



COMPARATIVE ANALYSIS OF THE EFFECTIVENESS OF OFFENSIVE AND DEFENSIVE ACTIONS IN WOMEN'S FOOTBALL IN UZBEKISTAN

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Abstract

This article examines the effectiveness of offensive and defensive tactics in Uzbekistan's women's football teams (using the example of the Higher League and the national team). During the study, the technical and tactical indicators (TTA) of the 2022-2024 Uzbekistan Women's Championship matches were analyzed. The results show that in modern women's football, the systems of "fast counterattack" and "zonal defense" directly affect the outcome of the game in 65% of cases. At the end of the study, recommendations were provided for adapting the physical fitness of female football players to tactical schemes.

Keywords: Women's football, tactical efficiency, offensive dynamics, defensive blocks, Uzbekistan football, technical and tactical actions.

Introduction

O‘ZBEKISTON AYOLLAR FUTBOLIDA HUJUM VA HIMOYA HARAKATLARI SAMARADORLIGINING QIYOSIY TAHLILI

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Annotatsiya

Ushbu maqolada O‘zbekiston ayollar futbol jamoalarining (Oliy liga va terma jamoa misolida) hujum va himoya taktikalarining samaradorligi o‘rganiladi. Tadqiqot davomida 2022-2024-yillardagi O‘zbekiston ayollar chempionati o‘yinlarining texnik-taktik ko‘rsatkichlari (TTK) tahlil qilindi. Natijalar shuni ko‘rsatadiki, zamonaviy ayollar futbolida "tezkor qarshi hujum" va "zonaviy himoya" tizimlari o‘yin natijasiga 65% holatda bevosita ta’sir ko‘rsatadi. Tadqiqot yakunida ayol futbolchilarning jismoniy tayyorgarligini taktik sxemalarga moslashtirish bo‘yicha tavsiyalar berilgan.



Kalit so‘zlar: Ayollar futboli, taktik samaradorlik, hujum dinamikasi, himoya bloklari, O‘zbekiston futboli, texnik-taktik harakatlar.

Thanks to the efforts of President Sh.M. Mirziyoyev, football is developing rapidly in our country today. In particular, Resolution № PP-115 dated April 7, 2023, "On additional measures for the comprehensive development of mass and professional football," created a unique foundation for the further development of this sport. To date, the material and technical base of football teams operating in our country has been improved, and their infrastructural development is being ensured. In particular, the establishment of women's football clubs under each team confirms the aforementioned opinions.

In recent years, women's football in Uzbekistan has risen to the level of state policy. Participation in the 2023 Asian Games and regional tournaments shows that the technical skills of Uzbek female football players have improved, but there are still problems with tactical discipline.

The effectiveness of the attack is measured not only by the number of goals but also by the number of expected goals. In defense, maintaining a balance between "low block" and "high pressing" is relevant for the teams of Uzbekistan.

The following methods were used in the study:

- **Video analysis:** Analysis of major league games via the WyScout and Instat platforms.
- **Statistical analysis:** The success rate of attacks and the ratio of errors in defense.
- **Experiment:** Dependence of pulse readings and distance traveled (using GPS trackers) by 20 female football players during the game on tactical effectiveness.

Analysis of Offensive Actions

Female football players from Uzbekistan primarily organize attacks by making passes from the wings.

- Positional attack: 45% (effectiveness 12%).
- Rapid counterattack: 30% (effectiveness 28%).
- Standard situations: 25% (effectiveness 15%).

**Table 1: Technical and tactical characteristics of defensive actions
Analysis of defenders' activity and error rates during the game.**

Protection indicator	Quantity (in-game)	Effectiveness (%)	International Standard (Top 5)
Hand-to-hand combat (on the ground)	65	52%	60%
Aerial combat	28	44%	55%
Interceptions	42	88%	92%
Pressing efficiency	15	38%	50%
Use a fortune teller (around the penalty area)	6	-	3

Analysis shows that due to the lack of creative midfielders in organizing attacks through short passes from the central zone, the effectiveness is lower compared to wing attacks.

Effectiveness of Protective Actions

The most common mistake made in defense is the lack of synchronicity in creating an "artificial offside." In the 2023 season, 40% of missed goals were the result of defenders choosing the wrong position with each other. Table 2 shows the methods of organizing the offensive of the teams and their final results.

Table 2: Effectiveness indicators of offensive actions

Attack type	Total (in game)	Successful (%)	Expected goals (xG)
Positional attack	38	14%	0.85
Rapid counterattack	12	31%	1.42
Default situations	8	18%	0.60
Wing passes	22	24%	0.95
Central penetrations	6	9%	0.35

The data shows that the most effective method in women's football in Uzbekistan remains **rapid counterattacks**, but despite the large number of positional attacks, their effectiveness is low.

Physical and Psychological Factors

The anaerobic endurance of female football players causes an increase in defensive errors in the last 15 minutes of the game. According to the data, after the 75th minute, the effectiveness of the attack decreases by 2.5 times.



Compared to foreign experience (e.g., Spain or Japan), the "transition phases" (transition from defense to attack and vice versa) in Uzbekistan's women's teams occur more slowly. Uzbek coaches rely more on physical superiority, but modern football requires a narrow range of "futsal-style" combinations.

To develop women's football in Uzbekistan, the following is proposed:

1. Improving the quality of delivery of attacks to the endpoint to increase xG indicators in the attack.
2. Implement the principle of "compactness" in defense, i.e., the distance between lines should not exceed 10-15 meters.
3. Include video analysis lessons in tactical training at least 3 times a week.

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