



Ways to Improve the Efficiency of Technical and Tactical Actions Performed by Skilled Players during the Competition

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Abstract: *In the research work, the processes of physical training and the formation of physical quality levels, physical training systems, physical quality indicators, dynamics of training are studied in the athletics sports circles of the BOSM.*

Keywords: *Physical fitness, physical quality, strength, speed, endurance, flexibility, physical development.*

Football is one of the sports that attracts all people in the world. In modern football, the most important thing is to create an effective system for the selection and training of promising and talented players, the formation of a quality sports reserve for national teams and professional football clubs, the training, retraining and upgrading of football coaches and referees based on international requirements and standards. will stop. Also, the decision of the President of the Republic of Uzbekistan No. PQ-3610 dated March 16, 2018 serves as the key to solving all football-related issues. The football game helps to develop the main qualities of movement - speed and accuracy of movement, agility, strength, endurance. It can serve as the main factor not only in the physical development of a large number of young children, but also in the pedagogical influence and in the process of education.

As a result of the initiative and support of our country, physical education and sports have become one of the priority issues of social development of our country. His determination to further develop physical education and sports, including football, is his proof. Improving the skills of Uzbek players is closely related to the development of football.

The next stage of development of Uzbek football players is directly related to the development of youth football. The more effective the process of training and education of children and teenagers is, the more effective the next stage of our football development will be.

The purpose of the study. It consists in learning the technical and tactical skills based on the development of sets of exercises designed to increase the effectiveness of technical and tactical actions of highly qualified players in the conditions of the competition and their application to the training process.

Object and subject of research. The football players engaged in the BOSM were involved as research objects, they were selected as a research subject to study the formation and effectiveness of specially developed exercises reflecting the improvement of technical and tactical training.

In our training tests, we found that the actions of players of different roles correspond to their performance during the game. The initial test control was taken at the training sessions at the beginning of the competition period. Here are the 10m dash, 30m dash, long jump, 1000m dash, and 30m shot put, goal kick, shot put, and crossbar, showing the physical qualities. used in intermittent shock control tests. In the control tests, there was a significant difference in the performance of players of different roles. We found that control and experience in the 10 m sprint,



which determines the speed of the start, are better than the performance of forwards, midfielders and defenders in the group. Here, in the 10 m run, forwards of the control group 1.82 ± 0.05 , experimental group 1.84 ± 0.06 , midfielders 1.88 ± 0.10 and 1.89 ± 0.04 , defenders 1.93 ± 0.05 and 1.92 ± 0.07 showed the results. In running 30 m, forwards of the control group 4.08 ± 0.05 , experimental group 4.09 ± 0.01 , midfielders 4.18 ± 0.02 and 4.19 ± 0.04 , defenders 4.19 ± 0.03 and showed results of 4.21 ± 0.05 . In the long jump, forwards 257.00 ± 1.41 and 257.45 ± 5.50 , midfielders 255.60 ± 4.51 and 252.80 ± 6.30 , defenders 259.20 ± 5.81 and 262.60 ± 3.91 showed the results. In running 1000 m, forwards $3;04.55 \pm 0.02$ and $3;05.25 \pm 0.03$, midfielders $3;04.59 \pm 0.03$ and $3;03.45 \pm 0.20$, defenders $3;06.12 \pm 0.04$ and $3;05.56$ showed results of ± 0.03 . In the results of the physical control examination, we found that the quickness of attackers is higher than the quickness of midfielders and defenders, and the special quality of quickness and strength, i.e., the actions of defenders in long jump. Midfielders have a high performance quality view, which means that midfielders perform the most actions during the game.

In the control tests that determine the obtained technical actions, it is shown that the indicators of players of different roles are not the same. We noted that during the game, the performance of the attackers in carrying the ball was noticeable (Section 3.2). In the control test of running with a ball for 30 m, the performance of the attackers of the control and experimental groups was the same. That is, forwards 4.79 ± 0.09 and 4.70 ± 0.04 , midfielders 4.96 ± 0.10 and 4.90 ± 0.05 , defenders 5.24 ± 0.13 and 5.07 ± 0.13 showed results. In addition, it was noted that the activity of attackers is high in goal kicking, i.e. attackers 7.75 ± 5.68 and 10.25 ± 6.75 (points), midfielders 4.20 ± 1.64 and 4.80 ± 1.64 defenders, we determined the results of 4.80 ± 1.64 and 3.80 ± 2.17 . We observe that the actions of the defenders are different when kicking the ball to the goal, forwards 6.50 ± 1.00 and 7.25 ± 0.96 (points), midfielders 7.40 ± 1.34 and 7.60 ± 1.14 , defenders 8.00 ± 1.22 and 7.80 ± 1.10 results. We can see from the test control that the performance of attackers is better in the attempts to hit the goal through the crossbars. We determined the results of forwards 7.25 ± 0.04 and 7.27 ± 0.09 , midfielders 7.43 ± 0.06 and 7.48 ± 0.04 , defenders 7.53 ± 0.05 and 7.53 ± 0.03

