



THE ANALYSIS OF THE DYNAMICS OF THE VOLUME AND QUALITY OF TECHNICAL AND TACTICAL ACTIONS OF YOUNG PLAYERS' PERFORMANCE

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Annotation

In this article, the analysis of the dynamics of the volume and quality of technical and tactical movements of young players and the comprehensive development of physical abilities, increasing the physical qualities of strength, speed, endurance, agility, test results on technical movements performed by players, the number and effectiveness of technical-tactical actions are illustrated on the basis of diagrams and tables.

Keywords: young player, agility, quality, method, development, training, effectiveness, agility, loading, training

Introduction

In modern football, the role of defenders has expanded. Their task is not only to "break" the opponent's attack, but also to combine the active participation of their team in the attack by playing confidently and skillfully in defense. The increase in the volume of work and the increase in the number of movements require an increase in the level of physical fitness of defenders - strength, speed, endurance, agility, jumping, high starting speed. These players need to be well-coordinated and able to compete individually on the ground and in the air. They need to be well versed in all the technical techniques, to be able to stand up to the opponents skillfully, and to work together knowingly and at the right time in organizing the defense and attack.

Defensive play can be individual, zonal or mixed. However, it is a mistake to play in one style without using other style elements, at least in part. Because it simplifies defensive tactics. The style of defense should be chosen taking into account the individual characteristics and capabilities of the defenders.

The tactical art of defensive play is to know when to chase an opponent without leaving him alone, when to hand him over to one of the partners, and when to play in the zone. All the actions of the defending team are in response to the actions of the attackers, depending on the characteristics of the opponent's tactics. Well-organized defense allows the team to successfully perform offensive moves as well.





Defensive play is diverse and multi-faceted, focusing on defending the goal, actively fighting for the ball and attacking. Defensive play consists of actions as individual, group and team as attack play.

At the World and European Championships, we see the high level of technical and tactical actions of defenders in the national team, their efforts to throw the ball away from the opponent, and the actions taken on the second floor.

We can see the ineffective actions of the young players participating in the championship of Uzbekistan in the defensive line during the game. In the future, the main reason for the resistance of our national teams in the games will be the loss of players who play in the defense. This can be attributed to the inability to choose the right position to take the ball away from our defenders, the lack of understanding of the defenders in the team game, the fact that they often lose the ball in the air, and the mistakes in the game are obvious. From this, we need to strengthen the efforts of our young players to play in the defensive line, to help them become qualified defenders. The players in the training groups are not well-prepared yet. Their physical, technical, and tactical movements, functional states, and mental processes can be developed and perfected. Young players will need to be properly trained, loaded, and rehabilitated. This means that the technical and tactical efforts of young players are not well formed and much remains to be done. Evidence of this is the data obtained from our pedagogical observations.

In order to determine the dynamics of the effectiveness of technical and tactical actions of 15-16-year-old players during the annual training period, observations were made in their meetings. Children's and youth football school No. 3 in Bukhara city studied the activities of 15-16-year-old football players. Observations have shown that, on average, over 10 games, young players have many shortcomings in performing almost all technical and tactical actions in the competition. During the game, the balls, which are used more often than other technical movements, often failed to reach the ball to their partners. We selected four players from the experimental and control teams who acted in protective ampoules. Bekberganov Miraziz (right winger), Narziyev Khurshed (left winger), Rayimov Azimjon (center), Azimov Amal (center), Hasanov Abram (right-back), Bobomurodov Nodirjon (left-back), Botirov Sukhrob (central defender), Almeyev Amir (central defender) were chosen from the control group.

It should be noted that Bekberganov Miraziz, a right-wing defender, performed 18 times (SI-72%) in the pre-match movement, and after the study, this figure was 19 (SI-79%). In another defensive technique, the defender averaged 13 times (SI-69%) during the game before the study and 13 times after the study (SI-85%). The technical





movement of the ball in the air was recorded an average of 14 times (SI-71%) during the game before the study, and 11 times (SI-82%) after the study.

