

DISTINCTIVE CHARACTERISTICS OF TECHNICAL- TACTICAL TRAINING FOR GOALKEEPERS AGED 15- 16 YEARS

A.A. Kadirov

A senior teacher of the Department of Taekvondo and sports activities.

E-mail: sardorbek15101996@gmail.com

S.A. Ibragimov

A teacher of the Department of Taekvondo and sports activities.

E-mail: sardorbek15101996@gmail.com

Abstract. A significant focus is dedicated to the methodologies and strategies employed in the pedagogical framework for the technical-tactical training of goalkeepers aged 15-16 years. The efficacy of the training regimen is intrinsically linked to the judicious application of sports training techniques and instruments. Numerous expert studies highlight a paucity of scientifically substantiated data concerning the utilization of exercises tailored for the technical and tactical development of goalkeepers within this age bracket, particularly when considering meticulously regulated training loads.

Keywords: 15-16-year-old goalkeepers, selection, infrastructure, technical-tactical training, the most mass sport, export of players.

Introduction The law of the Republic of Uzbekistan dated September 5, 2015, № 394 “On physical education and sports”, the Decree of the President of the Republic of Uzbekistan dated June 3, 2017, PR-3031 “On measures for the further development of physical education and mass sports”, along with subsequent Decrees such as PR-3610 dated March 16, 2018, “On measures for the further development of football”, PD-5887 dated December 4, 2019, PD-5924 dated January 24, 2020, “On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan”, PD-6099 dated October 30, 2020, “On measures to widely implement a healthy lifestyle and further develop mass sports”, Decree PR-5279 dated November 5, 2021, “On measures to further improve the sports education system”, and PR-5281 dated November 5, 2021, “On the comprehensive training of athletes from Uzbekistan for the XXXIII Summer Olympics and XVII Paralympics in Paris, France 2024” are instrumental in creating the necessary conditions for youth to demonstrate their abilities in physical conditioning and sports, as well as their widespread involvement in physical education and sports.

To make football the most popular sport in Uzbekistan, a comprehensive system is being developed to identify, select, and nurture highly talented young players, training them as professional athletes. The goal is to elevate the country's football to a competitive level comparable to that of developed nations. This involves training football specialists according to international standards, enhancing the operations of football clubs, and effectively organizing the training process. Additionally, there is a strong emphasis on hosting world and continental championships for youth and women's teams.

Relevance of the study

In modern football, experts have noted that in moments of danger to the goal, the goalkeeper must feel a heightened sense of responsibility. At such times, the goalkeeper becomes the backbone of the team. However, young goalkeepers cannot improve their skills in just one competition cycle or even in a single game. Therefore, the results of advanced experiments and studies, which are still used in training highly qualified players, are crucial for enhancing the technical and tactical training of young goalkeepers. These findings leave no room for doubt. However, the issue of technical and tactical training for players requires thorough attention to certain aspects when studied as a scientific subject.

OBJECTIVE OF THE study The study focuses on analyzing the technical and tactical skills of young goalkeepers by developing a series of exercises aimed at enhancing their mastery of these actions and integrating them into the training regimen. The research was conducted to assess the effectiveness of the technical and tactical training provided to young goalkeepers. Specifically, the study aimed to evaluate the efficacy of the training methodology for 15-16-year-old goalkeepers. The study focused on goalkeepers aged 15-16 years from the Tashkent City Yashnabod District. Specifically, it involved participants from the Tashkent Football Academy (experimental group) and a local sports school (control group). The control group comprised four goalkeepers from the sports school team, while the experimental group included four goalkeepers from the Tashkent Football Academy. The experimental pedagogical process was conducted without disrupting the regular training and competition schedule.

Materials and methods This study aimed to evaluate the efficacy of a technical training methodology for young goalkeepers. It also sought to develop exercise routines to enhance the proficiency of technical and tactical actions in young goalkeepers and to assess the impact of these exercises on their technical and tactical skills within the preparatory process.

To foster a greater interest in football among children and adolescents, it is recommended to popularize amateur football and regularly organize competitions in schools, educational institutions, neighborhoods, and organizations. Additionally, the system for identifying and selecting highly talented young players should be fundamentally improved, ensuring that they undergo progressive stages of professional training.

