

# THE LEVEL OF PHYSICAL PREPARATION OF THE EFFICIENCY OF TECHNICAL-TACTICAL ACTIONS OF FOOTBALL PLAYERS

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## Annotation

This article studied the scientific and practical experience of domestic and foreign scientists in the field of sports on the technical, tactical and physical development of young football players, scientific and theoretical information presented in the sources of scientific literature. Modern methods of developing the technical, tactical and physical fitness of young players through the analysis of the training process were used in the research process. Scientific and theoretical ideas on the control of the level of readiness were put forward and scientific research was carried out, the results of the research were analyzed comparatively and appropriate conclusions were drawn.

**Key words:** speed strength, technical and tactical training, one-year training, experimental group, control group, educational training.

The football game requires a lot of physical and technical preparation from the player, to act with accuracy during the entire game, because the lack of physical preparation leads to the ineffective completion of all actions on the field, to the unsuccessful performance of the team.

However, the problem of optimizing training sessions during the competition was left aside. We all know that in sports games, especially in football, there is a specific importance of planning training and conducting it on the basis of a specific program. The fact that football competitions consist of many "tours" means that we must have an optimal program to ensure that the players are at a high level of physical and psychological preparation for each "tour".

Due to the density of "tours" during the competition, players are required to develop high level of physical fitness and technical-tactical skills in order to prepare for each "tour".

## Relevance of the study:

The problem of training talented and competitive football players with high technical skills, wide physical and functional capabilities determines the need to develop alternative and effective pedagogical technologies.

A number of experts have recommended their method to increase the quickness of the players. But currently, in the training of football players, little attention is paid to the aspects of quick-strength qualities related to technical-tactical actions. First of all, it is necessary to pay great attention to the correct distribution of training loads and the development of quick-strength qualities from the initial stage of

specialization . In order for players to play at a high level, it is necessary to develop various systems of the body.

**The purpose of the research:** The purpose of the scientific research: to improve the efficiency of the technical-tactical training of young football players during the annual training period and to study its connection with physical training.

In order to determine the dynamics of the effectiveness of the technical and tactical actions of young football players during the annual training period, observations were made during training sessions and friendly matches.

Players of two groups participated in the research. 20 young players will participate in each group. In order to determine the physical and technical-tactical preparation of students, their physical and technical-tactical preparation was checked through special tests and the following standards were adopted:

Before the study, control tests on the physical training of the experimental and control groups were taken and the following results were obtained.

**the experimental group** 30m before the study. to run 4.8 seconds on average, 400 meters 69.2 seconds, standing long jump 186 centimeters, 30m. 5.3 in the run with the ball, 77 in the footy, 29.7 meters in the long kick with the right foot and 24.4 meters in the kick with the left foot. They also showed a result of 14.2 meters when throwing the ball from the outside (Table 6).

**Control group** Participants 30m before the study. to run 4.9 seconds on average according to the standard of control, 68.6 seconds for running 400 meters, standing long jump 187 centimeters, 30m. 5.3 in the run with the ball, 72.7 in the footy, 29.3 meters in the long kick with the right foot and 24.3 meters in the kick with the left foot. They also showed a result of 14.2 meters in throwing the ball from the outside. (Table 1)

**Tests for the assessment of physical and technical-tactical training of the experimental group before the study (Table 1)**