Another pupil, Narziev Khurshed, is a left-back: he played a total of 14 times (SI-71%) in passing before the match, and after the study, he scored 16 (SI-88%). In the effort to take the ball away from the opponent, the defender averaged 12 times (SI-75%) during the game before the study and 13 times (SI-92%) after the study. The player made an average of 15 times (SI-73%) during the game before the study and 16 times (SI-81%) after the study for the technical action of fighting in the air for the ball.

Central defender Rayimov Azimjan: Before the study, he scored a total of 17 assists (SI-82%) during the game, but after the study, he scored 18 (SI-89%). The defender averaged 5 times (SI-60%) in the game before the study and 7 times (SI-71%) after the study for trying to take the ball away from the opponent. The technical action of fighting in the air for the ball averaged 10 times during the game (SI-70%) before the study and 10 times after the study (SI-80%).

Another central defender, Amal Azimov, had scored a total of 15 assists (SI-80%) during the game before the study, but after the study, the figure was 15 (SI-87%). The defender averaged 9 times (SI-67%) in the game before the study and 9 times (SI-78%) after the study to take the ball away from the opponent. For the technical action of fighting in the air for the ball, the player averaged 11 times (SI-73%) during the game before the study and 13 times (SI-77%) after the study. Commenting on the results of the control group (Table 2), the team's right-back Khasanov Abram: before the study, the total number of technical and tactical actions during the game averaged 42 (SI-71%), after the study and 41 (SI-73%).

Left-back defender Bobomurodov Nodirjon: Before the study, the total number of technical and tactical moves during the game averaged 47 (SI-72%), and after the study - 43 (SI-74%).

Botirov Sukhrob-Central Defender Results: Before the study, the total number of technical and tactical actions during the game averaged 35 (SI-71%), and after the study - 43 (SI-74%).

Another central defender, Almayev Amir, the average number of technical and tactical moves during the game before the study was 42 (SI-71%) and 43 after the study (SI-70%).



Table 1. Indicators of technical and tactical actions carried out in the experimental group (10 games)

Actions		Bekberganov Miraziz (right-wing defender)				Narziyev Xurshed (left-wing defender)				Rayimov Azimjon (central defender)				Azimov Amal(central defender)			
		+	-	Total	SI%	+	-	Total	SI%	+	-	Total	SI%	+	-	Total	SI%
Ball passes	1	13	5	18	72	10	4	14	71	14	3	17	82	12	3	15	80
	2	15	4	19	79	14	2	16	88	16	2	18	89	13	2	15	87
Cheating on the opponent	1	1	0	1	100	1	1	2	50	4	1	5	80	3	2	5	60
	2	2	1	3	67	1	0	1	100	5	0	5	100	4	1	5	80
Taking the ball away from the opponent	1	9	4	13	69	9	3	12	75	3	2	5	60	6	3	9	67
	2	11	2	13	85	12	1	13	92	5	2	7	71	7	2	9	78
Fighting in the air for the ball	1	10	4	14	71	11	4	15	73	7	3	10	70	8	3	11	73
	2	9	2	11	82	13	3	16	81	8	2	10	80	10	3	13	77
Shots to the goal	1	0	1	1	0	0	1	1	0	1	1	2	50	1	1	2	50
	2	1	1	2	50	0	0	0	0	1	0	1	100	1	0	1	100
Total TTA	1	33	14	47	70	31	13	44	70	29	10	39	74	30	12	42	71
	2	38	10	48	79	40	6	46	87	35	6	41	85	35	8	43	81

Note: Results of the 1st study; Results of the 2nd study.

Our observations show the results of 15-16-year-old players, which allows us to assess the level of their technical and tactical skills. Preliminary results show that the efficiency of all technical and tactical actions of young players in our control group is not high. From this we think it is necessary to pay attention to the educational process. As a result of the research conducted during the training, the table shows that the results of the experimental group have changed slightly.

