



METHODOLOGY FOR DEVELOPING THE TECHNICAL AND TACTICAL PREPAREDNESS OF FOOTBALL PLAYERS

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<https://doi.org/10.5281/zenodo.18453421>

Abstract. This study aimed to assess and compare the effectiveness of technical actions performed by 16–17-year-old football players during competitive matches and to identify key factors influencing their technical preparedness. The research employed a pedagogical observation method to analyze match performance indicators of players from the Nasaf, Bunyodkor, and Pakhtakor football teams. Quantitative and percentage-based analyses were conducted for key technical actions, including free ball possession, set-piece shots, attacks into the penalty area, shots from outside the penalty area, dribbling, and shots on goal.

The results revealed significant inter-team differences in both the volume and accuracy of technical actions. Players from the Nasaf team demonstrated a consistently higher level of technical effectiveness compared to those from Bunyodkor and Pakhtakor. The findings indicate that superior technical performance is associated with systematic technical training, higher special physical preparedness, and greater resistance to fatigue under competitive pressure.

The study highlights the critical role of technical preparedness in youth football and emphasizes the need for structured, long-term training programs to enhance competitive performance in modern football.

Keywords: football; technical preparedness; youth football players; match performance analysis; pedagogical observation; competitive activity

Introduction. At the present stage of sporting achievements in football, all types of training are important for achieving high performance results. According to some experts, one of the decisive factors in a team's success is the high level of special physical preparedness of athletes. Based on the research of several scholars, the level of technical preparedness is emphasized as a key factor determining success in football.

There are many types of preparation in sports training; however, technical training occupies a special place among them. This type of preparation is considered the foundation for mastering the chosen sport and achieving victory. A shortage of technically well-prepared young football players negatively affects the development level of the national sports reserve.

Therefore, optimizing the long-term training process in sports and improving various indicators of football players' competitive activity are of great importance. In this regard, studies aimed at analyzing and generalizing various indicators of the competitive activity of 16–17-year-old football players, and planning the training process based on these indicators, are particularly significant.

Considering the increase in the number of one-on-one duels in football and the high intensity of modern matches, the analysis of the volume of actions performed during competitions shows that modern football places high demands on the level of players' preparedness.

Recent World, European, and Asian Championships, as well as global competitions among national football teams, have demonstrated the need for comprehensive study, in-depth analysis, the creation of a modern system for training football players that meets contemporary requirements, and the development of practical recommendations. Over the past 10–12 years, the lag of domestic football players behind leading foreign players in terms of performance indicators has become a common phenomenon; therefore, improving the level of technical preparedness remains one of the most important tasks. The factors reducing the international competitiveness of national football players are becoming increasingly significant.

Based on this, the study of the effectiveness of technical actions performed by highly qualified football players is a pressing issue today, and practical solutions are required to address it. To study and develop the technical preparedness of 16–17-year-old football players.

Methods of organizing the research. To analyze the technical preparedness of football players, the competitive matches of 16–17-year-old players were observed using the pedagogical observation method. In this process, the volume and intensity of performance indicators were recorded. The analysis of technical actions was conducted during matches of competitions involving 16–17-year-old football players in 2021. Matches of the football teams “Nasaf,” “Bunyodkor,” and “Pakhtakor” were analyzed.

Discussion of research results. Technical activity in football includes a wide range of actions. Football technique refers to a player’s skill in working with the ball and the ability to perform actions accurately, quickly, and effectively. Technical actions directly influence the quality of football performance. The main technical actions in football include the following:

- Ball reception (receiving technique): receiving the ball with the foot, thigh, and chest; controlling the ball while stationary and in motion.

- Passing the ball: ground (low) passes, aerial (high) passes, as well as short- and long-distance passes.

- Dribbling: beating opponents and controlling the ball at speed.

- Shooting technique.

This includes shots performed with the inside, outside, and instep (heel) of the foot, volleys, and headers.

- Defensive technique.

This involves tackling, intercepting the ball, and correctly stopping the opponent in one-on-one situations.

- Goalkeeping technique.

This includes catching and deflecting the ball, distributing the ball by hand, and jumping actions.

Ways of developing football technique.

The main objective of developing technique is to train football players to handle the ball confidently and to perform movements automatically. For this purpose, the following technique-oriented exercises should be used during training sessions:

1. Repetitive exercises

- Daily practice of basic technical actions (passing, shooting, ball control);

- Repeated execution of ball-related drills.

2. Speed-based exercises

- Short-distance dribbling (through cones);
- Helps to improve quick decision-making.
- 3. Playing with both feet
 - Practicing shots, passes, and ball reception with both the right and left foot;
 - Significantly increases the level of technical proficiency.
- 4. Emphasis on accuracy
 - Target-oriented shooting drills;
 - Accurate passing exercises differentiated by distance.
- 5. Game-like training conditions
 - Performing exercises under conditions close to real match situations;
 - For example, receiving the ball or shooting under opponent pressure.

A good football player understands the relationship between technique and tactics; therefore, it is very important to practice technical actions in training sessions in accordance with tactical situations.

