



# METHODOLOGY FOR TRAINING AND IMPROVING THE EFFICIENCY OF TECHNICAL AND TACTICAL ACTIONS OF FOOTBALL PLAYERS

Raximov A. A.

Senior Lecturer of the Department of “Physical Culture and  
Sports Activities” of Tashkent State University of Economics

## Abstract

This article focuses on the use of digital technologies and adaptive training to enhance the technical and tactical preparation of old football players. Training young players using simulations and artificial intelligence tailored to their individual needs improves decision-making speed, reaction, and team play cohesion. This scientific approach positively impacts not only the physical development of young footballers but also their psychological and cognitive growth.

**Keywords:** Old football players, technical training, tactical training, adaptive training, digital technologies, artificial intelligence, decision-making, simulation, physical development, psychological development, cognitive development, team play.

## Introduction

Today, health promotion and adherence to a healthy lifestyle have become one of the urgent problems facing the entire world community. Attention to sports in our republic has risen to the level of state policy. Physical and technical training of young athletes is a necessary factor in creating a solid foundation for their future success. Physical training of athletes, especially in the game of football,



is a process aimed at the comprehensive development of the body, strengthening health and increasing physical abilities. Football is a real athletic game that helps to develop such qualities as speed, agility, endurance, strength and jumping. Therefore, the process of training young football players requires specific approaches aimed not only at learning game techniques, but also at developing the skills of making quick and effective decisions in complex game situations.

Improving the technical and tactical preparation of football players plays an important role in their overall development. Children are going through an important stage of physical, mental and social development, which requires teaching them to act effectively and make flexible decisions during the game. At the same time, it is impossible to perfectly master various football techniques in a short time, therefore, there is a need to introduce innovative approaches to the process of training players.

Technical and tactical training of young players is one of the topical issues in the modern sports training system. Today, since football has become a popular and highly competitive sport on a global scale, the need to use advanced methods in training players and developing their technical skills is increasing. Technical and tactical training is of great importance for young players, since this youth period is an intensive period of their physical and psychological development. Technological innovations, including artificial intelligence and simulation systems, have further expanded the possibilities of adapting the training process of young players to individual needs.

This approach allows players to improve their decision-making skills in real game situations, and to develop their skills to act quickly and effectively. Therefore, the introduction of digital technologies into the process of training football players, the implementation of personalized and adaptive training methods is of great importance in modern sports science and practice. This topic is also very relevant because it is aimed at increasing the competitiveness of young football players, ensuring their success and sustainable development in sports. New training methods developed using digital technologies can take the training of athletes to a new level in the future. This approach allows for the combined support of the technical, tactical and psychological development of



young football players, and as a result, their overall sports performance will significantly improve.

First of all, we understand the physical training of young athletes as one of the most important components of sports training, a process aimed at the comprehensive development of the body, strengthening health, improving physical abilities and creating a solid functional base for all other types of training [1]. Football (English: football; foot — “foot”, ball — “ball”) — a sports game [2]. Football is a real athletic game. It helps develop such qualities as speed, agility, endurance, strength, and jumping ability [3]. The training of young football players has its own characteristics. These should be taken into account when properly organizing training activities for children and adolescents in sports teams.

It is practically impossible to master the various techniques of the football game in a short time. Only as a result of proper perspective planning of training and training of football players from 9-10 to 17-18 years old can the task of training football players with a high level of technique be solved [4].

The football player's extremely healthy, well-developed physical condition, high moral and volitional qualities serve as the main factor in mastering football skills. In the process of training and training of football players, the following tasks should be solved:

- a) expanding the functional capabilities of the athlete's body (respiratory, cardiovascular and other systems);
- b) maintaining and increasing the athlete's working capacity;
- d) expanding knowledge about the field of sports and developing hygiene and self-control skills;
- e) cultivating the qualities of diligence, discipline, awareness, and activity [5].

Technical and tactical training of young football players has a great impact on their future development. At this age, children are at a critical stage of their physical, mental and social development, requiring special methodological approaches to develop effective actions and quick decision-making skills in the game of football. In technical and tactical training, it is important not only to master the basic movements - the technique of correct reception, passing and



kicking of the ball, but also to develop the skills of good reading of the game and flexible decision-making.