In the course of the research, we analyzed a number of calendar and friendly meetings that were part of the training process. We started watching friendly matches in preparation. We all know that the training period in football takes place in the winter months, because our national championship will come to an end by this time. In summary, the analysis shows that the level of meetings during the preparation period was slightly lower. The physical and technical training of young players in these matches was low. The results of the analysis during the competition are good. If we compare the results with the preparation, it is clear that a much higher result was achieved (Figure 1-2).



Table 2. Performance of technical and tactical actions in the control group (1 game)

Actions		Xasanov Abram (right wing defender)				Bobomurodov Nodirjon (left-wing defender)				Botirov Suxrob (central defender)				Almeyev Amir (central defender)			
		+	-	Total	CK%	+	-	Total	CK%	+	-	Total	CK%	+	-	Total	CK%
Ball passes	1	11	4	15	73	12	4	16	75	11	3	14	79	12	3	15	80
	2	9	5	14	64	11	2	13	85	13	4	17	76	9	4	13	69
Cheating on the opponent	1	0	1	1	0	1	1	2	50	3	1	4	75	3	2	5	60
	2	1	1	2	50	1	1	2	50	5	1	6	83	3	1	4	75
Taking the ball away from the opponent	1	10	3	13	77	11	3	14	79	3	2	5	60	5	3	8	63
	2	8	2	10	80	12	3	15	80	4	2	6	67	7	3	10	70
Fighting in the air for the ball	1	9	3	12	75	10	4	14	71	7	3	10	70	9	3	12	75
	2	11	2	13	85	8	5	13	62	9	4	13	69	10	4	14	71
Shots to the goal	1	0	1	1	0	0	1	1	0	1	1	2	50	1	1	2	50
	2	1	1	2	50	0	0	0	0	1	0	1	100	1	1	2	50
Total TTA	1	30	12	42	71	34	13	47	72	25	10	35	71	30	12	42	71
	2	30	11	41	73	32	11	43	74	32	11	43	74	30	13	43	70