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1	Abdikayumov Doston Utkir O'li	5.0	70	190	5.3	51	30	20	14
2	Artikov Beknur Adil O'Li	4.8	70	180	5.4	62	28	22	13
3	Aslanov is the son of Kamron Shahobjon	4.7	72	185	5.5	95	31	23	15.5
4	Asrorov is the son of Dilshodjon Umidjon	4.9	70	190	5.2	80	26	31	14
5	Azimova Ozoda Ergashevna	5.0	69	180	5.1	60	31	21	13
6	Babilova Iroda Zafarovna	5.1	70	190	5.4	63	32	28	14
7	Bakhtiyorov is the son of Samandar Yodgorbek	4.9	68	200	5.3	92	27	30	14
8	Boyko'Ziyev is the son of Khosilbek Kamal	4.9	69	180	5.3	60	26	23	13
9	Boyto'Rayev Otabek Khudoynazar Oguly	4.7	70	185	5.6	63	30	20	15
10	Chuliyev is the son of Nazarbek Muzafar	4.8	70	180	5.4	97	38	19	15.5
11	Ismailov Ibrahimjon Israiljon Oghli	4.9	69	180	5.1	53	29	25	13.5
12	Jo'Rayev Dyorbek Abdurashid's son	4.9	68	180	5.0	85	26	31	15
13	Mamadaliyev, son of Shukhratbek Dilshodbek	4.8	67	185	5.3	112	29	26	13
14	Mamatkarimova Sevinch Rakhmatilla Girl	4.7	69	200	5.1	101	30	20	15.5
15	Makhmudjonov Faizirakhman Shuhratjon Og'li	4.8	70	180	5.5	58	31	18	15
16	Mukhtarov is the son of Faizulla Akmaljan	4.7	71	190	5.6	90	32	27	14.5

17	Narziyev Ozodbek Husniddinovich	5.1	68	195	5.3	101	30	25	14
18	Nasirova Munisakhan Shukhratovna	4.9	67	180	5.1	89	30	22	14.5
19	Obidov Davronbek, son of Kasimjon	4.8	69	180	5.5	102	29	26	15.5
20	Raupov Shukhrat Bakhodirovich	5.0	68	190	5.4	78	30	31	13
X (Mean Value)		<b>4.8</b>	<b>69.2</b>	<b>186</b>	<b>5.3</b>	<b>77</b>	<b>29.7</b>	<b>24.4</b>	<b>14.2</b>

After that, in order to increase the efficiency of technical and tactical training in the study group during the annual training period, the ratio of technical-tactical exercises was increased in the planning of training hours, physical training exercises were added to match episodes, and in the experimental group, through this distribution, the training was trainings were conducted. After six months of training, we again received control norms from the players of the experimental group.

**Tests for the assessment of physical and technical-tactical training of the control group before the study (Table 2)**

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1	Abdikayumov Doston Utkir O'li	5.1	69	185	5.6	68	28	18	13
2	Artikov Beknur Adil O'Li	4.9	71	190	5.4	70	27	22	14
3	Aslanov is the son of Kamron Shahobjon	4.8	67	180	5.2	59	25	24	13.5
4	Asrorov is the son of Dilshodjon Umidjon	4.9	68	190	5.5	48	22	26	15
5	Azimova Ozoda Ergashevna	5.0	68	200	5.3	51	29	32	14
6	Babilova Iroda Zafarovna	4.9	69	185	5.1	62	31	28	13.5
7	Bakhtiyorov is the son of Samandar Yodgorbek	5.0	67	195	5.6	87	33	20	14
8	Boyko'Ziyev is the son of Khosilbek Kamal	4.9	70	190	5.3	99	31	26	15.5
9	Boyto'Rayev Otabek Khudoynazar Oguly	5.0	70	180	5.5	133	29	21	14
10	Chuliyev is the son of Nazarbek Muzafar	5.1	69	180	5.5	48	27	25	13
11	Ismailov Ibrahimjon Israiljon Oghli	4.9	68	195	5.4	59	32	24	14.5
12	Jo'Rayev Dyorbek Abdurashid's son	4.9	68	190	5.3	75	31	22	14
13	Mamadaliyev, son of Shukhratbek Dilshodbek	4.8	67	185	5.2	81	29	24	15
14	Mamatkarimova	4.9	69	200	5.0	72	28	22	16

	Sevinch Rakhmatilla Girl								
15	Makhmudjonov Faizirakhman Shuhratjon Og'li	4.8	69	190	5.2	42	29	31	14
16	Mukhtarov is the son of Faizulla Akmaljan	4.9	68	180	5.1	44	33	24	15
17	Narziyev Ozodbek Husniddinovich	4.8	70	185	5.3	87	31	28	15
18	Nasirova Munisakhan Shukhratovna	5.0	71	180	5.4	129	32	19	14.5
19	Obidov Davronbek, son of Kasimjon	4.9	68	185	5.6	66	30	24	14
20	Raupov Shukhrat Bakhodirovich	4.7	67	190	5.5	74	29	26	13.5
X (Mean Value)			<b>68.6</b>	<b>187</b>	<b>5.3</b>	<b>72.7</b>	<b>29.3</b>	<b>24.3</b>	<b>14.2</b>

