



PRELIMINARY PHYSICAL AND SPECIAL TRAINING INDICATORS OF 11-12-YEAR- OLD FOOTBALL PLAYERS

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Jismoniy tarbiya va sport bo'yicha mutaxassislarni
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Abstract

The article presents methods for improving the physical fitness and developing the physical qualities of 11–12-year-old football players through various games. Physical changes in children were analyzed using the “Square” and “Envelope” exercises. The analysis results were divided into experimental and control groups and presented in tables. Conclusions were drawn based on the analysis of the results shown in the tables.

Keywords: Skill, ability, sports training, physical exercises, physical qualities, “Square”, “Envelope”, technique, tactics.

Introduction

ANNOTATSIYA

Maqolada 11-12 yoshli futbolchilarni jismoniy tayyorgarligini oshirish, jismoniy sifatlarini rivojlantirish maqsadida turli o'yinlar orqali vazifalar hal qilinishi berilgan. “Kvadrat ” va “Konvert” mashqlari orqali bolalardagi jismoniy o'zgarishlar tahlil qilingan. Tahlillar NG va TG ga ajratilib jadvalga tushurilga. Jadvallardagi natijalar tahlili bilan xulosalangan.

Kalit so'zlar: Ko'nikma, malaka, sport tayyorgarligi, jismoniy mashqlar, jismoniy sifatlar, “Kvadrat ”, “Konvert”, texnika, taktika.



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Аннотация

В статье представлены способы решения задач по повышению физической подготовленности и развитию физических качеств у футболистов 11–12 лет посредством различных игр. Физические изменения у детей были проанализированы с помощью упражнений «Квадрат» и «Конверт». Результаты анализа были разделены на экспериментальную и контрольную группы и оформлены в виде таблиц. Итоговые выводы сделаны на основе анализа данных, представленных в таблицах.

Ключевые слова: навык, умение, спортивная подготовка, физические упражнения, физические качества, «Квадрат», «Конверт», техника, тактика.

The task of the work: solving the tasks of special exercises through active games for 11-12-year-old football players.

The purpose of the work: using special exercises to improve the physical fitness of 11-12-year-old football players through active games.

Skills, qualifications and sports training are formed in young football players in the process of training. This is achieved through repeated repetition of exercises, repetition, in turn, affects the activity of all organs and systems. Sports training is the consistent use of all factors (tools, methods, conditions) together, ensuring the readiness of football players to achieve sports success.

The entire process of sports training can be conditionally divided into educational and training parts.

Physical exercises help to improve coordination of movements, increase strength, speed, endurance and agility. This improves the functioning of the cardiovascular, respiratory and other systems of the body, and therefore, the athlete's working capacity increases, and the recovery process after the load is accelerated. Each exercise affects one or another quality and skill to a greater or lesser extent. Therefore, physical exercises are selected based on the greatest effect.



Special training exercises include elements of competition movements, their variants, as well as work and movement that are very similar in form and character (game movements and combinations).

Special training exercises in football are strictly determined by the nature of the game. At the same time, these exercises are not the same in the game. They are aimed at developing the qualities and skills necessary for the player and are selected in such a way that they can provide a differential effect.

In turn, special training exercises are divided into auxiliary and developmental exercises. Auxiliary exercises mainly help to master the form and technique of movement. Developmental exercises are mainly aimed at developing physical characteristics.

With the help of general training exercises, it is possible to effectively solve the tasks of comprehensive physical education and selectively influence the development of the main physical characteristics, movements, skills and abilities of football players.

All exercises used in football training can be divided into basic and auxiliary types of exercises.

The main exercises include:

- a) general and special exercises that develop movement qualities;
- b) exercises to study and improve the technique of carrying the ball;
- c) exercises to study and improve tactical methods, combinations and game systems.

Auxiliary exercises include:

- a) general developmental exercises that contribute to the emergence of a new system of conditioned reflexes, expanding the functional capabilities of the body in the implementation of basic movement skills;
- b) special exercises that correspond to or are close to different parts of the movement skills according to the structure of the movement (temporary connection);
- c) exercises taken from other sports that help to form movement skills and expand the functional capabilities of the body.