Note: Results of the 1st study; Results of the 2nd study

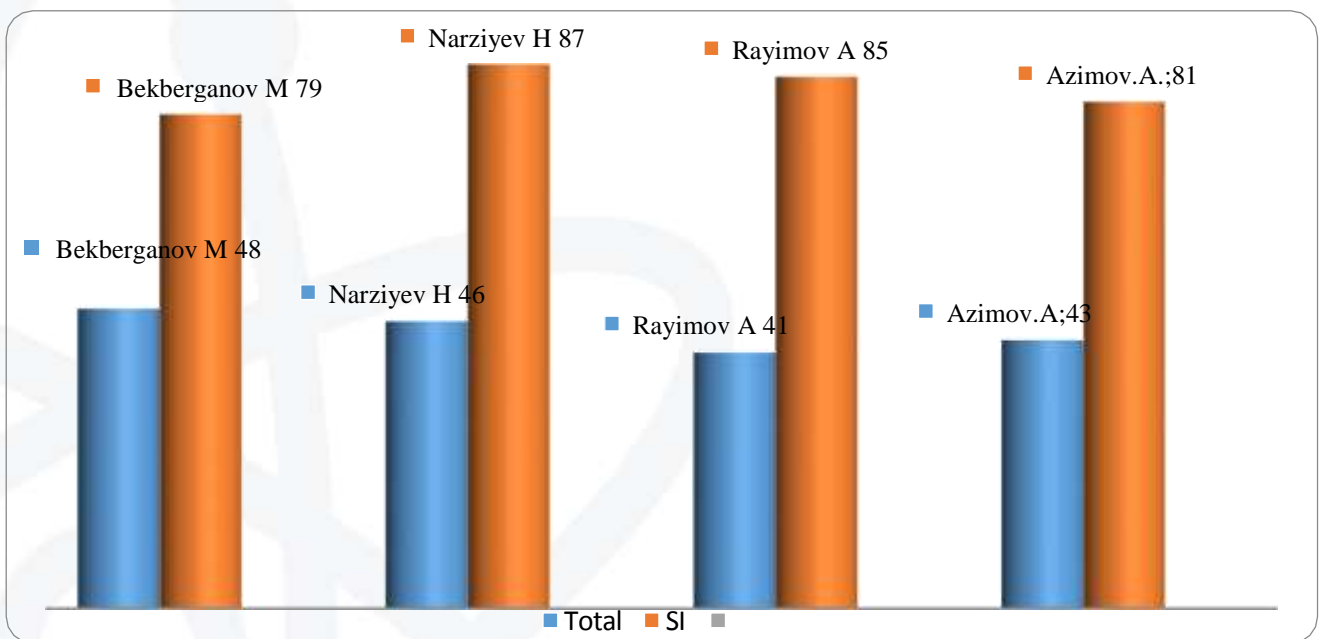


Figure 1. The total number and effectiveness of technical and tactical actions after the study performed by the players of the experimental group

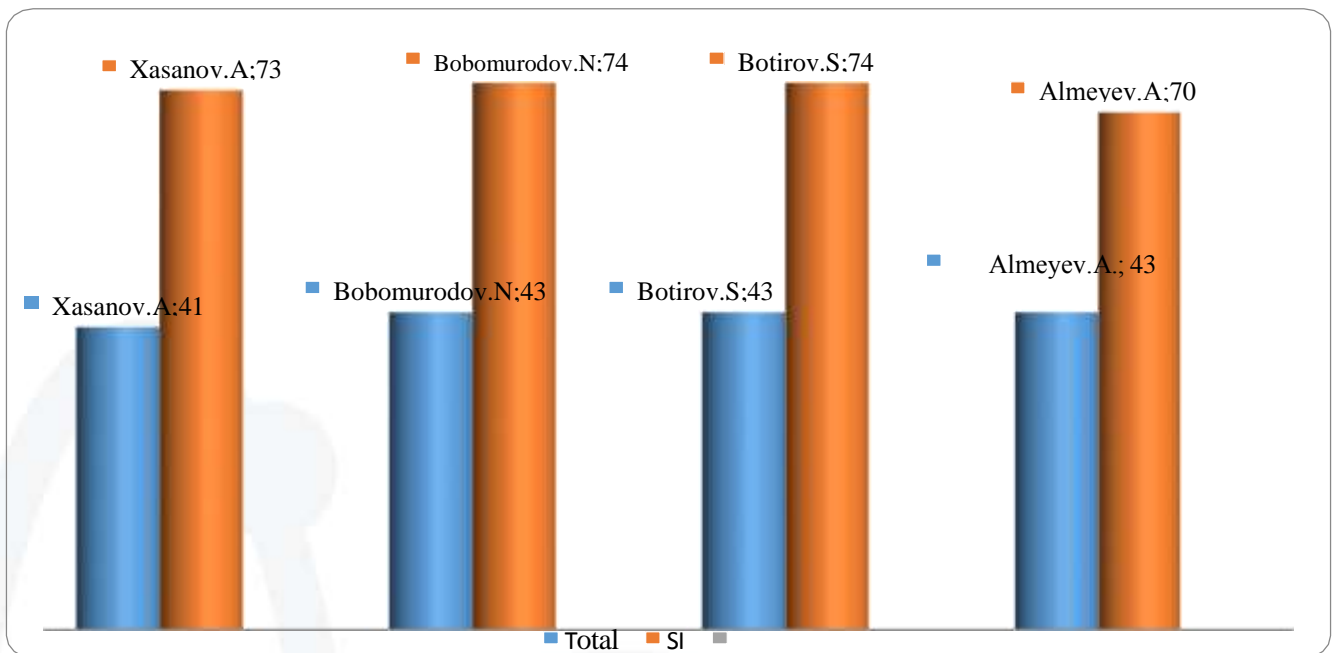
Figure 2. Number and effectiveness of technical and tactical actions after the research carried out by the players of the control group.