**the experimental group** 30m before the study. , while the control average was 4.8 seconds, after the study it was 4.6 seconds, and the 400 meter run was 69.2 seconds before the study. 66.8 seconds after study, standing long jump 186 centimeters before study, 197 centimeters after study, 30m. 5.3 in running with the ball, 5.0 seconds after the study, 77 before the study in footwork, 108 after the study, 29.7 meters in the long kick with the right foot and 29.7 meters with the left foot 24.4 meters in the kick, 32.9 meters in the right leg and 27.4 meters in the left leg after the study. Before the study, the result of throwing the ball from the outside was 14.2 meters, and after the study, this indicator was 16.1 meters (Table 3).

**Tests for the assessment of physical and technical-tactical training of the experimental group after the study (Table 3)**

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1	Abdikayumov Doston Utkir O`li	4.8	66	200	5.0	89	35	24	16
2	Artikov Beknur Adil O`Li	4.6	67	190	5.2	97	33	26	14.5

3	Aslanov is the son of Kamron Shahobjon	4.6	68	200	5.3	130	32	28	16.5
4	Asrorov is the son of Dilshodjon Umidjon	4.7	68	200	5.0	180	30	35	16.5
5	Azimova Ozoda Ergashevna	4.8	66	190	5.0	160	36	27	15.5
6	Babilova Iroda Zafarovna	4.7	66	210	5.2	76	38	33	16.5
7	Bakhtiyorov is the son of Samandar Yodgorbek	4.8	67	215	5.0	130	31	33	18
8	Boyko'Ziyev is the son of Khosilbek Kamal	4.8	65	190	5.1	86	29	25	16.5
9	Boyto'Rayev Otabek Khudoynazar Oguly	4.5	67	200	5.0	78	32	24	16.5
10	Chuliyev is the son of Nazarbek Muzafar	4.7	68	190	5.2	105	36	22	17
11	Ismailov Ibrahimjon Israiljon Oghli	4.6	68	190	5.0	139	30	27	15
12	Jo'Rayev Dyorbek Abdurashid's son	4.8	67	205	4.8	78	28	34	16
13	Mamadaliyev, son of Shukhratbek Dilshodbek	4.6	66	190	5.0	167	31	28	15.5
14	Mamatkarimova Sevinch Rakhmatilla Girl	4.5	66	185	4.9	91	33	21	17
15	Makhmudjonov Faizirakhman Shuhratjon Og'li	4.6	67	200	5.2	90	34	19	16
16	Mukhtarov is the son of Faizulla Akmaljan	4.6	68	200	5.3	73	36	29	16
17	Narziyev Ozodbek Husniddinovich	4.7	69	200	5.2	363	32	33	17
18	Nasirova	4.8	65	205	5.1	97	36	28	17

	Munisakhan Shukhratovna								
19	Obidov Davronbek, son of Kasimjon	4.6	66	190	4.9	107	34	24	15.5
20	Raupov Shukhrat Bakhodirovich	4.6	67	205	4.8	126	32	28	16
	X (Mean Value)		<b>66.8</b>	<b>197</b>	<b>5.0</b>	<b>108</b>	<b>32.9</b>	<b>27.4</b>	<b>16.1</b>

Training in the control group was carried out unchanged and after 6 training sessions, we rechecked them through control standards. **The control group** exercised 30m before the study. They showed an average result of 4.9 seconds of running according to the control standard, but after the study, this indicator was 4.8 seconds. 68.6 seconds before the study in the 400 meters, 67.8 seconds after the study, 187 centimeters in the standing long jump, 191 centimeters after the study, 30m. in running with the ball was 5.3 seconds before the study and 5.2 seconds after the study. 72.7 in kicking the ball, 90.2 after the study, 29.3 meters in the right-footed long kick before the study and 24.3 meters in the left-footed kick, from the study then this indicator showed 30.8 meters in the right leg and 26.7 meters in the left leg. Before the study, the result of the throw was 14.2 meters, but after the study, this indicator reached 14.7 meters (Table 4).