If we conclude from the preliminary results, we found out that the forwards' speed indicators and ball-carrying, ball-kicking actions are higher than the results of the midfielders and defenders, and these actions correspond to the results obtained from the pedagogical observations during the game.

Table 1. Control test indicators ($X \pm \sigma$) determining initial physical and technical fitness.

№	Control tests	Defenders		Midfielders		Attackers	
		Control	Experience	Control	Experience	Control	Experience
1.	10m sprint (seconds)	$1,93 \pm 0,05$	$1,92 \pm 0,07$	$1,88 \pm 0,10$	$1,89 \pm 0,04$	$1,82 \pm 0,05$	$1,84 \pm 0,06$
2.	30 m sprint	$4,19 \pm 0,03$	$4,21 \pm 0,05$	$4,18 \pm 0,02$	$4,19 \pm 0,04$	$4,08 \pm 0,05$	$4,09 \pm 0,01$
3.	Long jump (cm)	$259,20 \pm 5,81$	$262,60 \pm 3,91$	$255,60 \pm 4,51$	$252,80 \pm 6,30$	$257,00 \pm 1,41$	$257,75 \pm 5,50$
4.	1000 m run (seconds)	$3;06.12 \pm 0,04$	$3;05.56 \pm 0,03$	$3;04.59 \pm 0,03$	$3;03.45 \pm 0,20$	$3;04.55 \pm 0,02$	$3;05.25 \pm 0,03$
5.	30 m ball run (seconds)	$5,24 \pm 0,13$	$5,07 \pm 0,13$	$4,96 \pm 0,10$	$4,90 \pm 0,05$	$4,79 \pm 0,09$	$4,70 \pm 0,04$
6.	Goal kick (points)	$4,80 \pm 1,64$	$3,80 \pm 2,17$	$4,20 \pm 1,64$	$4,80 \pm 1,64$	$7,75 \pm 5,68$	$10,25 \pm 6,75$
7.	Kicking the ball (points)	$8,00 \pm 1,22$	$7,80 \pm 1,10$	$7,40 \pm 1,34$	$7,60 \pm 1,14$	$6,50 \pm 1,00$	$7,25 \pm 0,96$
8.	Beam kick (seconds)	$7,53 \pm 0,05$	$7,54 \pm 0,03$	$7,43 \pm 0,06$	$7,48 \pm 0,04$	$7,25 \pm 0,04$	$7,27 \pm 0,09$



In the results of our pedagogical observations, we noted that the results of our experimental group were higher in technical and tactical actions than the control group, but not higher in terms of efficiency. Although these indicators did not differ in control tests determining physical qualities, they showed that there were deficiencies in the experimental group in control tests determining technical movements.

Our experience aimed at increasing the effectiveness of the technical and tactical results of our experimental group was conducted during the training process during the break of the competition period and the second periods of the competition period.

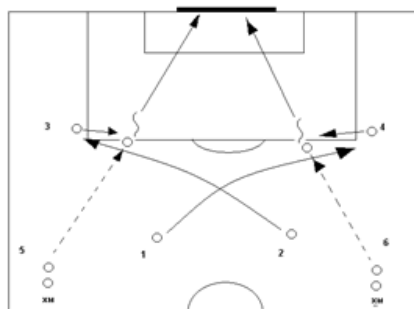
According to experts and trainers, the purpose of training during this period is not to teach new methods. Instead of the individual methods used in the preparatory period or the methods performed in a complex manner, it is necessary to form technical methods during this period in conditions similar to the game, taking into account the tasks in the game. Therefore, in the formation of the technique, it is necessary to create the conditions that approximately occur during the games. A training game is one of the best ways to do this. Some authors (94,96,) believed that this is not enough, they need to perform certain technical methods, which are similar in game situations, with fast movement, with various combinations, in the presence of the opponent. In addition, they expressed opinions on the importance of players' roles (defender, midfielder, forward) when choosing technical exercises.

