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Study of technical and tactical actions of young football players during competitions

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Abstract

Purpose: The correct organization of training sessions for young players, as well as the correct distribution of loads – which will set the recovery period of the players on the right track.

Methods: The level of development of physical qualities and motor abilities of football players, ensuring the effective performance of combined actions in the competition, was determined using test methods compiled with special exercises that allow determining the level of general and special physical training. In the course of the study, the analysis of scientific and methodological literature, pedagogical observation, questionnaires, methods of mathematical statistics were widely used.

Results: In the meeting on the technical and tactical movement of passing the ball to the partner, the young players performed a total of 160 different ball passes. 93 of the passes were effective, and 67 ended ineffectively. The overall efficiency was 58%.

Conlcusion: As a result of the conducted research, the difference The conclusion is made about the need for a wide application of the competitive method in the studied age group. It has been found to be good for strengthening technical movements in young players. At the same time, physical fitness is one of the main components in the preparation of young players. This is necessary for the comprehensive development of young children. In addition to the means of general physical training, it has been studied that the use of special physical training means in pre-competitive conditions gives a good effect.

Keywords: young football players, physical, technical and tactical training, control standards.

Introduction

In recent years, the popularity of football in the world has led to the fact that it has taken its rightful place among other sports. And the intensive growth of football places high demands on the training of young players. In particular, the development of children's sports and the effective organization of their educational process requires the search for new, more advanced methodological approaches and the development of new scientific and pedagogical technologies that allow improving various aspects of the training of young football players (1,5,8). The ability to accurately coordinate and reorganize technical actions, the speed of reaction, concentration and ball passing, the ability to play at a fast pace in constantly changing game situations of football depends on the level of development of technical training. After all, the development of such actions is one of the main factors for achieving high results in football (1,6,9).

Taking into account the anatomical and physiological indicators of young players, studies are being conducted on the development of children's sports and their sports qualifications related to improving the technical level and their physical development and physical fitness, increasing the effectiveness of technical and tactical actions taking into account the conditions of competitive activity. Although theoretical and experimental materials have been accumulated in recent years on improving the technical and tactical skills of football players, there are few studies aimed at improving the technical and tactical actions of young football players and they have not been given due attention (2,3,6).

Methods

Quantitative and qualitative indicators of the technical behavior of young players during the competition were determined. Based on the dynamics of the structure of competitive activity, with the help of experiments, the effectiveness of building the process of initial technical training of young players was substantiated.

Results and discussion

The competitive activity of young players of the football school "Specialized Children's and Youth Sports School" located in the Tashkent region was studied. During the observations, was revealed that young football players made a lot of mistakes when performing almost all

technical and tactical actions in competition conditions.

It has been observed many times that the ball does not reach the partners during passes and theoretical studies have been conducted.

When carrying the ball, young players in many cases moved without raising their heads, looking at the ground, at the ball, and, of course, because of this there was an inaccuracy while passing the ball.

It was noticed that one of the players possessed the ball for too long, so it was common for the others to gather around this ball.

used this technique 58 times in this game. 24 actions were performed correctly, and 34 were performed incorrectly. The overall efficiency was 41%. These actions performed with a faults amounted to 59%. Each main player used this technique an average of 5.8 times per game.

Our analysis of the technical and tactical action of tackle is as follows: in total, the tackle was used 57 times in this game. This was done effectively 30 times, and mistakes were made 27 times.

The overall efficiency was 53%, and faults - 48.5%. Each player used this method an

Table 1. The results of studying the technical and tactical actions of young football players in the game ("SChYSS")

TTA	Passes	Feints	Successful tackle	Air tackle	Ground tackle	Shots	Overall TTA
Correctly	93	24	30	16	10	2	175
Incorrectly	67	34	27	13	6	6	153
Overall	160	58	57	29	16	8	328
Efficiency %	58	41	53	55	62	25	54
Faults %	42	59	47	45	38	75	46

In total, young players performed 328 different technical and tactical actions in this game. Correctly performed technical and tactical actions amounted to 175. 153 technical and tactical actions were performed incorrectly. The efficiency coefficient of all actions was 54%.

average of 5.7 times.