As a result of increasing the total volume of exercises used, the use of one exercise to solve several tasks, taking into account the effect of exercises when combined, is becoming increasingly important.

Therefore, we decided to provide physical loads through games for young football players aged 11-12.

"Square" house

1. Purpose of exercises

At this age, the main focus should be on: technique (receiving, passing, carrying the ball) speed and mobility coordination decision-making (thinking) increasing interest in football

Field parameters

Size: 10 × 10 meters square

Surface: artificial or natural turf

The edges are marked with cones (pebbles), 2 foot guards

Group: 10–18 children

Recommended equipment

4–6 cones (pebbles)

2–3 soccer balls

2 foot guards

Exercise complex

1, Carrying the ball (Dribbling)

Children control the ball within the square with the inside and outside of the foot

Change direction when the coach gives a signal Duration: 3–4 minutes

Develops: technique, coordination

2, Walking between cones 4–6 cones in a zigzag pattern, each child passes between the cones with a ball, Walking between cones 4–6 cones in a zigzag pattern, each child passes between the cones with a ball Difficulty: develops only with the weaker leg:

Testing rules (briefly)

1 attempt — familiarization

2 main attempts

The best time is taken into account



A full turn is required

The assessment scale is performed 4 times, 2 minutes, 60 seconds of rest after each attempt

Time (seconds)

Excellent, very good speed and agility

14.0-15.1 – 15.9

(4)

Good, fully consistent with age standards

16.0-16.1 – 17.0

(3)

Average, needs to be worked on

17.1 – 18.5

(2)

Unsatisfactory, technique weak

18.6 and slower

(1)

Very low, individual work required

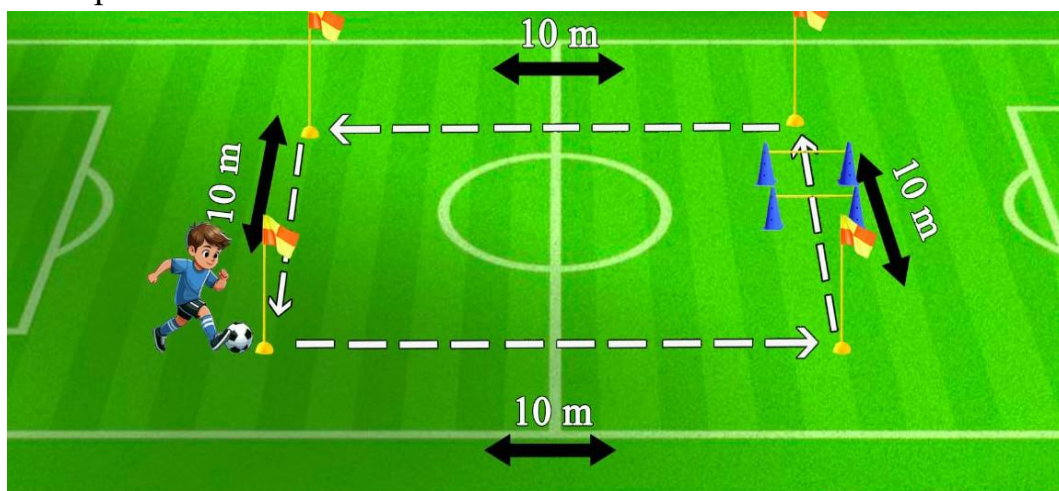
Testing rules (briefly)

1 attempt - familiarization

2 main attempts

Best time counts

Must complete turn.





“Envelope”

Purpose of the exercise: Development of ball control Speed in changing direction Coordination and coordination of movements The ability to make quick decisions on a small field, this exercise is often called “Eight-eight”, because children pass the ball in the form of a figure (figure 8).