Agreeing with the opinions of the authors, we selected the exercises that are suitable for the game situation, performed quickly and with the participation of the opponent, and organized them during training sessions. The training of the control group was conducted on the basis of their work plans.

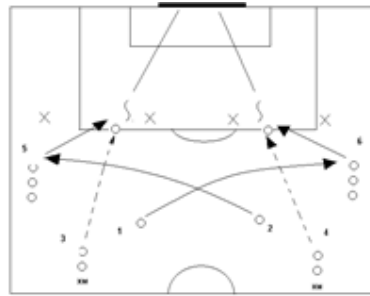
Taking into account the technical and tactical actions taken during the game, the exercises are aimed at eliminating the shortcomings in the game of the players of different roles, the exercises are designed to be performed in one touch, quickly, in various combinations and with the participation of the opponent, and the training of the experimental group during training. In addition, it was included in the series of exercises aimed at the participation of defensive players in offensive activities during the game, and offensive players playing in the defensive zone.

We used the following exercises:

1. The first (1) and second (2) players stand at a distance of 25-30 m and send the balls with kicks to the third (3) and fourth (4) players from above. the third (3) and fourth (4) players head the ball in the air towards the center. When the first shot is taken, the fifth (5) and sixth (6) players are in action, they will shoot at the goal while the ball is in the air or after stopping it.



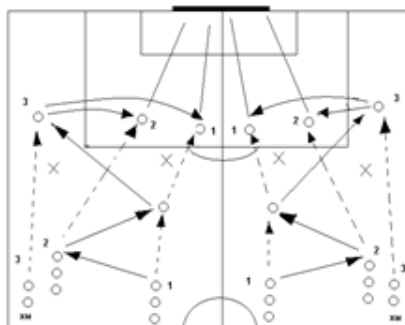
2. The first (1) and second (2) players pass the ball crosswise. The fifth (5) and sixth (6) players turn and stop the ball in the direction of the sideline. Immediately the third (3) and fourth (4) players move towards the goal. The fifth (5) and sixth (6) players turn again and the third (3) and fourth (4) players pass the ball. The third (3) and fourth (4) players receive the ball and send it to the goal.



3. The first (1) player passes to the second (2) player in the center to take a shot. The second (2) player passes to the third (3) player on the wing and passes to the attacking defender (4) in one touch. The fourth (4) player advances the attack to the first (1) player who opens to deliver the finishing blow.



4. The first (1) player passes the ball to the second (2) player, opens up and receives the ball, and it is delivered to the defender (3), who joins the attack from the wing. The third player receives the ball and passes it to the thirds who are trying to open in the center. You should try to do the exercise in one touch and quickly.



5. The first (1) player passes the ball to the (2) player on the wing. The second (2) player passes to the third player (3) in the center and passes to the second (2) player on the wing. The second player passes to the first and third players. You should try to do the exercise in one touch and quickly.





6. The first player in the center (1) tries to pass to the second player (2) who is trying to open in front. The player who receives the ball (2) takes a shot at the goal. You should try to do the exercise in one touch and quickly.



7. The first (1) player moves in turn with the second (2) player. As soon as he receives the ball, he completes the attack with the third (3) by moving into the strike zone.



8. The second player (2) carries the ball and passes it to the fourth player (4). The fourth player passes to the fifth (5) player on the wing. As soon as he receives the fifth ball, he passes to one of the three players who tried to open.



9. The second player (2) passes from the center to the sixth player (6) on the wing. The sixth player passes to the center back, the fifth player (5) passes the ball to the opposite player. The first player (1) receives the ball and moves forward and tries to pass it to one of the players trying to open up near the box..





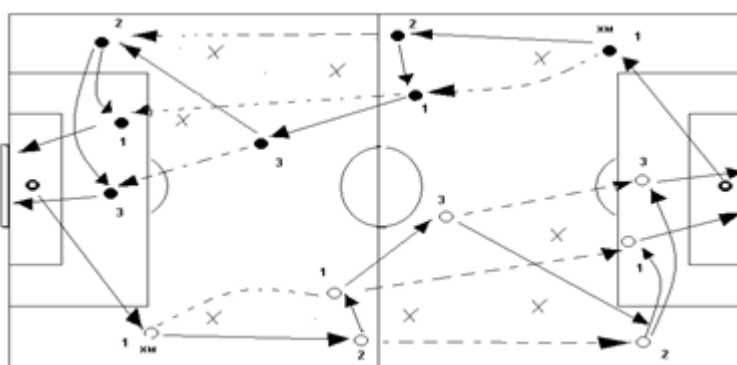
10. The first player (1) passes the ball from the wing to the fifth player (5) on the wing. The fifth player raises to the second player (2) and the second player to the third player. The third player passes the ball to the first player on the wing. As soon as the first player receives the ball, he passes it to the fourth player standing opposite.



