



## Increasing the Efficiency of Technical-Tactical Actions of 16-17-Year-Old Football Players

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**Abstract:** This article describes the methods and effective aspects of improving the efficiency of technical and tactical actions of 16-17-year-old players. During the article, the analyzes within the topic are given and opinions are given. Reasonable conclusions and suggestions are given at the end of the article.

**Keywords:** technical-tactical actions, new methods, correct organization of training.

**Importance.** It is necessary to introduce new techniques and types of tactical training that are integrally related to the formation of technical and tactical skills in football training. Exercises that serve this process should be carried out in strict consistency and sequence during sports training. Today, it requires the use of special tools and a set of exercises to train players in tactical training. Therefore, the topic we have chosen is distinguished by its relevance (21,22,23,24,25.).

The problems of improving the technical and tactical actions of football players have been studied by many expert scientists [1,2,3,4,5,6,35,36,37,38,39,40,41,42,43]. According to these authors, the issues of formation and improvement of technical and tactical actions are solved on the basis of different methods, tools and approaches. In order to demonstrate such skills, players are required to understand each other and perform technical and tactical movements (30,31,32,33,34). The results of best practices and researches used in the training of football players until this day do not raise any doubts.

**Purpose of work.** It is to improve the efficiency of technical and tactical actions of young players.

### Research tasks.

- studying the technical-tactical actions of the players during the games.
- analysis of the effect of rotational exercises on the effective performance of technical-tactical actions performed by players.

**Use of scientific methods.** Solving the above-mentioned tasks was carried out on the basis of the following scientific methods:

1. Analysis of scientific literature and their summarization;
2. Pedagogical observation;
3. Pedagogical experience;
4. Mathematical-statistical methods.

**Analysis of results.** In order to determine the level of technical-tactical training of 16-17-year-old pupils selected as our control (BO'SM#1) and experimental (BO'SM#2) groups, pedagogical observations were conducted on our side. During the first competition, we tried to determine the



technical-tactical actions performed by them in the conditions of the competition. During the competition, we studied the technical-tactical actions of 16-17-year-old football players in the control (BO'SM #1) and experimental (BO'SM #2) groups during 10 games and presented the results in the table 1 below. As can be seen from the table, we can see that the results of the number and effectiveness of the collective technical-tactical actions of the control group are higher than the number and efficiency of the collective technical-tactical actions shown by the young trainees of the experimental group (44,45,46,47,48).

During the game, 16-17-year-old pupils of the "BO'SM#1" team, who were taken as a control group, performed an average of (X) 483 team technical-tactical actions during the game. Their effective actions were found to be 312 (65%) technical-tactical actions and ineffective actions were 171 (35%) from over 10 game observations. The people of "BO'SM#2" performed an average of 475 collective technical-tactical actions during the game, we see that 291 (61%) of them were successfully completed and 184 (39%) technical-tactical actions were ineffectively completed.

We can see that the young players of the control group (BO'SM#1) had a total of 262 passes during the game, and 198 (76%) effective passes. If we found out that 115 (88%) of short-distance passes, 85 (75%) of medium-distance passes, and 62 (52%) of long-distance passes, young players of the experimental group passed the ball. We found out that the performance indicators are weak. That is, we see that in the average pass during the game, a total of 278 effective passes were completed 201 (76%). We see 116 (87%) short-range passes, 91 (72%) mid-range passes, and 71 (48%) long-range passes.

In performing the remaining technical actions, we found that the results of the young pupils of the "BO'SM#2" team, which was used as an experimental group, were lower than the results of "BO'SM#1" which were used as a control group. We think that we organized the training taking into account the results obtained from the pedagogical observations in the training process.

When we paid attention to the first obtained results, we noted that the results of the experimental group were negative between the technical-tactical training of the trainees selected as control and experimental groups. In the course of training, after rotating training, we re-studied team technical-tactical actions during the game of 16-17-year-old football players, who were trained by us in the control and experimental group, for 10 games and reported the average results. It was seen from the initial table that the number and effectiveness of the technical-tactical actions of the control group were higher than the number and efficiency of the technical-tactical actions of the students of the experimental group. In the end of the research we saw that results of groups changed into opposite.

The 16-17-year-old pupils of the "BO'SM#1" team taken as a control group are shown in the average form (X), the team made 492 technical-tactical moves, and we can see effective moves were 316 (64%) and ineffective moves were 176 (36%). The students of "BO'SM#2" who were taken as an experimental group performed an average of 488 technical-tactical actions during the game, we see that 326 (67%) of them were successfully completed and 162 (33%) technical-tactical actions were ineffectively completed. If we pay attention to the overall results, there were no changes in the results of the players of the control group. We found that the results of the young players in the experimental group showed a positive change in the correct execution of technical-tactical actions.

In the replayed results, we see that the control group's players had 206 (76%) successful completions out of a total of 273 successful passes per game. We found out that 123 (88%) of short-distance pass attempts, 89 (73%) of medium-distance passes, and 61 (52%) of long-distance pass attempts, and we witnessed that the performance indicators of passing the ball in the young players of the experimental group changed positively after the study. That is, we see that 211 (78%) of the



total 271 effective passes during the game were successfully completed. We see 126 (89%) short-distance passing attempts, 82 (77%) mid-distance passes, and 63 (56%) long-distance passes.

In performing the remaining technical actions in the initial results, we found out that the results of the young pupils of the "BO'SM#2" team, which were taken as an experimental group, were lower than the results of "BO'SM#1" which were taken as a control group. After the study, we see that this result has changed in favor of the experimental group. We achieved a change in the results by organizing classes taking into account the results obtained from pedagogical observations in the training process. Rotational exercises played a major role in changing these technical and tactical actions (22,23,24,25,26,27,28,29).

**Summary.** Judging from the obtained results, a decrease in the number and efficiency of technical-tactical actions of both teams was observed towards the end of the game. A sharp drop in the number of technical-tactical actions and effective actions of the students of the experimental group was also observed. This indicates that the technical training of the students of the control and experimental groups is not at a high level. We have found that by introducing exercises related to technical-tactical movements at the stations during the rotational training process, the results during the game have increased significantly. The most effective way to increase the effectiveness of technical and tactical actions is to conduct rotational training.

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