Results According to Technical Performance

In our training, we found that the test results matched the performance of the players during the game. The first test was taken at the beginning of the competition.

It was used in 30 m ball running, long-distance kicking, ball play, long-distance manual throwing and intermittent strikes. In the control tests, there was a significant difference in the performance of the players in the control and experimental groups.



The control tests, which determine the technical movements obtained, show that the performance of the players is not the same. During the game, the performance of the control group was changed. That is, the results of the players taken as a control group showed a result of 5.02 seconds (X) and the results of the players taken as an experimental group showed a result of 5.11 s.

In addition, the results of long-distance technical movements of the ball in the experimental group were 39.85 m in the control group and 42.65 m in the control group. We found that the experimental group results averaged 20.62 m and 20.45 m. Preliminary results suggest that the control group players were similar to the test group's results in passing the test criteria. From these results, it was found that the low results of the players in both groups had a negative impact on the effectiveness of technical and tactical actions during the game.

Control tests used to determine technical readiness revealed differences between teams. The players, who were recruited as an experimental group, were found to have deficiencies in the technical training standards, especially in the areas of goal-scoring,



goal-scoring and inter-goal-scoring. We have tried to overcome these shortcomings through specially designed exercises in our training.

The results of our study are based on the second round of the competition. Here, the control tests, which determine the technical movements, also show that the performance of the players is not the same. In other words, the results in the 30m hurdles control and experimental group were 5.08 s and 4.55 s, 41.55 m and 45.15 m in long-distance kicks, 5.01 s in goal shots between the beams and 4.22 s, throwing the ball from the sideline (out) 21.53m and 22.47.

The results show that at the end of the study there was a difference in the test standards that determine the technical actions of the experimental group compared to the initial data obtained. The results of the players of the team, taken as a control group, did not increase based on the planned training.

Summarizing the results, we found that the methods and tools developed by us and involved in the training had an impact on the performance of the players of the experimental group. Pedagogical observations also show that the growth of these results also affected the growth of technical and tactical movements during the game.

Table 3. Control indicators (X) to determine the technical readiness of the initial research

No	Test standards	Results of the control group		
		Before the study	After the study	Change
1.	Carrying the ball for 30 m	5,11	4,55	0,56*
		5,02	5,08	0,06**
2.	Long-distance kick	39,85	45,15	5,3
		42,65	41,55	1,1
3.	Shot through the barriers	4,52	4,22	0,3
		5,05	5,01	0,04
4.	Entering the ball from the sideline)(out)	20,62	22,47	1,85
		20,45	21,53	1,08

Note: ** control group

Conclusions

In summary, the analysis shows that the level of meetings during the preparation period was slightly lower. The physical and technical training of young players in these matches was low. The results of the game, which were analyzed during the competition, were good. Compared to the results of the preparatory period, it is clear that a much higher figure has been achieved.





From the results we can conclude that the pedagogical observations among the first 15-16-year-old players revealed that they had many errors in the delivery of the ball. This, in turn, is one of the major shortcomings in the implementation of tactical moves. We were impressed by the fact that in the experimental group, we did not focus on physical and technical movements, but introduced our tools using tactical movements, such as wall-to-wall and cross-cutting techniques, as well as simple to complex transitions. The results show that at the end of the study there was a difference in the test standards that determine the technical actions of the experimental group compared to the initial data obtained. The results of the players of the team, taken as a control group, did not increase based on the planned training. Summarizing the results, we found that the methods and tools developed by us and involved in the training had an impact on the performance of the players of the experimental group. Pedagogical observations also show that the growth of these results also affected the growth of technical and tactical movements during the game.

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