11. In this exercise, the first (1) player tries to open. As soon as he opens, he receives the ball and moves forward from the wing. The rest of the players try to finish the attack by netting near the goal and trying to receive the ball.



12. The first player (1) passes the ball to the second (2) who is moving on the front wing. The second player tries to open from the wing by passing to the first player who has opened. The first player passes to the third player in the center and opens up to the shot. The third player passes to the second player, who opens from the wing, and opens up to the attacking zone, similar to the first player. The player receiving the ball from the wing tries to pass to the open players.



In the control tests used to determine the initial physical and technical training, it was found that there is a difference in the indicators of the players of different roles and the results of physical training are high in them. Deficiencies were noted in the performance of the defenders in carrying the ball, hitting the goal, and shooting through the crossbars. In addition, deficiencies in the technical actions of attackers when kicking the ball accurately, midfielders carrying the ball into the goal area were noticed. We tried to eliminate these shortcomings through specially developed exercises in our trainings.



We received further results of our research in the second round of the competition. Here, the results of the 10 m run, which shows the physical qualities, and the 10 m run, which determines the start speed, of the attackers in the control and experimental groups are 1.81 ± 0.02 ($R \geq 0.41$), the experimental group is 1.83 ± 0.06 ($R \geq 0.26$), midfielders 1.86 ± 0.05 ($R \geq 0.32$) and 1.89 ± 0.05 ($R \geq 0.95$), defenders 1.93 ± 0.03 ($R \geq 0.07$) and 1.91 ± 0.06 ($R \geq 0.21$), in the 30 m sprint, attackers 4.07 ± 0.04 ($R \geq 0.33$), 4.06 ± 0.05 ($R \geq 0.94$), midfielders 4.15 ± 0.08 ($R \geq 0.76$) and 4.17 ± 0.03 ($R \geq 0.82$), defenders 4.18 ± 0.04 ($R \geq 0.32$) and 4.16 ± 0.04 ($R \geq 1.73$), forwards in long jump 256.75 ± 2.22 ($R \geq 0.16$) and 255.50 ± 3.70 ($R \geq 0.59$), midfielders 255.20 ± 3.96 ($R \geq 0.13$) and 257.60 ± 2.51 ($R \geq 1.42$), defenders 259.60 ± 6.35 ($R \geq 0.09$) and 263.00 ± 3.54 ($R \geq 0.15$), forwards $3;05.12 \pm 0.01$ ($R \geq 0.82$) and $3;05.42 \pm 0.01$ ($R \geq 0.14$), midfielders $3;04.25 \pm 0.03$ ($R \geq 0.02$) and $3;04.12 \pm 0.03$ ($R \geq 0.99$), defenders $3;06.21 \pm 0.03$ ($R \geq 0.24$) and $3;05.26 \pm 0.03$ ($R \geq 0.07$) showed the results. In the results obtained from the physical control test, we found out that the quickness of attackers is higher than the quickness of midfielders and defenders, and the special quality of quickness and strength, i.e., the actions of defenders in long jump, is higher. In terms of performance quality, midfielders have a high score, which means that midfielders perform the most actions during the game.

In the control tests that determine the obtained technical actions, it is shown that the indicators of players of different roles are not the same. That is, forwards 4.76 ± 0.08 ($R \geq 0.38$) and 4.66 ± 0.04 ($R \geq 3.03$), midfielders 4.90 ± 0.12 ($R \geq 0.65$) and 4.81 ± 0.02 ($R \geq 3.76$), defenders 5.14 ± 0.11 ($R \geq 1.10$) and 5.97 ± 0.09 ($R \geq 1.22$), in goal kicking attempts forwards 11.25 ± 6.08 ($R \geq 0.05$) and 13.00 ± 6.68 ($R \geq 2.58$), midfielders 7.40 ± 4.98 ($R \geq 1.22$) and 12.00 ± 5.48 ($R \geq 2.52$) defenders 6.80 ± 5.36 ($R \geq 0.71$) and 10.00 ± 5.48 ($R \geq 2.78$), forwards 7.00 ± 1.15 ($R \geq 0.57$) and 8.50 ± 0.58 ($R \geq 2.45$), midfielders 7.80 ± 1.10 ($R \geq 0.46$) and 8.80 ± 0.84 ($R \geq 2.45$), defenders 8.20 ± 1.30 ($R \geq 0.22$) and 8.60 ± 1.52 ($R \geq 2.61$), forwards 7.22 ± 0.03 ($R \geq 1.04$) and 7.17 ± 0.04 ($R \geq 2.98$), midfielders 7.41 ± 0.05 ($R \geq 0.56$) and 7.39 ± 0.04 ($R \geq 2.76$) defenders 7.49 ± 0.04 ($R \geq 1.11$) and 7.42 ± 0.02 ($R \geq 6.40$)

