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Technical and tactical training of young football players (Lokomotiv-2016 players)

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Abstract

Purpose: Lokomotiv-2016 football players ' results obtained before the experiment through the pedagogical taxile were analyzed and a special program was created and included in the training program and paid off in the post-experiment games.

Methods: Analysis of scientific and methodological liter ature, pedagogical observation, interviews, pedagogical experiment, method of mathematical statistics.

Results: The average efficiency ratio of the Lokomotiv-2016 team in 10 games was **71%,** but the inefficiency ratio was **29%.** The post-experiment analysis showed us that the methodology used in the team's training paid off, and showed that the number of specific technical-tactical actions decreased by 102, the number of ambiguous technical-tactical actions decreased by 3, the number of all technical-tactical actions increased by 100, the average efficiency ratio in 10 games increased by 8%, the inefficiency coefficient decreased by 8%.

Conlcusion: The results of the pedagogical analysis showed that the methodology used after the experiment in the Lokomotiv-2016 team paid off. The team showed its technical and tactical efforts with an increase in indicators on each front.

Keywords: soccer, experimental pedagogical, technical -tactical actions, efficiency ratio, coefficient, high results, inter-game cycles, inefficiency ratio.

Introduction

In the world in the field of physical culture and sport, the problem of introducing innovative technologies into the practice of professional football is considered to be one of the priorities in achieving high results. In particular, special attention is paid to the search for new, more rational ways to develop and improve the methodology of training highly qualified football players in inter-game cycles.

In the world the problem of development of functional and physical performance of qualified football players in inter-game cycles remains in the centre of attention of football specialists. In advanced foreign countries, the development of group and individual training programmes of functional, physical, technical-tactical and speed-strength training of football players in game cycles is of particular importance. However, studies aimed at maintaining a high level of fitness in inter-game cycles are fragmentary in nature due to the difficulty of organising studies during the competition period.

Technical training using appropriate means and methods will help in further solving the problem of improving the quality of technique of young football players. Scientific researchers such as *Godik M.A., Shamardin A.I., Khalil I.* study team, group and individual actions in the tactical training of young football players. They in their works highlight the peculiarities of training at different stages of training, taking into account the age patterns of development of football players and the level of physical fitness. The use of versatility of technique and tactics of the game in the training process and competitive activity contribute to the regulation of the volume of physical load.

Other authors, such as A.*P. Gerasimenko, A.F. Rogachev, A.F. Knyazev, V.D.*, have established the need to comply with the level of training of a young football player with the age laws of development of his body and the structure of competitive activity. They stipulate the necessity of purposeful construction of the training process by periods and cycles. Zolotarev A.P. in scientific works investigates the issue of training of sports reserve in football, starting from primary school age and the basic fundamentals of technical training. Players in football should master a variety of technical techniques of the game, so, using game techniques and their varieties in combination with other exercises, we justified the criteria for assessing game techniques and their characteristics.

Results and discussion

Currently, the performance of youth and junior national teams of our country at major international competitions is disappointing. Many experts note the lack of bright, technically and tactically prepared young players, which reflects the level of training of sports reserve in football. They emphasise that in football there

Table 1. Lokomotiv - 2016 team's analysis of the 10 games before the study

Lokomotiv Liga of kids (2016)	1-Liga	2-Liga	3-Liga	4-Liga	5-Liga	6-Liga	7-Liga	8-Liga	9-Liga	10-Liga	Average per game
	10.09.2023 Feniks 3-1	17.09.2023 Lokmotiv B 4-1	24.09.2023 Pakhtakor Akademy 0-2	01.10.2023 Bunyodkor A 2-2	08.10.2023 Paxtakor Kids B 1-2	15.10.2024 Dostlik Akademiya 3-1	22.10.2023 Odil Junior 1-4	29.10.2023 Lider 3-1	04.11.2023 Dostlik 1-1	12.11.2023 Qo'qon 3-3	
Precise technical tactical actions	283	272	257	264	258	261	254	279	252	256	264
Uncertain technical tactical actions	149	145	153	148	157	160	161	163	160	159	156
All technical tactical actions	432	417	410	412	415	421	415	442	412	415	419
Efficiency coefficient, %	65,5%	65,2%	62,7%	64,1%	62,2%	62,0%	61,2%	63,1%	61,2%	61,7%	63%
Inefficiency coefficient, %	34,5%	34,8%	37,3%	35,9%	37,8%	38,0%	38,8%	36,9%	38,8%	38,3%	37%

are observed technical techniques of coordination complexity, and this is due to heavy training loads.

Football is the most important part of the football championship in the world. The SONY video camera is a SONY video camera. Pedagogical and educational programmes were organised in the form of a 20 championship, a 10 championship, and a 10 championship in the form of a 10 championship.

Table 2. Lokomotiv - 2016 team's analysis of the 10 games after the study

Lokomotiv Liga of kids (2016)	11-Liga	12-Liga	13-Liga	14-Liga	15-Liga	16-Liga	17-Liga	18-Liga	19-Liga	20-Liga	Average per game
	10.03.2024 Feniks 1-1	17.03.2024 Lokmotiv B 3-0	24.03.2024 Paxtakor Akademiya 1-1	31.03.2024 Bunyodkor A 1-1	07.04.2024 Paxtakor Kids B 2-2	14.04.2024 Dostlik Akademiya 4-2	21.04.2024 Odil Junior 2-4	28.04.2024 Lider 3-0	04.05.2024 Dostlik 1-2	12.05.2024 Qo'qon 2-1	
Precise technical tactical actions	376	379	350	373	375	370	360	358	364	353	366
Uncertain technical tactical actions	152	155	146	158	160	151	158	151	149	148	153
All technical tactical actions	528	534	496	531	535	521	518	509	513	501	519
Efficiency coefficient, %	71,2%	71,0%	70,6%	70,2%	70,1%	71,0%	69,5%	70,3%	71,0%	70,5%	71%
Inefficiency coefficient, %	28,8%	29,0%	29,4%	29,8%	29,9%	29,0%	30,5%	29,7%	29,0%	29,5%	29%

In Table 1, the pre-experimental pedagogical taxil showed that in 10 games, the Lokomotiv-2016 team averaged 264 precise technical-tactical actions, the number of ambiguous

technical-tactical actions was 156, and the number of all technical-tactical actions was 419. Lokomotiv-the average efficiency ratio of the 2016 team in 10 games was 63%, but the inefficiency ratio was 37%.

In Table 2, The Post-experimental pedagogical taxile showed that in 10 games, the Lokomotiv-2016 team averaged 366 precise technical-tactical actions, the number of ambiguous technical-tactical actions was **153**, the number of all technical-tactical actions was 519.

Conclusion

Especially accuracy in ball passes (close, medium and long) distances, wins in singles, accurate shots at goal in general, the efficiency ratio has grown significantly. From this it should be concluded that pedagogical analysis gives information on a large level of education to coaches working in teams, academies and has paid off in training, games.

In conclusion, we note that the use of our developed complexes of technical training of young football players in the training process has shown its effectiveness in the pedagogical experiment. Compiled and implemented complexes of game tasks in the training process successfully passed approbation and showed the greatest increase in all studied indicators in the experimental group. We believe that this methodology can be used in the practice of football in the training of young football players.

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