

The Role of Tactical Training in the Comprehensive Training of Young Football Players

Muminov Feruzjon Ilhomovich

Bukhara State University Faculty of Physical Education and Sports Lecturer of the Department of Sports Activities, P.h.D.

Annotation: This article highlights the importance of tactical training in the process of comprehensive training of young football players. Tactical training serves to develop the skills of football players to make the right decisions on the field, understand the team game and implement strategic actions. The success of a football game depends not only on physical and technical training, but also on aspects such as understanding the game, choosing the right position, anticipating the opponent's actions and using effective offensive and defensive tactics. Therefore, special attention should be paid to the tactical training of young football players. The article provides detailed information on effective tactical training methods for young players, ways to form tactical training depending on their age category and its impact on overall development. It also analyzes aspects such as players' ability to act in harmony with the opponent in the game, correct positioning, ability to see the field more widely, and increasing the speed of decision-making. Through these aspects, young players will be able to play at a high level and master complex tactical schemes.

Keywords: team tactics, individual tactics, theoretical training, practical training, game training, individual training, defense, attack, goalkeeper, tactical scheme.

Introduction.

Relevance and necessity of the article: In modern football, the comprehensive preparation of young players is of great importance. A player who is well-prepared physically, technically, psychologically and tactically can achieve success in a team game. In particular, tactical preparation is one of the important factors for players to understand the game, make the right decisions on the field and organize team actions correctly. This article analyzes the role and importance of tactical preparation in the complex preparation of young players.

Tactical preparation is a system of training aimed at the correct implementation of team and individual actions by players during the game. This process helps players to correctly understand game situations, adapt to the actions of their opponents and develop their quick decision-making skills.

Materials.

Tactical preparation is carried out in two main areas:

1. Team tactics

Team tactics include the mutual actions of the entire team or individual lines (attack, midfield, defense). This determines how the team moves in attack and defense, what schemes it uses.

Team tactics:

Understanding game patterns – understanding and applying team game patterns such as 4-4-2, 4-3-3, 3-5-2.

Pressing and counter-pressing – putting pressure on the opponent and immediately returning to defense when the ball is lost.

Attacking – creating scoring opportunities through wing attacks, combination play, fast counterattacks.

Defense – zonal defense and personal defense methods, correct positioning in defense.

Standard situations – strategies for collective execution of corners, free kicks and penalties.

Methods for forming team tactics:

On-field training sessions – the team learns to adapt to different situations.

Video analysis and theoretical training – learning from the team's previous matches or world-class matches.

Team exercises – players are divided into small groups and perform tactical tasks.

2. Individual tactics

Individual tactics are related to the player choosing the right position on the field, performing offensive and defensive actions, and making the right decisions during the game. Each player must master different tactical elements depending on their position.

Individual tactical areas:

Positional play – the player choosing the right position and moving on the field.

Making the right decisions – knowing when to press, when to pass or use dribbling.

Defensive actions – defending together, anticipating pressing methods and opponent's moves.

Attacking tactics – creating space, deceiving opponent's defenders during the attack.

Analyzing the opponent each player must study the weaknesses of the opponent in front of him and use them.

Methods for developing individual tactics:

Individual training - each player performs exercises appropriate to his position.

Game analysis - the player watches his game and analyzes his mistakes and correct decisions.

Coaching instructions - giving individual tactical recommendations to each player.

Tactical training in football helps players to act correctly on the field, play harmoniously with the team, and develop the ability to make quick decisions during the game. This training is carried out in two directions - team and individual tactics. While team tactics ensure the harmonious movement of the entire team, individual tactics help each player to correctly fulfill their role. As a result of properly organized tactical training, players will be able to more effectively manage the game and achieve results.

Tactical training involves the process of a player's correct positioning on the field, movement with and without the ball, playing in coordination with teammates, and adapting to the opponent's movements. The main goal of this training is to teach players strategic thinking in the game, to form in them the skills of quick and effective decision-making.

The tactical development of young players requires a deep understanding of team and individual play. This process is carried out through the following main methods:

Research and methods.

Theoretical preparation:

At this stage, players understand game strategies, schemes and principles of movement. Theoretical knowledge is the basis for tactical solutions that will later be used on the field.

Main areas:

- Explanation of game schemes - study of tactical schemes such as 4-4-2, 4-3-3, 3-5-2 and their advantages.
- Team strategies - discuss offensive and defensive tactics.
- Opponent analysis - identify the strengths and weaknesses of opponents through video analysis.
- Positional understanding - study the principles of correct player positioning and movement on the field.

Methods:

- Presentation and lectures - coaches convey theoretical knowledge to players.
- Video analysis - show players' mistakes through world-class games or training sessions.
- Tactical boards - are used to explain the field positioning and game schemes to players.

Practical training:

Special training sessions are held to apply theoretical knowledge on the real field. During this process, players learn how to act in various tactical situations.

Main areas:

- Correct positioning on the field - players learn how to act in attack, defense and midfield.
- Pressing and counter-pressing - methods of putting pressure on the opponent and immediately winning the ball back after losing it.
- Passes and movement combinations - short and long passes, triangular passes and creating open space.
- Quick decisions in the game - players need to understand how to act quickly and correctly in different game situations.