Our analysis of the technical and tactical action of the air fight for the ball is as follows: this technical and tactical technique was used less often than other technical and tactical techniques. In total, the players participated in

Table 2. Types of shots delivered on goal in a match between "ChYSS-1" (child) – "ChYSS-2" (child)

№	Types		"ChYSS-1"			"ChYSS-2"		Total
			1st half	2nd half	Total	1sr half	2nd half	
1	Inside penalty area	+	1	1 (гол)	2	2	1	3
		-	2	3	5	3	1	4
2	Outside penalty area	+	-	-	-	-	-	-
		-	-	1	1	2	-	2
	Overall		3	5	8	7	2	9
	Efficiency	%	33	20	25	28,5	50	33

46% of the actions had faults.

If we count together with the goalkeeper, then each player in this game made an average of 14.6 passes.

Our analysis of the technical and tactical actions of feints looks like this: in total, players

the air tackle 29 times. 16 attempts were successful and 13 ineffective. The overall efficiency was 55 % and faults - 45 %. Each player was involved in air tackle an average of 2.9 times.

Technical and tactical actions of tackle.

This movement requires speed and strength qualities from the players. In total, this

Conclusion

Table 2. Types of shots delivered on goal in a match between "ChYSS-1" (child) – "ChYSS-

N	Types		"SChYSS"			"ChYSS"		Total
	Penalty area		1st half	2nd half	Total	1sr half	2nd half	
1	Inside penalty area	+	3+1 (Goal)	2+1 (Goal)	7	2	1	3
		-	2	-	2	3	2	5
2	Outside penalty area	+	1	-	1	-	1	1
		-	-	1	1	-	-	-
	Overall		7	4	11	5	4	9
	Efficiency	%	71	75	72	40	50	55
	Faults	%	29	25	28	60	50	45

technical and tactical move was used 16 times in this game, and there were no mistakes 10 times, 6 times the effectiveness of these attempts was 62%, and faults 38%. This indicator, that is, the indicators of the quality of actions were much higher than the indicators of the quality of other actions, but was not the lowest indicator in terms of volume compared to other actions (excluding shots from the gate). Each player (including the goalkeeper) used the "interception" on average 1.5 times.

Technical and tactical actions of shots. In total, 8 shots were made at the opponent's goal. 2 shots were accurate and 6 missed the goal. 7 of the 8 shots were taken within the penalty area and 1 shot outside the penalty area. 1 of 2 accurate shots was successful, a goal was scored. In this match, the overall score was 1:1. The total efficiency of shots on goal was 25%. This indicator is really low.

As can be seen from the table, which shows the types of shots on goal, the players of both teams performed the main shots inside the penalty area.

Of all 17 shots in this game, 14 came in the penalty area. There were 3 attempts to shot from outside the penalty area, but 1 of the 3 shots was struck by the "Dormon" striker U. Ashirov and the shot hit the bottom corner of the goal. Of the remaining two shots, the ball hit the opponents and returned to the field.

Based on the information received above, we came to the following conclusion:

1. The results of summarizing the experience of training young children in our country have shown that the further development of mass children's football and the preparation of reserves for highly qualified teams indicates the organizational good preparation of young children from earlier periods.

2. Educational activities and technical training are one of the main sections in the preparation of young players.

3. For young players, there is an increase in the level of interest and motivation.

4. During the preparatory processes at this age, the qualities of striving for goals, endurance, self-control, teamwork and discipline develop well.

Based on the above information, these practical recommendations were developed for the implementation of the results obtained.

On technical training: Teaching young children the basics of football technique has several features. This can be explained primarily by the fact that they do not have a high level of psychophysiological functions. Thus, it was determined that the following exercises are more interesting for young players:

For a fielder:

- carrying the ball in a straight line at the tip of the foot;
- carrying the ball in a straight line with the middle part of the foot; carrying a ball in the shape of an eight by the inner surface of the foot; dribbling and etc;
- hitting a standing, rolling, bouncing, side-rolling ball;
- hitting the ball rolling along different trajectories with different parts of the foot;
- head butts on hanging balls, etc;
- stopping the ball in different ways;
- various forms of feints;
- throw in from the sideline
- various forms of tackling and etc.

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