Field and equipment

Size: 10 × 10 meters square

Equipment:

4–6 cones (to draw an 8 shape)

1–2 soccer balls (No. 4)

Start/stop points marked on the field

Rules of the exercise

1 , Preparation

Each child is given a ball

A figure 8 (eight-eight) is drawn on the field with cones

2 , The main sequence of the exercise is that children control the ball with their feet and move along the figure 8. When passing the ball, the inside and outside feet are used alternately. When changing direction, it is necessary to move quickly and in a controlled manner. If one child encounters another, a “pass” can be made (mini-pass).

3, Dressing techniques

Passing the ball with only one foot, Time limit: Complete 1 shape in 20–30 seconds Additional movements: low pass, jump. Skills to be developed

Ball control

Change of direction and movement

Coordination and balance, Decision-making, Physical fitness

Duration

Warm-up: 5–7 minutes

Main exercise: 10–15 minutes, Repetition and competition: 5–10 minutes Skills to be developed, Ball control, Change of direction and movement, Coordination and balance Decision-making Physical fitness

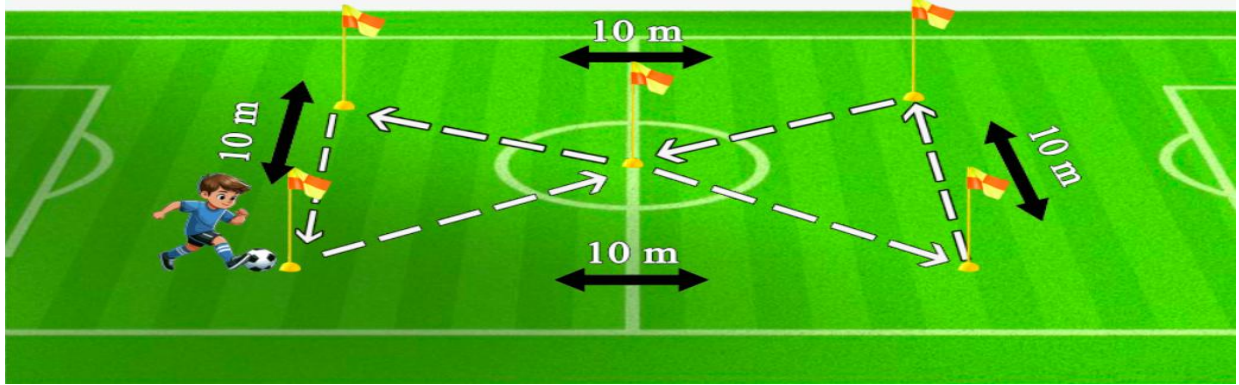
Duration

Warm-up: 5–7 minutes

Main exercise: 10–15 minutes

Repeat 3 times, 2 minutes each

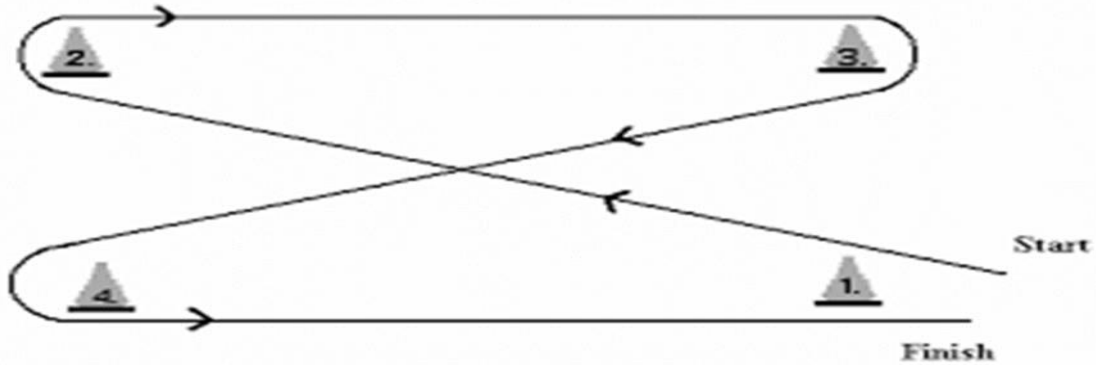
Rest 60 seconds



or



4 Cone Cross Pattern





The results showed that

Statistical analysis of the initial physical and special training indicators of the experimental and control groups of 11-12 year old football players at the beginning of the experiment (n=40)

