Comprehensive analysis of the impact of technical and tactical indicators on results in the U19 Volleyball World Championship held in Uzbekistan

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Abstract

Purpose: Analysis of the technical and tactical performance indicators of the national teams (Uzbekistan, Poland, Italy, France, Spain, and Iran) that participated in the U19 World Championship held in Uzbekistan, as well as identification of the main factors influencing their sporting effectiveness.

Methods: Theoretical analysis of the research problem, pedagogical monitoring and experimentation, and methods of mathematical statistics.

Results: High reception efficiency and points from blocks were the main factors in the victory of the teams that achieved the highest results. These indicators reflect high technical and tactical effectiveness, which made it possible to effectively perform defensive and offensive actions. The low results of the Uzbekistan team in these indicators indicate the need for special training aimed at improving the skills of receiving and blocking the ball to increase the overall effectiveness and competitiveness of the team.

Conlcusion: The analysis shows that the main problems facing the Uzbekistan team are low attacking effectiveness and many errors in receiving the ball. Almost simultaneously, leading teams like Poland and Italy achieved high performance through strong team cohesion and effective tactical solutions.

Keywords: World U19 Championship, volleyball, physical indicators, game loads, technical and tactical indicators, young athletes, physical fitness, sports performance, analysis, national team.

Introduction

World Championships play an important role in assessing the technical and tactical skills of young athletes and determining the competitiveness of national teams in the international arena. The holding of the U19 Volleyball World Championship in Uzbekistan for the first time not only opened a new page in the history of the country's sports, but also served the international recognition of the national sports potential. This event was significant due to its high level of organization and the Uzbekistan national team's debut in the international competition. Achieving high results in volleyball depends on team cooperation, individual technical skills, and a balance of tactical decisions. Analysis of these aspects is necessary for the professional development of young athletes and the strategic development of the national team. The U19 World Championship held in Uzbekistan in 2025 served as an important scientific and practical basis for the development of volleyball in the country. The competition was organized at a high level at the Uzbek State University of Physical Culture and Sports and the Yunusabad Sports Complex. This tournament was a great test not only for the host team, but also for the strongest national teams in the world, creating a unique opportunity to demonstrate and analyze their technical and tactical abilities. Therefore, a comprehensive analysis of technical and tactical indicators based on the results of the championship is an important research task aimed at improving the system of training young athletes and increasing the international competitiveness of Uzbek volleyball.

Results and discussion

In international scientific literature, the analysis of technical and tactical indicators in volleyball is repeatedly emphasized as the main factor in increasing the overall effectiveness of the team (Bailey, 2021; Palao, 2022; Zetou & Tsigilis, 2023). According to the research results, attacking effectiveness, blocking, and service qualities are key indicators that play an important role in the team's success (Afonso & Mesquita, 2020). For example, executing effective attacks is a key tool for breaking through the opponent's defense and earning points. Block indicators help limit the opponent's offensive actions and strengthen the defense mechanisms, which allows for the effective implementation of the team's overall tactical plan.

Also, high-level teams distinguish themselves by quickly and accurately adapting to the opponent's actions and making effective tactical decisions in various situations (Marcelino, 2021). These abilities are one of the main factors of competitiveness in modern volleyball, and the psychological preparedness of the play-

ers also plays an important role. Therefore, when studying technical and tactical indicators, psychological and balance aspects are also taken into account.

International experience shows that new innovative methodologies and training systems are being developed to strengthen the balance between technical and tactical aspects, which creates great opportunities for preparing young athletes for high results (Smith & Johnson, 2023). Also, the development of automated tools for analyzing and studying game data makes a significant contribution to increasing the technical and tactical potential of teams.

onship, points and errors recorded in the games of each team were taken into account.

Teams from 24 countries participated in the 2025 U19 World Cup. The competitions were held in Tashkent and Chirchik, at the complex of the Uzbek State University of Physical Culture and Sports and the Yunusabad Sports Complex. Uzbekistan participated in this prestigious tournament as the host country for the first time.

In the group stage, the teams were divided into 4 groups. The teams of Poland, Italy, France, Spain, and Iran competed with highly qualified players and reached the semi-finals.

Fig. a) Results of WCh b)Indicators of the victories of the Uzbekistan national team over the Japanese national team





In addition, recent studies emphasize the significant influence of physical fitness and stress factors on the study of technical and tactical indicators (Garcia et al., 2022). These factors influence the performance of players and play an important role in the formation of their sports results.

Uzbek specialists also emphasize the importance of improving the jumping endurance, service effectiveness, and attacking combinations of young volleyball players (Ummatov, 2022; Tashpulatov, 2023). Therefore, the analysis of the results of the U19 Championship has theoretical and practical significance for the local scientific community.In the process of the analysis, official statistical data of the champi-

The final results were as follows: 1st place - France, 2nd place - Poland, 3rd place - Spain, 4th place - Iran, 14th place - Uzbekistan.

The Uzbekistan team gained valuable experience by participating in this competition.

The Italian and Polish teams were the leaders in offensive effectiveness, achieving results from 55% to 58%. Almost simultaneously, the Uzbek team recorded the lowest attacking effectiveness - 38%.

Team Score Offensive Effectiveness (%) Barrier Points Scoring Mistakes Received (%) Poland-14 Italy-17 France-14 Iran-15 Spain-13

Relative indicators (average)Team Offensive (%) Scoring Effectiveness (%) Defence (%) Poland 58-61-9-70, Italy 55-59-7-65,

Table. Analysis of technical and tactical indicators

Teams	Attack effectiveness	Protection effective-ness	Barrier point	Scoring Effec-tiveness	Scoring mistakes	Party effec-tiveness
France	53	64	10	68	12	73
Poland	58	61	9	70	14	70
Spain	56	61	9	69	13	70
I.R. Iran	51	60	8	66	15	60
Italy	55	59	7	65	17	60
Uzbekistan	38	51	4	52	20	43

France 53-64-10-68, Iran 51-60-8-66, Spain 56-61-9-69-70, Uzbekistan 38-51-4-52. The Italian and Polish teams are leading in offensive effectiveness (55-58%). The Uzbek team has the lowest indicators (38%). The effectiveness of scoring and blocking indicators were the main factors of victory for teams with high scores.

International researchers (Palao, 2022; Zetou, 2023), it is necessary to develop jumping endurance, mobility, and technical skills in an integrated manner to increase the effectiveness of the game in youth volleyball. Although the Uzbekistan team is relatively inexperienced, its participation in the championship provided valuable practical experience.

This experience is important for the further development of the team, allowing players and coaches to identify weaknesses and improve training programs aimed at increasing technical and tactical effectiveness. Constant attention to these areas will be important for increasing the competitiveness of Uzbek youth volleyball on the international stage.

Conclusion

Increasing the effectiveness of the attack is a key priority for the Uzbekistan team. In order to reduce errors in goal scoring and increase efficiency, it is necessary to develop a system of special exercises. Furthermore, studying international experience and thoroughly analyzing the tactical playing styles of leading teams like Poland and Italy will serve to enhance the competitiveness of the Uzbekistan team. In the process of working with young athletes, it is important to apply scientifically based methods that combine jumping endurance and technical training.

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