

ANALYSIS OF FOOTBALL COACHES' OPINIONS ON INCREASING THE EFFICIENCY OF TECHNICAL AND TACTICAL ACTIONS OF YOUNG FOOTBALL PLAYERS

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Abstract

In this article, the opinions of football coaches on improving the efficiency of technical and tactical actions of young players are analyzed, scientifically based conclusions are given to the questions.

Keywords: technical, tactical, preparation, level, intensity, episode, analysis, situation, training, competition, efficiency, combination, questionnaire.

YOSH FUTBOLCHILARNING TEXNIK-TAKTIK HARAKATLARI SAMARADORLIGINI OSHIRISH BO'YICHA FUTBOL MURABBIYLARINING FIKRLARINI TAHLIL QILISH

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Annotatsiya:

Mazkur maqolada yosh futbolchilarning texnik-taktik harakatlari samaradorligini oshirish bo'yicha futbol murabbiylarining fikrlari tahlil qilinib, berilgan savollarga ilmiy asoslangan xulosalar berilgan.

Kalit so'zlar: texnik, taktik, tayyorgarlik, daraja, shiddat, epizod, tahlil, vaziyat, mashg'ulot, musobaqa, samaradorlik, kombinatsiya, anketa.

Introduction

The speed of the football game in the world is related to the constant growth of the level of technical and tactical training of the players, thus the scale of actions on the field is growing rapidly. This factor places high demands on the technical and tactical training of the players. The increase in the intensity of the game creates a demand to increase the level of technical and tactical training of players and improve the quality of their training. It is important for players to be able to choose the right place in the episodes of the game, to be able to correctly evaluate the processes that create their situations, and to accurately perform technical methods. A lot of experience has been collected on the study and analysis of the technical and tactical training of



different categories of football players, which shows the complexity of the problems of developing their tactical thinking on the field, the qualities of quick and accurate decision-making in game situations.

The following technical methods or technical elements are used for the technical-tactical control of training and competition activities in the football game: kicks at the goal, including the number and efficiency of kicks with the head and feet, different in direction the number and efficiency of short, medium and long-distance passes, stopping the ball, carrying and recovering the ball, the number and efficiency of ground and air duels, the number of combinations and the players involved in them number of players etc.

Taking into account the above information, we conducted a questionnaire among the football coaches of the sports school in order to study the opinions about the methods and means of increasing the efficiency of technical and tactical actions during the training of young players. 15 football coaches with at least 5 years of work experience took part in the survey.

1-Table Questionnaire on increasing the level of efficiency of technical and tactical actions of 13-14-year-old football players

№	Questions	
1.	Which technical methods do you consider to be the most important to teach 13-14 year old football players (put in front of the technical methods you consider important)?	
	to strike;	100 %
	ball passes;	100 %
	stoppages;	100 %
	carrying the ball;	33 %
	take away the ball;	40 %
	feints (cheating) ;	27 %
	putting the ball into play from the sideline;	13 %
2.	Which method do you consider to be the most important for teaching kicking technique to 13-14-year-old players (put √)?	
	<input type="checkbox"/> with the inner side of the foot;	100 %
	<input type="checkbox"/> with the inner part of the face of the foot;	80 %
	<input type="checkbox"/> with the middle part of the foot surface;	66 %
	<input type="checkbox"/> with the outer part of the foot surface;	60 %
	<input type="checkbox"/> tiptoe;	0 %
	<input type="checkbox"/> with compensation;	20 %
	<input type="checkbox"/> with the head;	60 %
3.	If complex (physical-technical-tactical) training is scheduled for 13-14-year-old players, are they given exercises with a technical ball in the main part of the training?	
	Yes	60 %
	No	40 %



4.	If the 13-14-year-old players are given a comprehensive training session, will physical training be given in the main part of the training session?	
	Yes	50 %
	No	50 %
5.	Which tactical system do you mostly use in competitions of 13-14-year-old players (put √ in front of your choice)?	
	<input type="checkbox"/> 1+5+3+2;	80 %
	<input type="checkbox"/> 1+4+4+2;	70 %
	<input type="checkbox"/> 1+4+3+3;	100 %
	<input type="checkbox"/> 1+3+5+2;	10 %
	<input type="checkbox"/> 1+5+4+1;	20 %
	<input type="checkbox"/> 1+4+5+1;	10 %
6.	Which method do you consider to be the most important in teaching 13-14 year old players how to stop the ball? (put √ in front of what you think is important)?	
	<input type="checkbox"/> stopping the ball with the sole of the foot;	10 %
	<input type="checkbox"/> with the inner side of the foot;	80 %
	<input type="checkbox"/> with the middle part of the face of the foot;	30 %
	<input type="checkbox"/> with number;	80 %
	<input type="checkbox"/> with the inner part of the face of the foot;	20 %
	<input type="checkbox"/> with the outer side of the foot;	80 %
	<input type="checkbox"/> with a breast;	80 %
	<input type="checkbox"/> with the stomach;	70 %
	<input type="checkbox"/> with the head;	0 %
7	At what age do you think it is appropriate to develop technical and tactical training?	
	Primary training group (BGT) 10-12 years old	60 %
	Educational training group (OGG) 13-14 years old	70 %
	Educational training group (OGG) 15-16 years old	80 %
	Sports skill group (SMG) 17-18 years old	30 %
8	How many hours of training sessions are conducted per week for 13-14-year-old football players (put √)?	
	<input type="checkbox"/> 8-12 hours	60 %
	<input type="checkbox"/> 12-14 hours	50 %
	<input type="checkbox"/> 14-18 hours	40 %
	<input type="checkbox"/> 10-12 hours	30 %
9	What is the number of participants in training groups?	
	<input type="checkbox"/> 12	65 %
	<input type="checkbox"/> 14	55 %



	<input type="checkbox"/> 16	40 %
	<input type="checkbox"/> 10 pieces	30 %
10	How many new technical methods should be taught in the training of young football players (put $\sqrt{}$)?	
	<input type="checkbox"/> 1-2	20 %
	<input type="checkbox"/> 2-3	40 %
	<input type="checkbox"/> 4-5	60 %

It was found that coaches have little knowledge of how to teach 13-14-year-old football players technical and tactical movements and how to improve their efficiency.

In the 10 questionnaires given to young football players on teaching technical and tactical actions and increasing their effectiveness, incorrect questions asked by coaches were explained and correct information was provided based on scientific literature.

Conclusion: In the development of technical and tactical training of young football players, the correct conduct of practical exercises, the use of new methods and tools serve to increase the technical and tactical training of young football players.

13-14-year-old players are taught technical and tactical actions, including hitting the ball, stopping the ball, passing the ball, carrying the ball, taking the ball away, and all the methods of deceptive actions. teaching will be appropriate.

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