According to the results of the study, the indicators of physical fitness increased in both groups compared to the initial results, but in the participants of the control group, these indicators increased at a low level, while in the research group, the results showed a significant increase. we can reach

**Tests for the assessment of physical and technical-tactical training of the control group after the study (Table 4)**

No	FISH.	30 m. run to	400 m run	Standing long jump	Running with a ball for 30m	Playing the ball on foot	Kick the ball far		AUT
1	Abdikayumov Doston Utkir O'li	5.0	68	190	5.4	80	30	21	14
2	Artikov Beknur Adil O'Li	4.9	69	190	5.2	105	29	22	14
3	Aslanov is the son of Kamron Shahobjon	4.7	67	185	5.1	145	29	27	14.5



4	Asrorov is the son of Dilshodjon Umidjon	4.9	67	190	5.4	135	26	30	15.5
5	Azimova Ozoda Ergashevna	5.0	68	200	5.3	170	32	35	14
6	Babilova Iroda Zafarovna	4.8	67	190	5.1	65	32	30	14
7	Bakhtiyorov is the son of Samandar Yodgorbek	4.9	66	200	5.4	89	33	25	15.5
8	Boyko'Ziyev is the son of Khosilbek Kamal	4.9	69	195	5.2	138	31	28	15.5
9	Boyto'Rayev Otabek Khudoynazar Oguly	4.9	68	185	5.4	100	31	24	14
10	Chuliyev is the son of Nazarbek Muzafar	5.0	68	185	5.3	70	28	26	14
11	Ismailov Ibrahimjon Israiljon Oghli	4.8	68	195	5.2	105	33	28	15
12	Jo'Rayev Dyorbek Abdurashid's son	4.8	67	200	5.1	89	32	24	14.5
13	Mamadaliyev, son of Shukhratbek Dilshodbek	4.7	66	190	5.2	90	30	25	15
14	Mamatkarimova Sevinch Rakhmatilla Girl	4.8	68	190	5.0	88	28	26	16.5
15	Makhmudjonov Faizirakhman Shuhratjon Og'li	4.7	69	195	5.1	50	31	32	15
16	Mukhtarov is the son of Faizulla Akmaljan	4.8	67	185	5.0	70	34	26	16
17	Narziyev Ozodbek Husniddinovich	4.8	68	190	5.1	40	33	29	15
18	Nasirova Munisakhan	4.9	69	185	5.2	51	34	24	15

	Shukhratovna								
19	Obidov Davronbek, son of Kasimjon	4.8	68	195	5.2	45	31	24	14
20	Raupov Shukhrat Bakhodirovich	4.8	70	190	5.3	80	30	28	14.5
X (Mean Value)			<b>67.8</b>	<b>191</b>	<b>5.2</b>	<b>90.2</b>	<b>30.8</b>	<b>26.7</b>	<b>14.7</b>

**Conclusion** Special literature shows that the control of competitive activity of football players plays an important role in the process of training football players. Along with the assessment of individual technical-tactical actions, players determine the qualities of speed, strength, special agility, endurance and technical movement abilities. Based on the results of the analysis, a targeted impact can be made on various aspects of the player's training.

Technique training and its improvement depends on several factors, for example, the level of preparation of the players, the training period, the number of balls, the condition of the field and the meteorological conditions. Regular monitoring of movement training serves to consciously organize the work of the coach and is of great help to young players. Control and self-control instills a sense of freshness and self-confidence in the player.

Teaching and training methods of game technique should not contradict the essence of the game, on the contrary, it is necessary to take into account the requirements of the game. Exercises adapted to home situations and selected taking into account the players' obligations at home are very important, and training sessions should make up 50-60% of the training material.

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