№	Tests	Experience group			Control group			Relative growth %	t	P
		\bar{X}	σ	V, %	\bar{X}	σ	V, %			
1.	30-meter run (seconds)	4,57	0,48	10,50	4,58	0,65	14,19	0,22	0,56	>0,05
2.	30-meter run with a ball (seconds)	5,82	0,75	12,89	5,79	0,68	11,74	0,51	0,24	>0,05
3.	Standing high jump (cm) Vertical jump	35,9	2,89	8,05	34,5	2,67	7,74	3,90	1,59	>0,05
4.	Standing long jump (cm)	173,3	5,46	3,15	170,9	7,02	4,11	1,38	1,21	>0,05
5.	Shoulder kick	22,55	2,26	10,02	21,34	2,76	12,93	5,36	1,51	>0,05
6.	6 (times)30 meters (seconds)	17,00	2,02	11,88	17,42	1,89	10,84	2,47	0,69	>0,05
7.	Running in a figure 8 with cones on the field (eight-point) seconds	17,05	2,04	11,96	17,55	2,07	11,79	2,93	0,76	>0,05

The difference in the performance of the young players in the experimental and control groups in the control tests on physical and special qualities was as follows. The average time for running 30 meters in the experimental group was 4.57 seconds, and the average time for running 30 meters with a ball was 4.58 seconds (difference 0.01 seconds). The average time for running 30 meters with a ball was 5.82 seconds in the experimental group, and 5.79 seconds in the control group (difference 0.03 seconds). The average time for vertical jump from a standing position was 35.9 centimeters in the experimental group, and 34.5 centimeters in the control group (difference 1.4 centimeters). The standing long jump was 173.3 centimeters on average in the experimental group of young footballers, and 170.9 centimeters on average in the control group of young footballers (difference 2.4 centimeters). The average time for kicking a ball with the side of the foot for 6 times at 30 meters was 22.55 seconds in the experimental group of young footballers, and 21.34 seconds in the control group of young footballers (difference 1.21 seconds). Running in a figure



8 with cones on the field was 17.00 seconds in the experimental group of young footballers, and 17.42 seconds in the control group of young footballers (difference 0.42 seconds). The average time to control the ball with the inside and outside of the foot in a square was 17.05 seconds for young football players in the experimental group and 17.55 seconds for young football players in the control group (difference 0.5 seconds).

Statistical analysis of physical and special training indicators of 11-12 year old football players at the beginning and end of the experiment (n=40)

t/r	Nazorat testlar	Tajriba boshida			Tajriba oxirida			Nisbiy o'sish, %	t	P
		\bar{X}	σ	V %	\bar{X}	σ	V %			
Tajriba guruhi										
1	30 metrga yugurish (soniya)	4,57	0,48	10,50	4,04	0,50	12,38	11,60	3,53	<0,001
2	30 metrga to'p bilan yugurish (soniya)	5,82	0,75	12,89	5,15	0,67	13,00	11,51	2,91	<0,01
3	Balandlikga o'rindan turib sakrash (sm) vertikal sakrash	35,9	2,89	8,05	39,5	1,98	5,01	10,03	4,61	<0,001
4	Turgan joydan uzunlika sakrash (sm)	173,3	5,46	3,15	185,5	4,66	2,51	7,04	7,62	<0,001
5	Oyoq yoni bilan zarba berish 6 (marta)30 metr(soniya)	22,55	2,26	10,02	20,01	2,06	10,29	11,26	3,73	<0,01
6	Maydonda konuslar bilan 8 shaklida yugirish (vosmerka)soniya	17,00	2,02	11,88	15,12	1,99	13,16	11,06	2,98	<0,01
7	kvadrat ichida to'pni oyoqning ichki va tashqi qismi bilan boshqarish yugirish (kvadrat)soniya	17,05	2,04	11,96	15,20	2,06	13,55	10,69	2,80	<0,05
Nazorat guruhi										
1	30 metrga yugurish (soniya)	4,58	0,65	14,19	4,35	0,68	15,63	5,02	1,15	>0,05
2	30 metrga to'p bilan yugurish (soniya)	5,79	0,68	11,74	5,65	0,62	10,97	2,42	0,70	>0,05
3	Balandlikga o'rindan turib sakrash (sm) vertikal sakrash	34,5	2,67	7,74	34,2	2,48	7,25	0,87	0,37	>0,05
4	Turgan joydan uzunlika sakrash (sm)	170,9	7,02	4,11	172,8	6,77	3,91	1,11	0,87	>0,05
5	Oyoq yoni bilan zarba berish 6 (marta)30 metr (soniya)	21,34	2,76	12,93	20,45	1,38	6,78	4,14	0,51	>0,05
6	Maydonda konuslar bilan 8 shaklida yugirish (vosmerka)soniya	17,42	1,89	10,84	16,52	1,98	11,98	5,17	1,36	>0,05
7	kvadrat ichida to'pni oyoqning ichki va tashqi qismi bilan boshqarish yugirish (kvadrat)soniya	17,55	2,07	11,79	16,55	2,09	12,62	5,69	1,51	>0,05



