

## **Relationship of Physical Preparation of Technical-Tactical Actions of Football Players for Different Role in the Game**

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### **ABSTRACT**

*This article covers the study of technical and tactical skills based on the development of sets of exercises designed to increase the effectiveness of technical and tactical actions of highly skilled football players in the competition and their application to the training process.*

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At the effective end of the tactic, the players on the field move according to their roles. On the field, players perform defense, midfield, and forward duties. In today's football, the duties of defenders have expanded. Their task now is not to disrupt the opponent's attack, but to actively participate in the offensive actions of their team by playing reliably in defense. The increase in the volume of work and the increase in the types of movements require the development of the defenders' level of physical training, strength, quickness, quick endurance, dexterity, agility, high starting speed.

E.A. Koshbakhtiev (64) evaluates the tactical actions of the defenders in the attack as follows:

- After taking the ball from the opponents, pass it to the partners in time and accurately.
- The ability of the team to actively move and open in attacks, in standard situations, in the offensive line.

Adding defenders to the attack unexpectedly for the opponent, in which the ball is in this defender, he moves from the wing, from the center, and also exchanges places with the winger or also exchanges places with the attackers.

In football, "offside" also helps the defenders to eliminate the opponent's attacks. But it is the mistake of the defenders to create an offside situation, which ensures one hundred percent scoring of the opponent's attacks.

Practical recommendations for improving technical and tactical actions for skilled players have been analyzed by experts. The authors conducted graphic recording of the course of the game in pedagogical observations, narrating into a tape recorder to evaluate individual and collective actions. In basketball, handball, and hockey sports, the research of athletes' competitive activity is given a very important place in the wider program of the coach's training work in relation to football. The more qualified the team, the better the performance of the players will be studied.

They recognized that the individual technical and tactical actions of the players on the field are different

depending on their roles on the field. That is, attackers' technical and tactical actions are typical only for attackers. Midfielders have their own technical and tactical actions.

Analysis of the results of pedagogical observation allows to determine the significance of some actions used by players performing different game functions. Defenders use the pass more often (up to 74%), of which the short pass takes 45%, and the clearance takes 15%.

Midfielders pass the ball according to their duties

with the help of (76.4%) with all players

they are interconnected. Actively participate in taking away the ball (12%). The number of passes from the attackers is also not high. they use tricking the opponent in 18.7% of cases and 5.2% of times when kicking the ball into the goal.

A number of football experts have studied individual technical and tactical actions of football players in their scientific research. Football experts have recognized that the individual technical and tactical actions of the players are different depending on their ampoules on the field. For example, attackers are more likely to deceive the opponent and shoot at the goal than the players playing on the other line. The ability of midfielders to pass the ball to a teammate, to fight with an opponent for the ball, to take the ball away, is superior to other role players. Defenders often use technical and tactical actions during the game, such as carrying the ball, fighting for the ball in the air, catching the ball on their feet.

R.A. This is how Akramov explains the player's individual game. "Such difficult situations arise on the field, a player can get out of difficult situations only through his individual technical and tactical skills without his teammates."

In the 12th-20th world championships in football, only leading players were of great importance in the victory of national teams. The leading players play as a team with their teammates, they organize and effectively finish attacks, and they are able to actively move in defense.

In any football matches, such players were able to show themselves in team victories through their high level of individual skills.

Modern football requires good use of effective methods that are necessary in specific game situations, constant and active competitive moments. A study of the technical and tactical activities of the best teams and players shows that passing the ball over a short distance is the main movement during the game.

In today's football, we can say that the individual technical and tactical actions of Brazilian players are the best. The active participation of Brazilian defenders in the attack in the last world championships is evidence of their great skill. The efficiency indicator of the general technical and tactical actions of the team in one match is 82-85%, studied and analyzed by football experts.

The total number of actions performed by the athlete during the game, M.A. Godik's observations showed that the optimal amount of collective TTX of highly skilled players was 600-800 TTX. But this indicator can change depending on the opponent he plays with. For example, if you play against a weak team, this course will increase by itself. Because, basically, in such a situation, the reins of the game are taken over, the time to deal with the ball increases due to the achievement of a big initiative, and it is natural that the quantitative indicators of ITTX will increase. It may be the other way around. When playing against a stronger opponent, the initiative is often lost, the time to handle the ball decreases, and the quantitative indicators of ITTX may decrease, and 400-500 ITTX can be organized:

It requires the effective participation of players in the three parts of the football field: defense, midfield and attack. During the game, it is necessary to be able to perform technical-tactical actions (TTX) at a high speed in a situation of hard and uncompromising struggle with the opponent for the ball and space and not to lose this ability until the end of the game. Observations show that in the game of modern leading teams, 850-900 TTX are performed, and the efficiency coefficient of these actions is 0.75-0.85.

Often, coaches use tactical systems of football teams depending on the field, the opponent's playing skills, strong and weak teams. How many times have the leading national teams of the World Cup won the World Cup through their game tactics and methods of national teams such as Brazil, Italy, Germany,

Argentina, France.

As mentioned in the above sentences, the midfielder performs dispatching duties in the center of the field. A tactical dispatcher can control the field, hold the ball and ensure the opening of the players.

Strikers' movements on the field are easier to see than the tactical movements of other players. In fact, it is not like that at all. Many football experts have analyzed the games of the players on the field.

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