



## The Problem of Technical-Tactical Training of Young Football Players

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**Abstract:** In the article, the author discussed the actual issue of technical and tactical training of young football players in modern football. Recommendations were also given on improving the technical and tactical actions of young players through modern technical means.

**Key words:** Young player, loading, training, speed-strength, speed ability, quality, method, development, training.

### Introduction

After gaining independence in our country, more and more attention is being paid to physical education and sports. Our athletes have achieved good results in Asian and world competitions and are raising the flag of Uzbekistan high. The services of our President in the achievements achieved in the field of sports in recent years are great. Regular development of physical education and sports is always in the eyes of the President and the state.

Planning is one of the most important elements of managing the training process in order to improve technical and tactical training of young football players. High-level results in modern football determine the need to regularly search for a form of training young players. Modern football makes high demands on the personality and preparation of young players. It is necessary to find more advanced, perfect organizational forms, methods and means of preparation. This, in turn, requires a high level of knowledge and skills from the coach, a scientific approach to sports training.

### DISCUSSION AND RESULTS

The physiological value of physical exercises and technical-tactical exercises given to young players must be taken into account. According to the results of the research of many scientists, it is important to know the specific loads, show the actions and apply them in practice in developing training plans and increasing the effectiveness of technical and tactical actions. In the development of modern football, the methods of the game are being improved, and the actions of the players are becoming more perfect. World football experts say that the development of modern football includes many aspects.

These are:

1. Each player must lead the game to the end;



2. Movement of players along the field at high speed with and without the ball;
3. Quick performance of technical and tactical actions;
4. During the game, they must accurately pass the ball to a teammate, correctly direct shots at the goal, and perform other technical methods without fail.

Today's world football requires every player to be able to handle the ball correctly, to perform precise and accurate actions, to be able to play both offensively and defensively. Because an uncertain action can cause the team's organized attacks to end incompletely, ineffectively, or cause the ball to pass. Often, coaches use tactical systems based on the skill and strength of the football team. These systems can sometimes help and sometimes fail.

The great attention paid to football in our country means that a lot of efforts are made to develop football. The technical-tactical and physical training of young players is insufficient, and in order to eliminate these shortcomings in the future, it is necessary to strengthen the training of young players of today, that is, in football clubs. The above-mentioned scientific and methodological data prove that speed-strength qualities are one of the important factors in the development of highly qualified athletes.

A high level of mastery of technical actions helps to successfully perform tactical actions. Failure to master technical moves at a high level hinders the completion of attacks. Helps the team to keep the ball by performing technical actions correctly.

Many blunders are made when organizing tactical combinations. The high level of technical movements allows the player to move in different areas of the field. Lack of perfect mastery of technical movements leads to defects in accurate delivery of the ball to the partner. A high level of technical movements gives a player a high level of self-confidence when dealing with an opponent. Failure to master technical movements at a high level leads to situations in which the ball is taken away from the opponent.

The exercises on innovative football technologies developed by us and recommended to coaches were selected based on the game, based on the situations that will be implemented in the game. From these studies, we recommend to experts that the exercises chosen by them should be specific to the game, and we recommend that they choose tactical movements that improve the technical skills of the players. The exercises selected by us can also have a positive effect on the players we introduce. For this reason, we recommend these exercises. These exercises help to make training processes interesting.

In addition, we think that in addition to the exercises performed in the main part of the training process, it is necessary to pay attention to the warm-up exercises performed in the preparatory part. These exercises help players to change their movements, especially those involved in attacking movements. In the conclusion, recommendations are given for improving the technical actions of players through modern technical means.

Accuracy, quickness and sensitivity, as well as special dexterity, are quickly developed in the training of technique. Slow growth rates are evident in strength, endurance, and kinesthetic sensitivity. Speaking about the components of tactical training, A.V. Petukhov emphasizes that



10-11 years of age is a sensitive period for developing the speed of operational thinking, shifting and distributing attention. From the age of 12, the accuracy of operational thinking, the volume of attention and the stability of the maximization begin.

Sensorimotor reaction and predictive reaction grow very quickly at this age, which shows the maximum growth rate at the age of 12-13 years. The accuracy of operational thinking, the volume and stability of attention, the speed of receiving and processing information, and the reaction to a moving object are characterized by low indicators of growth at the age of 10-11. Considering the process of training young players, it can be seen that planning uses this holistic process to divide it into different types. As a rule, this division is mainly conditional and used to facilitate the planning process. In football programs for sports schools, the following types of training of young players are distinguished: theoretical, general physical, special physical, technical, tactical training. Similar standards of hour distribution are given in the state standard of sports training. At the same time, the integral training of football players is considered from a technical and tactical point of view, the sports specialty in which young players of 10-12 years of age are trained, which makes up 26-34% of the total volume of training.

The goal of training football players is to educate highly qualified athletes who meet the modern requirements of world football and are able to achieve high sports results.

Based on the purpose of preparation, the following main tasks are solved in the process of education and training:

- education of high moral and voluntary qualities.
- strengthening of health, all-round physical development.
- achieving high basic physical qualities and perfect mastery of game techniques and tactics.
- acquiring skills to achieve a high level of individual and team training and to implement them in the competition.
- achieving high general and special work skills and maintaining them for a long time.
- teaching methods, planning, control, recovery, refereeing, organization of competitions and acquisition of deep theoretical knowledge and practical skills.

The principle of teaching and individualizing the movement into parts requires that the studied material, the means and methods of its development, and the forms of training organization correspond to the age characteristics of the participants, their capabilities, and the level of training. size and direction should correspond to specific tasks, the level of development of special qualities and the objective conditions of training. It should be remembered that excessive loads reduce interest in training, have a bad effect on physical fitness and, ultimately, on sports results. However, the principle of individualization of training and individualization of movement does not exclude the need to perform exercises that require maximum physical and willpower and cause significant fatigue. The principle of gradually increasing demands ensures the formation and solving of complex tasks step by step, increasing the size and intensity of the corresponding loads. Appropriate expansion of the existing training tools, implementation of more complex new tasks



will help to develop and improve the necessary technical and tactical actions. One of the main tasks of this stage is to increase the level of technical and tactical training.

## CONCLUSION

Taking into account the characteristics of the development of physical qualities, it should be noted that their development occurs unevenly and heterochronously. Different qualities develop at different times. In young players, accuracy, speed and sensitivity, as well as special dexterity in training techniques, speed of operative thinking, switching and distribution of attention develop quickly. Slow growth rates are evident in strength, endurance, and kinesthetic sensitivities. In planning the preparation process of young football players, division into theoretical, general physical, special physical, technical, tactical and integral training is used. Sports training of football players is related to the use of a set of all necessary tools, methods, and conditions.

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