. After completing 10 shots with both

.	feet, the pairs take turns. As a result, the number of strokes is evaluated.
Long shot goal.	A 20 m wide area is marked on the stadium. The football players kick the ball with 3 attempts in a row.
Pass the ball while standing in a circle	A circle with a diameter of 20 m is drawn on the square. One of the football players stands in a circle. The rest are placed at equal distances from each other along the circle line. A football player standing in the circle passes the ball to each football player in turn according to the signal of a coach. The rest must also receive the ball in the prescribed manner and pass it back.
Pass the ball and moving with the ball.	The football players (6 people) are placed in a circle. One of the players passes the ball to one of his partners according to the signal of a coach and runs to his seat.
Pass the ball in different situations and movements.	The football players moving around the circle pass the ball in one or two kicks, first in one direction, then in the other. The same thing is done in two columns, in a row, scattered.
Pass the ball to a partner in a linear pattern.	The two football players stand at a distance of 10 meters from each other. According to the signal of a coach, they simultaneously begin to carry the balls to each other by kicking the inside of the foot, and then kick the ball, which is rolling back. They need to make sure the balls don't collide as they pass.
Pass a rolling ball	There are two football players in the middle of the stadium. One player stands on the side of his partner and passes the ball to him with the inside of his foot. When he receives the ball, he pass it again to his partner by running to the rotating ball. The players pass the ball to each other and move to the end of the marked zone. The result is evaluated in seconds.

Carry the ball with the side of the foot	Goals are scored on two football gates at the same time. The football players are divided into teams, and each player on the team takes a shot by running directly to the football gates. Each football player does the task 10 times.
Stop the ball passed by a partner.	The football players stand 5 m away from the wall and direct the ball down so that it touches the wall and bounces back. They have to stop the ball and kick it against the wall with another blow. Two teams compete at the same time.
The ball is in the center and in the circle	The football players stand in a circle with a diameter of 12 m. One player stands inside the circle and passes the ball to the players out of the circle in turn. Other players who receive the ball stop it. The player then returns the ball to the center of the circle again. They improve their ability to stop and pass the ball.
A ball from circle to circle	The football players are divided into two consecutive rows. A circle with a diameter of 2 m is drawn in front of each column. The first numbers of the teams are in a circle with the ball. according to the instructions of a coach, they pass the ball to their teams. Then, they stop the ball, direct it backwards, and run to the end of the column themselves. The game ends when each player on the team completes three passes. The team that completes the task becomes the winner. The distance from the column to the circle is 6-7 m.
Try to take the ball away	<p>The exercises are performed in pairs.</p> <ol style="list-style-type: none"> 1. One football player takes the ball and suddenly makes a 7th shot to the right (left) or during a move. The opponent moves towards him and has to take the ball. 2. The football player moves with the ball and makes quick running, abrupt stopping movements. The opponent must

	<p>take the ball.</p> <p>3. When the ball is passed between obstacles, the opponent must take the ball away.</p> <p>4. The football players are placed in the center of the circle with a diameter of 2 m, and one of them must escape from his partner using deceptive actions. It is forbidden to leave the circle.</p>
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We created a set of game tasks with different methods, such as kicking the ball (hitting the inside and outside the foot). The football players were also invited to participate in 3x3, 4x4, 5x5, 6x6 games. In the next stage, based on the simple techniques they learned before, the football players began to learn a variety of new techniques, namely how to kick the ball and how to pass it after stopping the ball. Naturally, such a sequence of training methods helped to improve the skills of the players, and educational games were used to reinforce mastery of the technique. At the beginning and end of the experiment, the control tests were used to determine the technical preparation of the football players. According to the experimental data obtained, the growth rate of the indicators studied in the experimental group was much higher than in the control group.

CONCLUSION

The best results in the experimental group were found to be shown in the test mostly focused on *passing the ball*, where the average increase was 62.5%. In the next test (*carrying the ball*) the final results were not high. The increase was only 2.7%. This is because this method is complex and takes more time to improve. In the third test (*taking the ball*) the increase was 37.9%, whilst in the last test (*hitting the goal*) - 29.1%.

At the end of the experiment, the control group test results were as followings: In the first test (*passing the ball*) the increase was 45%, while in the second (*carrying the ball*) the increase was only 2.3%. In the third test (*taking the ball*) it was the highest result - 21.6%, in the fourth test (*hitting the goal*) the result increased by

16.7%. Comparing the results, it can be noted that they were high on all indicators in the experimental group. Thus, in the first test of the experimental group, the result was 17.5% higher than in the control group, as well as the increase was 0.4% in the second test. When the figures for the third test were compared, we found that the difference between the groups was 16.3% and 12.4% in the fourth test.

The use of the complexes we have developed for the technical preparation of the young football players in the training process has shown its effectiveness in pedagogical practice. The sets of game tasks created and implemented during the training process were successfully tested and showed the greatest growth of all the studied indicators in the experimental group. We believe that the use of complex exercises in football practice in the training of young football players will be very effective.

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