The technical and tactical skills of goalkeepers were examined through extensive involvement in, and promotion of, private investments in the football sector. This included the management of football activities based on market mechanisms, the privatization of football clubs, and the creation of a competitive sports environment. Additionally, the study focused on the development of comprehensive exercise regimes.

The general physical training regimen for goalkeepers addresses objectives such as the comprehensive development of physical capabilities and the enhancement of overall work capacity. This regimen employs a variety of exercises, including those from other sports disciplines, which have a holistic impact on the participant's body. Through this approach, the development and fortification of the musculoskeletal system, the enhancement of internal organ functions, and the improvement of movement coordination are achieved.

Most exercises designed to enhance general physical fitness have a positive impact on the body in various ways, each targeting the development of specific qualities. For instance, long-distance running, particularly in varying elevations, is intended to improve endurance, whereas sprinting over short distances focuses on developing speed. Gymnastic exercises, on the other hand, are

aimed at enhancing agility.

It should be noted that the activities of goalkeepers encompass more than just jumping, running, and walking. The movements of a goalkeeper are significantly more complex, especially during intense one-on-one encounters at high speeds. Goalkeepers often need to maintain unnatural positions (such as sliding, jumping, or balancing on one leg) for extended periods. They must effectively control the ball while simultaneously addressing intricate tactical challenges. Consequently, the physical training regimen for goalkeepers should be structured to reflect the specific demands of their role, providing a foundation for the enhancement of their technical and tactical abilities.

By employing targeted exercises designed to enhance specific physical attributes, the execution of certain technical techniques can be improved. These exercises typically resemble the technical methods or their individual components in both character and structure. We have outlined three tasks for ourselves in conducting this research:

- ❖ Examining the technical and tactical maneuvers of goalkeepers aged 15-16 during competitive periods;
- ❖ Assessing the proficiency in physical and technical-tactical skills among goalkeepers aged 15-16;
- ❖ Designing and evaluating the efficacy of specialized exercise regimens targeted at enhancing the technical and tactical abilities of goalkeepers aged 15-16 during gameplay.

In the course of executing tasks, the following revelations emerged.

Goalkeepers' handling of ball distribution during training.

Table -1

Goalkeeper	Team	The process of putting the ball into play							
		By hand				By foot			
		1-10m	11-20 m	Over 20 m	Total /SK%	1-10 m	11-20 m	Over 20 m	Total /SK%
Goalkeepers aged 15									
R.I. Jabborov	“TFA”	+2	-1+3	-2+1	-3+5/62	+2	-1+1	-3	- 4+3/43
R.J. Karimov		+3	-1+2	-2+1	-3+6/67	+1	-2+1	+2	- 2+4/67
N.G. Jalolov	SM	+2	-1+3	-1+1	-2+6/75	+1	-1+1	-1	- 2+2/50
R.I. Riximov		+1	-1+2	-1+1	-2+4/67	+2	-2+1	-2	- 4+3/43
Goalkeepers aged 16									
R.V. Turaev	“TFA”	+3	-1+2	-2+1	-3+6/67	+1	-2+1	-2	- 4+2/33
G.A. Ravshanov		+2	-1+3	-1+1	-2+6/75	+2	-1+1	-1	- 2+3/60
N.Z. Botirov	S	+2	-1+2	-1+1	-2+5/71	+1	-1+1	-2	-

									3+2/40
F.R. Jalolov		+3	-1+2	-2+1	-3+6/67	+1	-2+1	-1	- 3+2/40

The technical and tactical maneuvers executed by 15-16-year-old goalkeepers in competitive scenarios reveal the paramount significance of physical fitness in enhancing their official performance. The findings underscore that goalkeepers of this age cohort frequently err in executing maneuvers such as returning the ball along the line, challenging aerial balls, executing throwing motions with their arms and legs to initiate attacks, and various other technical movements.