If we conclude from the preliminary results, we found out that the forwards' speed indicators and ball-carrying, ball-kicking actions are higher than the results of midfielders and defenders, and these actions correspond to the results obtained from pedagogical observations during the game.

Table 2. Control test results obtained after our study

Control tests	Defenders		Midfielders		Attackers	
	($X \pm \square$).	tstyu $R \geq \leq 0,05$	($X \pm \square$).	tstyu1 $R \geq \leq 0,05$	($X \pm \square$).	tstyu1 $R \geq \leq 0,05$
	Youth control group					
10 m run	$1,93 \pm 0,03$	$R \geq 0,07$	$1,86 \pm 0,05$	$R \geq 0,32$	$1,81 \pm 0,02$	$R \geq 0,41$
30 m run	$4,18 \pm 0,04$	$R \geq 0,32$	$4,15 \pm 0,08$	$R \geq 0,76$	$4,07 \pm 0,04$	$R \geq 0,33$
Long jump	$259,60 \pm 6,35$	$R \geq 0,09$	$255,20 \pm 3,96$	$R \geq 0,13$	$256,75 \pm 2,22$	$R \geq 0,16$
1000 m run	$3;06.21 \pm 0,03$	$R \geq 0,24$	$3;04.25 \pm 0,03$	$R \geq 0,02$	$3;05.12 \pm 0,01$	$R \geq 0,82$
Running with a ball for 30 m	$5,14 \pm 0,11$	$R \geq 1,10$	$4,90 \pm 0,12$	$R \geq 0,65$	$4,76 \pm 0,08$	$R \geq 0,38$
Shot towards the goal	$6,80 \pm 5,36$	$R \geq 0,71$	$7,40 \pm 4,98$	$R \geq 1,22$	$11,25 \pm 6,08$	$R \geq 0,05$
Kick the ball	$8,20 \pm 1,30$	$R \geq 0,22$	$7,80 \pm 1,10$	$R \geq 0,46$	$7,00 \pm 1,1$	$R \geq 0,57$



accurately					5	
Hitting through the beams	7,49±0,04	R≥1,11	7,41±0,05	R≥0,56	7,22±0,03	R≥1,04
“Taraqqiyot” tajriba guruhi						
10 m run	1,91±0,06	R≥0,21	1,89±0,05	R≥0,95	1,83±0,06	R≥0,26
30 m run	4,16±0,04	R≥1,73	4,17±0,03	R≥0,82	4,06±0,05	R≥0,94
Long jump	263,00±3,54	R≥0,15	257,60±2,51	R≥1,42	255,50±3,70	R≥0,59
1000 m run	3;05.26±0,03	R≥0,07	3;04.12±0,03	R≥0,99	3;05.42±0,01	R≥0,14
Running with a ball for 30 m	4,97±0,09	R≥1,22	4,81±0,02	R≤3,76	4,66±0,04	R≤3,03
Shot towards the goal	10,00±5,48	R≤2,78	12,00±5,48	R≤2,52	13,00±6,68	R≤2,58
Kick the ball accurately	8,60±1,52	R≤2,61	8,80±0,84	R≤2,45	8,50±0,58	R≤2,45
Hitting through the beams	7,42±0,02	R≤6,40	7,39±0,04	R≤2,76	7,17±0,04	R≤2,98

If we look at the results obtained in the second round of the competition after the training of the players of the control group with the methods and tools mentioned in the work plans, the collective technical and tactical actions of the teams in the second round of the competition sish level was observed. Before and after the study, we can see how much they have grown when we calculate the student's test (tstu) and the reliability of the difference of the indicators (P).