In this process, the widespread use of simulation training and game-based exercises can increase efficiency, as they develop the skills of quick thinking and action of players by modeling real game situations. It was found that during the training of young football players, great attention is paid to the development of general physical fitness during the training period according to the annual plan [6]. Technical and tactical training of young football players in the training period according to the annual plan, 230-250 hours are allocated [7].

The current world of football requires every player to be able to handle the ball correctly, to perform precise and flawless movements, to be able to play both in attack and defense. Because an uncertain movement can cause the team's organized attacks to end incompletely, ineffectively, or to lose the ball. Often, coaches use tactical systems based on the skills and strength of the football team. These systems can sometimes be useful, but sometimes they can be disastrous [2].

The proposed method as a scientific innovation is to increase the speed of decision-making and the effectiveness of actions of young players by integrating digital technologies into the adaptive and personalized learning process. This method is implemented through real-time monitoring, simulation of game situations, and exercises aimed at cognitive development. Through this approach, coaches and players can monitor the individual development process of each player using virtual simulation, identify their weaknesses, and adjust training accordingly.

One of the main aspects of the application of this scientific innovation is the expansion of the technique of "game-based decision-making" using digital platforms designed for players. For example, a player faces various tactical situations during a game: how to receive the ball, quickly pass it to a teammate or defend against an opponent. Training sessions that simulate these situations create the opportunity to teach young players automated decision-making methods. Through these technologies, it is possible to create an adaptive training system for each player, forming tactical actions in accordance with his level of



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ability, individual needs and physical capabilities. As an innovation, through algorithms based on artificial intelligence, the playing style, speed of movement, reaction and decision-making abilities of players are accurately analyzed, and unique tactical approaches are developed during the training process. Thus, during each training session, the player further improves his tactical decision-making process. This technological approach supports not only the technical preparation of young players, but also their psychological and cognitive development, which has a positive impact on the speed of the football game and the coordination of team actions.

In conclusion, it can be said that the effectiveness of using digital technologies and adaptive training methods in the process of technical and tactical training of young football players was analyzed. The physical development and formation of technical skills of young football players creates a solid foundation for their success in their future sports activities. With the help of simulation and artificial intelligence technologies adapted to individual needs, it was observed that players' skills such as decision-making speed, reaction and coordination in the game have significantly improved.

Also, virtual training allows players to increase their strategic understanding of the game and their ability to adapt to real game situations. This approach not only strengthens the technical and tactical preparation of players, but also supports their psychological and cognitive development. Adaptive training based on artificial intelligence allows for more effective monitoring and management of the individual development process. The use of specific and personalized training programs for young football players is an important factor in preparing them for successful sports activities. At the same time, the effectiveness of this approach can serve as a basis for the further widespread use of digital technologies in the training process of many young athletes in the future.

**Individualized training programs:** It is recommended to create personalized training programs that take into account the individual needs, ability levels and development indicators of young players. This will help to develop the skills of



quick decision-making and game reading in game situations for each player, especially through adaptive training and digital technologies:

**Wider use of digital technologies:** The wider use of simulation and artificial intelligence technologies will help to form the technical and tactical skills of young players more quickly and develop their game reading skills. In this regard, it is recommended to widely introduce digital platforms and game-context decision-making programs into training.

**Special training courses for coaches:** It is necessary to organize special training courses for coaches to use digital and adaptive technologies. These courses will allow coaches to understand innovative approaches and incorporate them into their training plans and methods.

**Strengthening psychological preparation:** In addition to the technical and tactical preparation of players, it is important to focus on increasing their psychological resilience. Therefore, it is recommended to use psychological training, including stress management, concentration and team coordination.

**Innovative monitoring and evaluation methods:** Innovative monitoring and analysis methods should be used to assess the technical and tactical development of players in real time during the game. These technologies will identify the strengths and weaknesses of players and monitor their growth dynamics during training.

**Developing teamwork:** Since football is a team sport, special attention should be paid to developing the skills of players to work together. It is proposed to develop programs to improve cooperation, communication and tactical coordination through team training. These proposals are aimed at the comprehensive development of young players, helping them to develop effectively in technical-tactical, physical and psychological aspects, thereby creating the basis for young players to achieve high results.

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