Methods:

- Tactical tasks - players act according to predetermined tactical situations.
- Game simulations - players are taught to find solutions by creating real game situations.
- Team exercises - practicing tactical games in small groups or as a whole team.

Game-based learning:

Football players need to learn to apply their tactical knowledge in real game situations.

Main areas:

- Small games – games played in 3x3, 5x5, 7x7 formats teach players to make quick decisions.
- Team games – games are organized between the main team and reserve players.
- Tactical problem solving – players must complete specific tasks set by the coach during the game.

Methods:

- Analysis and feedback – coaches analyze how the players should act at the end of the game.
- Direction during the game – the coach controls the position of the players on the field.

Games with conditional restrictions – players are given a specific tactical task and are required to follow it (for example, attack only from the flanks).

Results.

Individual training:

It is important for each player to learn tactical moves appropriate to their position. This not only improves team play, but also helps the players develop personally.

Main areas:

- For defenders – correct positioning, pressing methods, anticipating the opponent's movements.
- For midfielders – controlling the game, pressing and counter-pressing, passing the ball forward.
- For forwards – creating space, positional play, breaking the opponent's defense.
- For goalkeepers – correct positioning, anticipating attacks, preparing for penalties and set pieces.

Methods:

- Positional training – the player conducts special training according to his role.
- Individual video analysis – each player analyzes his game and corrects his mistakes.
- Development of personal skills - special exercises on dribbling, passing, pressing and making the right decisions.

The process of tactical training of young players includes such main areas as theoretical knowledge, practical training, game-based training and individual training. As a result of properly conducted tactical training, players acquire the skills of quick decision-making in the game, teamwork and strategic thinking on the field.

Discussion.

The impact of tactical training on the development of young players:

Tactical training helps young players to move correctly on the field, understand the team game and develop strategic thinking. As a result of this training, players grow not only physically, but also mentally. Below we will consider in detail how tactical training affects players:

1. Quick and correct decision-making

Situations in a football game change very quickly. Therefore, it is important for a player to think quickly and make quick decisions. Through tactical training, young players learn the following:

- Know in advance how to act with or without the ball.
- Feel the opponent's pressure and understand ways to escape from it.
- Quickly analyze several opportunities and make the most optimal decision.

2. Comprehensive understanding of the game

A football player's complete understanding of the game improves his actions on the field. In this regard, tactical training develops the following aspects:

Positional play - the player learns the rules of proper positioning.

Anticipation - the player can anticipate the opponent's movements.

Tactical coordination - learning to act in accordance with the team's tactical plan.

3. Team culture

Football is a team game, and each player must act in accordance with the overall strategy of the team.

Tactical training teaches players the following:

Cooperation - correct communication and passing with teammates.

Positional discipline - the player does not leave his place and acts in harmony with teammates.

Acting together in defense and attack - mastering the principles of initiating an attack and correctly positioning in defense.

4. Improving defensive and offensive actions

Each player must understand what role he plays in the attack or defense process. Tactical training develops the following skills in this regard:

For defenders - anticipating opponent's movements, pressing, zonal and personal defense methods.

For midfielders - controlling the game, bringing the ball forward and pressing the opponent.

For attackers - entering the empty zone with or without the ball, positional movements and creating scoring opportunities.

Formation of tactical training by age group:

The tactical training process for players of each age group should be formed in accordance with their level of physical and mental development. The following are the methods of tactical training by age group.

➤ 6-10 years: Simple game formats and initial tactical concepts.

At this stage, players get acquainted with the basic rules and tactical elements of the game.

The main goal: To instill a love of football and explain the principles of the game.

The content of the training sessions:

➤ Teaching how to position yourself on the field.

➤ Giving the concept of tactics through simple 1x1 and 2x2 games.

➤ Easy tasks: accurately passing the ball to a teammate, correctly understanding the field.

11-14 years: Developing team play and individual tactical skills.

Players of this age begin to better understand team play and individual roles.

The main goal: To form the main tactical elements in the game.

Content of the training sessions:

➤ Using tactics in small game formats such as 3x3, 5x5.

➤ Teaching team attack and defense techniques.

➤ Explaining how to play against opponent pressure.

15-18 years old: Developing complex tactical schemes and strategies against the opponent:

At this stage, players learn to understand and apply complex tactical schemes in practice.

Main goal: Mastering playing techniques close to a professional level.

Content of the training sessions:

- Using tactical schemes with a full squad of 11x11.
- Analyzing the opponent's game and developing strategies against it.
- Developing the ability to make individual and collective decisions during the game.

Conclusion. Tactical training helps young players develop their ability to think on the field, make quick decisions, and play together as a team. This training provides the players with intellectual development as well as physical training.

Tactical training should be differentiated by age group. For players aged 6-10, the main focus is on basic game concepts, for players aged 11-14, teamwork and individual tactics, and for players aged 15-18, complex tactical schemes and strategies.

As a result of properly designed tactical training, players can improve their game and prepare for professional football.

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