In a single game, goaltenders aged 15 to 16 execute an average of 25 to 35 technical-tactical maneuvers on the field. Within these actions, notably during instances where the goalkeeper ventures out to claim the ball aerially, executes line-clearances, or employs punching techniques, it has been observed that goaltenders frequently commit numerous errors in their execution. Specifically, goaltenders exhibit a 60% success rate in repelling power shots, a 48% success rate in striking or catching corner deliveries, and a 35% success rate in dispossessing opponents in one-on-one situations. Such circumstances can adversely impact the performance of our goalkeepers during an official match. In standardized assessments of physical and technical-tactical training, the goalkeepers' performance has been appraised as satisfactory.

Based on the aforementioned circumstances, the following recommendations were developed for coaches of goalkeepers aged 15-16:

- show a genuine appreciation and care for young goalkeepers, treating them with kindness and understanding;
- possess a comprehensive knowledge of their lifestyle and routines;
- serve as a role model, providing guidance and mentorship, while also encouraging independence and initiative;
- set high expectations to ensure the achievement of goals, while maintaining patience throughout the process;
- listen to the goalkeepers, demonstrating respect and understanding to foster a strong connection;
- encourage meaningful interactions between players and goalkeepers, emphasizing the special importance of goalkeepers within the team.
- foster mutual understanding by seeing the goalkeepers as equals and facilitating a supportive environment;
- exhibit confidence and provide reassurance;
- treat young goalkeepers with the same respect as adult players, while monitoring and professionally orienting them according to their age, and maintaining appropriate supervision.

During the research, inappropriate behaviors were identified in the coaching and management of goalkeepers. The following issues were noted:

- constantly shouting and pointing out their mistakes and shortcomings in a loud or offensive tone during games or training sessions;
- forcing goalkeepers to emulate the playing style of prominent goaltenders;
- repetitively working on the same exercise for prolonged periods or using the same drill;

- criticizing the goalkeeper in front of the team or group;
- providing lengthy explanations and consistently fragmenting the training sessions;
- conducting training sessions that are unsuitable for the goalkeeper's age and skill level;
- performing the same exercises in a fixed location or part of the field, often adhering to daily or monthly routines;
- failing to adhere to professional principles, including punctuality, proper behavior, and the use of equipment (e.g., ropes, tennis balls, rubber bands) and instructions;
- during games and practices, ensuring the score difference does not exceed two goals to maintain the players' confidence in the goalkeeper;
- emphasizing the fundamentals of technique during training and adhering to annual developmental goals appropriate for each age group;
- these points highlight the need for a more constructive and age-appropriate approach to goalkeeper coaching to enhance their development and performance.

COLCLUSION

Based on a comprehensive review of the literature, analysis of pedagogical practices, and their comparative evaluation, the following conclusions and recommendations have been formulated:

- ❖ the training conducted during the pedagogical investigation, encompassing specialized exercises and tools, not only facilitated the proficient advancement of technical skills but also exerted a positive influence on the precision in executing tactical methodologies;
- ❖ the findings derived served as the cornerstone for expediting the development of specialized exercises and their precise deployment, enhancing competencies requisite for proficient execution of technical methodologies within the realm of football training, particularly tailored for the technical-tactical training of burgeoning goalkeepers;
- ❖ the outcomes garnered from the research endeavor are oriented towards enhancing the technical and tactical acumen of coaches, thereby providing a foundational framework for the efficacious integration of goalkeeping maneuvers within the game context;
- ❖ the manner in which the goalkeeper returns balls during gameplay profoundly impacts the efficacy of technical-tactical maneuvers;
- ❖ A goalkeeper must possess the capacity to swiftly adapt amidst dynamically changing scenarios within the game, exhibiting traits conducive to swift decision-making and precise execution of tactical maneuvers.

As football players mature, their confidence in executing technical and tactical maneuvers, both within and outside the goal area, tends to grow. This progression is contingent upon the cultivation of specific physical attributes on one hand, and the refinement of technical skills aimed at ensuring robust goalkeeping on the other. In the course of technical and tactical training, young goalkeepers must be cognizant of the nuances of their developing physiology, while simultaneously dedicating themselves assiduously to self-improvement and remaining abreast of innovations within their domain.

Today, goalkeepers are required to possess significant reserves of both physical and mental endurance. Fitness stands out as the paramount element within the training regimen, applicable to both amateur and professional football contexts. Facilitating the transition from budding to seasoned goalkeepers involves a fundamental imperative: the integration of contemporary technologies and the innovation of novel methodologies.

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