

TEACHING THE BASIC TECHNICAL ACTIONS OF FOOTBALL

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Abstract

This article examines the process of teaching the basic technical actions of football and ways to improve its effectiveness. The study analyzes a training methodology aimed at developing key technical elements of football players, such as ball control, passing, receiving, and shooting at goal. During the training process, changes in the level of technical preparedness of football players were studied through the use of a specially selected set of exercises, based on experimental and control groups. The research results indicate a significant improvement in the accuracy and speed of performing technical actions. The obtained conclusions have practical significance for improving technical training in football practice and are recommended for coaches and physical education specialists.

Keywords: Football, technical training, technical actions, football training, pedagogical approach, sports methodology, sports pedagogy.

Introduction

Football, as a sport, requires a high level of technical mastery. The effectiveness of competitive activity largely depends on players' ability to perform technical actions consciously, accurately, and consistently. Scientific observations and practical experiences conducted on this issue confirm the validity of this statement.

Theoretical Foundations of Technical Training

Technical training is a complex process that ensures the effective implementation of a football player's motor activity. Scientific observations and practical experiences confirm the correctness of this idea. Technical preparedness plays a decisive role in the formation of stable performance outcomes in football.

Literature Review

The issue of teaching the basic technical actions of football occupies a leading position in sports pedagogy, football theory, and training methodology. Scientific literature recognizes the technical preparedness of football players as one of the key factors determining sports performance, while the process of teaching technical actions is interpreted as a multi-stage and systematic pedagogical process.

Theoretical Foundations of Football Technical Training. L.P. Matveev (2010), in the theory of physical education and sport, defines technical training as a core component that ensures the effective performance of athletes in competitive activity. According to him, sustainable results can be achieved only when technical training is carried out in close connection with general physical training. The author emphasizes the principle of progressing from simple to complex movements and from elementary actions to combined technical forms as the main methodological approach.

V.N. Platonov (2015) provides an in-depth analysis of the role and importance of technical training within the long-term training system of football players. He highlights the necessity of considering age characteristics, motor experience, and functional capabilities when teaching technical actions. According to his scientific views, high-quality mastery of technical actions determines the effectiveness of tactical training in subsequent stages. Basic Technical Actions of Football and Methods of Teaching Them. In specialized football literature (M.A. Godik, 2009), the main technical actions include ball receiving, passing, dribbling, shooting, ball interception, and player positioning. The author substantiates the importance of bringing training exercises closer to real game conditions and integrating technical actions with speed and time constraints. Yu.V. Verkhoshansky (2006) pays special attention to the role of special preparatory exercises in teaching technical actions. He scientifically proves that teaching technical elements through repetitive and variable exercises contributes to the stabilization of motor stereotypes. Performing technical actions under high-intensity conditions significantly enhances players' competitive readiness.

Issues of Teaching Technical Actions to Young Football Players. Studies conducted by Uzbek scholars (Ismatov A.A., Abdullayev R.X., 2018) emphasize the importance of the principles of gradualness and consistency as key pedagogical

conditions in teaching young football players technical actions. The authors note that teaching elementary forms of technical actions first, followed by more complex and game-adapted forms, is highly effective.

B.Sh. Qodirov (2021), from the perspective of sports pedagogy, highlights that the correct selection of teaching methods, the combination of demonstration, explanation, and practical exercises play an important role in developing technical mastery. According to him, pedagogical guidance and analytical feedback provided by the coach are effective in eliminating technical errors. Modern Approaches and Game-Based Learning. In recent years, game-based training has been widely applied in teaching football techniques. Scientific sources indicate that learning technical actions in small-sided games, under limited time and competitive conditions, increases players' speed of technical decision-making. This approach ensures the integration of technical and tactical training and enhances adaptation to real game situations. General Conclusions from the Literature Review. The analyzed scientific literature indicates that the process of teaching basic technical actions in football must be scientifically grounded, systematic, and staged. The integration of general and special training, consideration of age and individual characteristics, and approximation of exercises to game activity are key methodological conditions. Moreover, integrating technical training with tactical and physical training, in line with modern football requirements, contributes to improved sports performance. Classification of Technical Actions. In football, technical actions are divided into actions performed with the ball and without the ball. Scientific observations and practical experiences confirm the correctness of this classification.

Ball Receiving Technique. Ball receiving is a crucial factor determining the quality of subsequent actions. Scientific observations and practical experience confirm the importance of mastering this technical element.

Development of Dribbling Technique. This action improves a football player's movement speed and coordination. Scientific observations and practical experience confirm the effectiveness of systematic dribbling training.

Improvement of Passing Technique. Passing technique ensures the effectiveness of team play. Scientific observations and practical experience confirm the importance of improving passing accuracy and timing.

Shooting Technique. Shooting is the final stage of attacking actions. Scientific observations and practical experience confirm the decisive role of shooting technique in scoring effectiveness.

Pedagogical Approaches in Teaching Technical Actions. Compliance with didactic principles is essential in the teaching process. Scientific observations and practical experiences confirm the importance of applying pedagogical approaches in technical training.

Research Results and Discussion. During the research process, key technical actions of football players-dribbling, passing, receiving, and shooting—were developed through specialized training sessions. The experiment was conducted with two groups: a control group and an experimental group.

Table 1 Indicators of Football Players' Technical Preparedness at the Beginning of the Study

Technical Actions	Control Group (n=12)	Experimental Group (n=12)
Dribbling (seconds)	14.8 ± 0.6	14.7 ± 0.5
Accurate passes (out of 10 attempts)	5.2 ± 0.4	5.3 ± 0.3
Ball receiving accuracy (%)	54.6 ± 2.1	55.1 ± 2.0
Accurate shots on goal (out of 10 attempts)	4.1 ± 0.3	4.2 ± 0.4

Table analysis:

At the beginning of the study, no statistically significant differences were found between the two groups ($p > 0.05$), indicating similar initial levels of technical preparedness.

Table 2 Indicators of Football Players' Technical Preparedness at the End of the Study

Technical Actions	Control Group	Experimental Group
Dribbling (seconds)	13.9 ± 0.5	12.4 ± 0.4
Accurate passes (out of 10 attempts)	6.1 ± 0.4	8.2 ± 0.3
Ball receiving accuracy (%)	60.3 ± 2.0	72.8 ± 1.9
Accurate shots on goal (out of 10 attempts)	5.0 ± 0.3	7.1 ± 0.4

Table analysis:

At the end of the study, the experimental group demonstrated significant improvements across all technical actions ($p < 0.05$). Improvements in accurate passing and shooting were particularly pronounced.

Table 3 Dynamics of Technical Action Improvement (%)

Technical Actions	Control Group	Experimental Group
Dribbling	+6.1%	+15.6%
Accurate passing	+17.3%	+54.7%
Ball receiving	+10.4%	+32.1%
Shooting	+18.1%	+69.0%

Discussion

The obtained results demonstrate that a specially selected set of exercises is highly effective in developing football players' technical preparedness. Training sessions applied in the experimental group were designed to closely replicate real game conditions, which positively influenced the speed and accuracy of technical actions.

Comparison with scientific literature (A. Aliyev, V. Platonov, L. Matveev, among others) confirms that the early formation of technical-tactical training enhances overall game effectiveness. Repetitive and situational exercises significantly improve coordination abilities and movement accuracy.

Conclusion

The research findings confirm the necessity of organizing football players' technical training on a scientific basis. Scientific observations and practical experience validate the effectiveness of systematic and methodologically grounded technical training in football.

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