The informational indicators of football players’ technical actions during matches—such as “free ball possession,” “shots from set pieces,” “attacks carried into the penalty area,” “shots from outside the penalty area,” “dribbling past an opponent,” and “shots on goal”—were monitored pedagogically. The frequency of these indicators was recorded during competitions. Based on the identified number of technical actions, their accuracy was calculated in percentages.

The quantity of these studied technical actions serves as a reliable indicator of football players’ technical ability.

Table. Quantitative indicators of technical actions during matches

Indicator	Nasaf	Bunyodkor	Pakhtakor
Free ball possession	42	29	37
Set-piece shots	5	4	3
Shots on goal	11	6	9

In assessing the technical actions performed during matches by the football teams “Nasaf,” “Bunyodkor,” and “Pakhtakor,” pedagogical monitoring was conducted based on the following indicators: -free ball possession, set-piece shots, attacks carried into the penalty area, shots from outside the penalty area, dribbling past an opponent, and shots on goal.

For the Nasaf football team, 42 instances of free ball possession were recorded. The number of set-piece shots was 5. The number of attacks carried into the penalty area amounted to 27. Shots from outside the penalty area were recorded 5 times. Dribbling actions were observed 28 times, while shots on goal were registered on 11 occasions.

For the Bunyodkor football team, 29 instances of free ball possession were identified. The number of set-piece shots was 4. Attacks carried into the penalty area totaled 20. Shots from outside the penalty area were recorded 2 times. Dribbling actions were observed 19 times, and shots on goal were registered 6 times.

For the Pakhtakor football team, 37 instances of free ball possession were recorded. The number of set-piece shots was 3. Attacks carried into the penalty area amounted to 23. Shots from outside the penalty area were recorded 4 times. Dribbling actions were observed 22 times, while shots on goal were registered 9 times.



Percentage accuracy of technical actions. The accuracy of technical actions performed by players of the Nasaf, Bunyodkor, and Pakhtakor football teams was calculated and expressed as percentages.

Nasaf:

- Free ball possession – 48% accuracy
- Set-piece shots – 37% accuracy
- Attacks into the penalty area – 43% accuracy
- Shots from outside the penalty area – 33% accuracy
- Dribbling actions – 28% accuracy
- Shots on goal – 36% effectiveness

Bunyodkor:

- Free ball possession – 46% accuracy
- Set-piece shots – 33% accuracy
- Attacks into the penalty area – 37% accuracy
- Shots from outside the penalty area – 25% accuracy
- Dribbling actions – 19% accuracy
- Shots on goal – 15% effectiveness

Pakhtakor:

- Free ball possession – 44% accuracy
- Set-piece shots – 30% accuracy
- Attacks into the penalty area – 40% accuracy
- Shots from outside the penalty area – 28% accuracy
- Dribbling actions – 22% accuracy
- Shots on goal – 24% effectiveness

The obtained quantitative and percentage indicators of technical actions serve as reliable measures of the technical proficiency of football players and allow for a comparative assessment of team performance during competitive matches.

The obtained data indicate that there are noticeable differences in the technical actions performed by players of the Nasaf, Bunyodkor, and Pakhtakor football teams.

Conclusion. The analysis of the effectiveness of technical actions performed during competitions by players of the Nasaf, Bunyodkor, and Pakhtakor teams showed that the level of technical preparedness of 16–17-year-old Nasaf players was significantly higher than that of the other teams. It was observed that special attention is paid to technical training in the training process of the Nasaf football team, which was clearly reflected in their competitive performance.

Analysis of the competitive matches of the Bunyodkor and Pakhtakor teams revealed that their level of technical preparedness was lower than that of the Nasaf players. The technical actions of players from these teams do not fully meet the requirements of modern football. Although Bunyodkor and Pakhtakor players were comparable to Nasaf players in some basic performance indicators, they were still found to be considerably weaker overall during the research period.

Firstly, deficiencies were observed in the reliability of executing technical actions under opponent pressure, especially in situations requiring quick decision-making and limited time.

Secondly, shortcomings were identified in the level of special physical preparedness, which consequently affected the intensity of motor activity during matches.

Thirdly, numerous incorrect technical actions were observed as a result of increasing fatigue and decreased concentration during the course of the game.

It can be noted that the 16–17-year-old players of the Bunyodkor and Pakhtakor teams are currently able to compete with newly formed teams; however, they fail to demonstrate the required results in competitions that demand a modern level of preparation.

The insufficient level of sports mastery observed among a large proportion of players is largely attributable to several factors: the absence of a long-term training program for football players, underdeveloped infrastructure, a shortage of stadiums, and a lack of qualified coaches and adequate training equipment.

Based on the findings, the following recommendations can be proposed for the optimal organization of technical training for 16–17-year-old football players. At this age, players are undergoing physical and psychological development; therefore, training sessions should be carefully planned, age-appropriate, and based on an individualized approach.

Recommendations for technical training include: daily ball training; developing passing, shooting, and dribbling skills with both feet; teaching movement speed and technique through game-based activities; and progressing from simple drills to exercises that closely simulate real match situations.

General approaches to training organization include: taking into account the strengths and weaknesses of each player; preventing excessive load and physical fatigue; explaining theoretical concepts primarily through practical game situations; creating a positive training environment; increasing self-confidence; and strengthening team cohesion. These factors contribute to raising the technical preparedness of 16–17-year-old football players to a higher level

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