In the experimental group, the exercise result in the “30-meter run” improved from an average of 4.57 ± 0.48 seconds to 4.04 ± 0.50 seconds, and this difference was statistically significant ($t = 3.53$; $P < 0.001$), while in the control group, the result changed from an average of 4.58 ± 0.65 seconds to 4.35 ± 0.68 seconds, and this change was considered unreliable ($t = 1.15$; $P > 0.05$). In the experimental group “30-meter ball run”, the exercise result improved on average from 5.82 ± 0.75 seconds to 5.15 ± 0.67 seconds, and this difference was statistically significant ($t = 2.91$; $P < 0.01$), while in the control group the result changed on average from 5.79 ± 0.68 seconds to 5.65 ± 0.62 seconds, and this change was not significant ($t = 0.70$; $P > 0.05$). In the experimental group “standing high jump”, the exercise result improved on average from 35.9 ± 2.89 centimeters to 39.5 ± 1.98 centimeters, and this difference was statistically significant ($t = 4.61$; $P < 0.001$), while in the control group the result changed on average from 34.5 ± 2.67 centimeters to 34.2 ± 2.48 centimeters, and this change was not significant ($t = 0.01$; $P < 0.01$). unreliable ($t = 0.37$; $P > 0.05$). In the “standing long jump” experimental group, the exercise result improved from 173.3 ± 5.46 centimeters to 185.5 ± 4.66 centimeters on average, and this difference was statistically significant ($t = 7.62$; $P < 0.001$), while in the control group the result changed from 170.9 ± 7.02 centimeters to 172.8 ± 6.77 centimeters on average, and this change was unreliable ($t = 0.51$; $P > 0.05$). In the “30-meter side kick 6 times” experimental group, the exercise result improved from 22.55 ± 2.26 seconds to 20.01 ± 2.06 seconds on average, and this difference was statistically significant ($t = 3.73$; $P < 0.01$), while in the control group the result was moderately significant changed from 21.34 ± 2.76 seconds to 20.45 ± 1.38 seconds, this change was considered unreliable ($t = 0.51$; $P > 0.05$). In the experimental group “Running in the form of 8 with cones on the field” (eight-shaped), the exercise result improved on average from 17.00 ± 2.02 seconds to 15.12 ± 1.99 seconds, and this difference was statistically significant ($t = 2.98$; $P < 0.01$), while in the control group the result changed on average from 17.42 ± 1.89 seconds to 16.52 ± 1.98 seconds, this change was considered unreliable ($t = 1.36$; $P > 0.05$). In the experimental group “Running with the inside and outside of the foot in a square” (square), the exercise result improved on



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average from 17.05 ± 2.04 seconds to improved by 15.20 ± 2.06 seconds and this difference was statistically significant ($t=2.80$; $P<0.05$), while in the control group the result changed from 17.55 ± 2.07 seconds to 16.55 ± 2.09 seconds, this change was considered unreliable ($t=1.51$; $P>0.05$).

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