If we observe the results of effective technical-tactical actions by the players during the game in Table 2, the control group's short-range pass rate is 0.80 (R≥0.05), medium-range pass rate is 0.97 (R≥0.05), tstyu-0.66 (R≥0.05) in passing the ball for a long distance, tstyu-1.25 (R≥0.05) in passing the ball during the game, tstyu-0.57 (R≥0.05) in carrying the ball, tstyu-0.72 (R≥0.05) in deceiving the opponent, tstyu-1.12 (R≥0.05) in taking away the ball, For p, tstu-1.83 (R≥0.05) in aerial fight, tstu-1.30 (R≥0.05) in head shots, tstu-0.19 (R≥0.05), during the game team technical and tactical actions were performed as a result of tstyu-2.05 (R≥0.05).

In the experimental group, in the process of carrying out special exercises in the training sessions, the increase in technical movements was observed. When comparing the results before and after the study, we observed an increase of tstyu-0.16 (R≥0.05) and tstyu-1.58 (R≥0.05) in the movements of taking the ball. we observed no. tstyu-4.38 (R≤0.01) for passing the ball to a short distance, tstyu-2.06 (R≤0.05) for passing the ball to a medium distance, tstyu-3.61 for passing the ball to a long distance (R≤0.01), tstyu-5.84 (R≤0.01) in total passes, tstyu-5.01 (R≤0.01) in attempts to deceive the opponent, tstyu-2.27 (R≤0.05), tstu-3.75 (R≤0.01) in head shots at the opponent's goal, and tstu-6.25 (R≤0.01) in total technical-tactical actions tstu-8.39 (R≤ 0.01) we observed the results.

Judging from the team's technical and tactical actions, we think that the special exercises conducted in our training sessions increased the team's efficiency.

If we look at the obtained results, we can see that the results of different apmlua players, especially the post-study results of defenders, midfielders and forwards of the control group, do not change much. In the study comparing the next effective technical and tactical actions, defenders' next result in passing the ball to a short distance was 19.50±1.14 (R≥0.61), midfielders



31.70±5.23 ($R \geq 0.17$) and 18.43±1.28 ($R \geq 0.41$) defenders 8.86±0.26 ($R \geq 1.14$), midfielders 10.18±1.00 ($R \geq 0.40$) and 7.58±0.70 ($R \geq 0.49$), defenders 7.44±0.71 ($R \geq 0.18$), midfielders 6.52±0.53 ($R \geq 0.35$) and 4.53±0.57 ($R \geq 0.15$), defenders 3.50±0.55 ($R \geq 0.35$), midfielders 6.60±0.69 when carrying the ball ($R \geq 0.16$) and 8.10±0.83 ($R \geq 0.16$), defenders, 2.00±0.24 ($R \geq 0.66$), midfielders 3.96±0.28 ($R \geq 0.71$) and 8.10±0.83 ($R \geq 0.16$), defenders in possession, 9.42±1.15 ($R \geq 0.35$), midfielders 4.28±0.15 ($R \geq 1.14$) and 2.90±0.32 ($R \geq 0.51$), defenders in fighting for the ball in the air, 3.04±0.13 ($R \geq 1.00$), midfielders 1.20±0.22 ($R \geq 1.59$) and 0.50±0.08 ($R \geq 0.87$), shots on goal by defenders, 0.52±0.19 ($R \geq 0.14$), midfielders, 0.34±0.11 ($R \geq 0.48$) and 0.43±0.15 ($R \geq 0.00$), on foot defenders, 0.44±0.11 ($R \geq 0.23$), midfielders 1.00±0.19 ($R \geq 0.31$) and 1.25±0.17 ($R \geq 0.43$) in shots on goal we got the results.

It can be seen from the obtained results that the technical and tactical actions of the midfielders are higher than the actions of the attackers and defenders during the game, and the actions of the attackers are higher than the actions of the defenders. But if we focus on the efficiency indicator, it was found that the efficiency of the defenders is higher than the actions of the midfielders and attackers, and the efficiency indicator of the technical and tactical actions of the attackers during the game is low.

If we talk about their individual roles during the game, defenders have good results in passing the ball, receiving the ball, fighting for the ball in the air, and passing the ball in the actions of the midfielders. we found out that the results are high in passing and performing other technical actions and in attacking the ball, in the actions of hitting the goal.

If we conclude from the obtained results, the exercises are the technique acquired during the game when it was determined that, taking into account vertical movements, it is aimed at eliminating the shortcomings in the game of different role players, developing exercises aimed at performing exercises in one touch, quickly, with the participation of various combinations and the opponent, and conducting them in the training process will give high results.

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