

IMPORTANCE OF EFFECTIVE TACTICAL SYSTEMS AT FOOTBALL

Karimov Doniyor Komilovich & Karimov Abdulla Komilovich

Lecturers, Department of Theory and Methods of Physical Culture, Urgench State University, **UZBEKISTAN**

E-mail address: article_01@mail.ru

ABSTRACT

The main points of tactic movements in current modern football matches and conclusions which results are analyzed and based on the research are considered in this article.

Keywords: Football match, tactics, tactic movements, technical movements, training process, preparation, attack tactics, defense tactics.

INTRODUCTION

In order to further develop mass and professional football in Uzbekistan, to strengthen its material and technical base, to train and train a new generation of football players, great attention is paid by the Cabinet of Ministers and personally by the President of the Republic of Uzbekistan Sh. Mirziyoev. Development and implementation of decisions, decrees, and laws promote the development of sports.

The results of the recent major international football tournaments show that one of the key factors in winning the team is the ability to handle critical, rapid, unexpected actions. Even during the last World Championships, a number of teams have tried to establish their own team game with the same tactic as the tactic of winning their team, with rapid action, technical and tactical action. They did. It is also known that a number of national teams are preparing for similar tactics. For example, as today's football requires such training, we think that players should be trained in exactly the same way. One of the most important factors for success in soccer is the high level of play. In order to play in high activity, the player needs high physical training. The most important thing is to carry out high-tech activities without compromising efficiency.

Materials, Result and discussion

Football is one of the hardest and most emotionally-charged sports. From a physiological point of view, football is characterized by a dynamic, dynamic performance. During the game, the exercises are performed at different intervals and in different sequences. The intensity of the work may be different. Constant wrestling for the ball may have different shapes.

In this case, the player can perform walking, running at different speeds, abrupt stops, acceleration, jumping, hitting the ball, acrobatic moves. Our specialists and coaches note that the technical and tactical behavior of many players, who are considered highly skilled in Uzbekistan football, is much lower. A good example of this is the lack of technical and tactical actions in international matches of national team players. The next stage of Uzbek football development is directly related to the development of children's and youth soccer. The more effective the training and education of children and adolescents, the more effective is the development of Uzbek football.

Modern football requires every player to be able to handle the ball accurately, to pass the ball to their teammates, to direct the ball in the attack, defense and throughout the game. demands that they act because a vague act results in the ineffective completion of organized attacks on the team. In high-skilled teams, it is difficult to fix the technical and tactical deficiencies of players. Therefore, the more effective the training of children and adolescents, the more successful the struggle will be.

Therefore, the tactical schemes selected in each game depend on the outcome of the game. If a coach explains and explains the player's playing field through drawings and videos, the players understand each other on the pitch it will be easy to move. Below is a summary of the Ursu team's performance in various tactical game schemes.

Table 1. Tactical tactics of Ursu football team before the survey schema results

№	Date	Teams	4-3-3	3-1-3-3	4-4-2	4-5-1	3-5-2
1.	10.11.2017.	“UOZK”					7:6
2.	25.11.2017.	“UOZK”				6:5	
3.	12.12.2017.	Yangibozor		5:3			
4.	19.01.2018.	Xiva	2:2				
5.	26.01.2018.	Xonqa			3:1		
Ratio of goals			+0	+2	+2	+1	+1

The study of the problem investigated will determine how and how it will act in accordance with the selected tactical schemes. To this end, we set up a monitoring and research team to investigate the tactical behavior of the players.

Table 2. The tactic of the Ursu football team after the research schema results

№	Date	Teams	4-3-3	3-1-3-3	4-4-2	4-5-1	3-5-2
1.	17.02.2018.	“UOZK”					7:5
2.	10.03.2018.	“UOZK”					6:4
3.	24.03.2018.	“TTA”	3:2				
4.	27.03.2018.	“TTA”		4:2			
5.	29.03.2018.	“TATU”			3:0		
6.	28.04.2018.	“UOZK”	5:5				
7.	14.05.2018.	“TTA”			5:1		
		“TATU”				1:1	
9.	22.05.2018.	“UOZK”			4:0		
Ratio of goals			+1; -+0	+2;	+3;+4;4	+ -0	+2;+2

Analysis of the results of this game showed that prior to the research, Ursu played a 2-3 draw in a 4-3-3 tactical game, while the score was 0-2. The number of After the study, this tactical scheme had 2 games, the first match was 3: 2 and the score were improved to +1. The score was 0: 5 in the second game. In the 3-1-3-3 tactical games, the score was 5: 3 before the survey, with a score of +2. After the survey, the score was 4: 2, and the score was +2 again. In the 4-4-2 tactical games, the score was 3: 1 before the survey, with a score of +2. 3: 0 after the survey; 5: 1; The score of 4: 0 is +3, +4, +4. In this tactical scheme, our players performed better than other schemes. In the 4-5-1 tactical games, the score was 6: 5 before the survey, with a score of +1. After the survey, the TATU team scored 1-1 with a score of 0 again. In the 3-5-2 tactical games prior to the survey, UOZK scored 7: 6 with a score of +1. After two studies with the UOZK team, the score was 7: 5, 6: 4. agreed.

CONCLUSION

Based on these findings and analyzes, the following conclusions were made:

- It is advisable to conduct theoretical training before the competition or training because after hard work and game, the players will be exhausted and theoretical instruction and knowledge will be ineffective. Before the lesson, there will be short theoretical lessons, which will reveal the goals and objectives of the coach, solve problems with the use of pedagogical technologies, familiarize the content of the exercises with the models, give each player the task, correct the previous mistakes. explain how

- Theoretical training in tactics involves learning the rules of the game and acquiring specific tactics. The player's basic systems and variants should be aware of the role of specific ampoule players in the team to influence the interaction between different stages of the game and the use of external factors in the interest of the team.

- The study of football tactics begins by explaining the basic rules of the game, which are practiced during game management and training. The ability of players to make a good game and technical-tactical decision-making in a game environment is largely dependent on theoretical knowledge. The use of special barriers in the form of obstacles, training for technical modifications, and the challenge of changing the competition.

- It is important that the methodological rooms are equipped with modern equipment, soccer fields, whiteboards, video projectors, and computer equipment. The advantage of explaining tactical tactics in soccer during theoretical lessons is that it allows players to learn many of the games of the strongest teams. It is also one of the most effective ways to analyze your tactical actions.

- Many teams play on the field from 1-4-4-2 and 1-3-5-2. Teams that do the same for both attack and defense often create a 1-4-4-2 game. Defensive Tactics 1-3-5-2 play the game. Our Ursu team has often achieved good results in a 4-4-2 tactical system, so it is advisable to play our games.

REFERENCES

- [1]. R.A. Akramov is under general pressure. Football. Textbook. T: Lider Press 2005.
- [2]. Theory and methods of football. Textbook. ITA-PRESS, under the general editorship of R.I. Nurimov. Tashkent. 2015.
- [3]. Decree of the President of the Republic of Uzbekistan "On measures for further development of football". Tashkent. March 16, 2018
- [4]. Nurimov R.I Technical and tactical training of young players. Textbook. Tashkent, 2005.