

# The Significance Of Tactical Systems And Development Methods In The Training Of Football Players In Football

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**Abstract.** The article examines the importance of tactical systems and methods of development in the training of football players. Tactics slowly, but with increasing speed, begins to influence the development of the football game without deviations and takes the leading place among other components, and planning and organization according to the result of properly oriented training. new interrelationships are required in compliance with the principle of unity of general and special training.

**Key words:** sport, football, tactics, team, attack, training, action

As we live in a time when physical education and sports have become an important factor in the development of the social sphere in our country, government decisions aimed at supporting this sphere are of course very important. The decision of the President of the Republic of Uzbekistan "On measures for the further development of football"[1] has created great opportunities for the field of physical education and sports of our country, including football and specialists of the field. Particular attention is paid to the work of training players, improving training systems and ensuring their effectiveness. Tactics is one of the components that have a strong and important influence on the development of modern football.

As an example, the special skill of a highly qualified football player consists of basic components such as physical, tactical and theoretical preparation, which, in turn, cannot be imagined without increasing the effectiveness of tactics during training. The basis of sportsmanship of football players is their tactical training, the level of which is largely determined by the effectiveness of the game [2]. On the other hand, football experts note that their football players are lagging behind the strongest foreign players in terms of ball handling techniques and game tactics. Therefore, a number of opinions and considerations, practical theoretical knowledge and many examples are presented in this matter.

Now, the most basic in tactics, certain means of attack and defense, which can ensure the achievement of the goal, knowing how to use one's opportunities widely in attack - all this characterizes the tactical maturity of its individual athletes as well as the team as a whole [3]. The success of training young qualified athletes implies a long-term training process, in which all components of sports skills depend on the level of development. . But one thing should be known, especially in football, the most important part of the sport is tactical preparation. In this case, learning from experienced players based on experience, group tactical actions during the game, tactical actions mainly used in highly qualified teams, is one of the most important components to achieve positive results. A number of famous coaches of modern football commenting on the tactics of the football game, hope for the individuality of the player who can score goals, hope for the situation, and the situation in modern football is characterized primarily by orderliness, logic, teamwork. This is a player who is able to adhere to the principles of the team, first of all, at the expense of team play. Experienced coaches have analyzed major football competitions in recent years and come to the following conclusion: in modern football, the importance of team play based on the successful combination of high individual qualities of each player in the team, as well as the expansion of the universal capabilities of the players, increases. In this case, athletes who can play on the field and finish counter-attacks in any part of the field when the time comes, are considered universal. Besides, it is important to be able to maintain a high tempo from the beginning to the end

of the game.

In the history of world football, there are many examples of a single system being considered a miracle for many years. Another group of experts, mainly in recent years, insist that the system of positioning the players is only a preliminary condition for starting the game from the center of the field or restarting the game. In modern football, the effectiveness of offensive or defensive actions does not depend on the mysterious positioning system of players on the field. It is based on the coordinated actions of the team in the lines and links and the knowledge of all the players of the team, especially the goalkeeper, who can consciously switch from defense to attack and vice versa [4]. Of course, the players should be universal, the more universal players there are in the team, the greater the variety of tactical actions and options, and the more likely it is to achieve the expected result.

If we look at the evolution of the development of the game system, it can be seen that when the football game appeared, that is, when the tactics were not yet developed, but the defensive and offensive lines were defined, the structure of the players was according to the system. In this positioning system, the players are gathered around the ball. The players with the ball tried to go to the goal alone with the help of dribbling. Passing the ball, especially long distance and heading, was almost non-existent.

The Scots introduced passing the ball to the football game. This innovation led to a dramatic development of gameplay based on group tactical actions as much as individual actions. The team can achieve victory only by organizing the active actions of all players at a high level, both in attack and defense. It follows from this that tactics in football means the organization of individual and collective actions aimed at achieving victory over the opponent and mutual actions of team players according to a certain plan that allows to successfully fight with a specific opponent.

The essence of a football player's tactics is to be able to effectively use his physical, technical, and mental capabilities and to effectively use the methods of carrying the ball, which help to overcome the opponent's resistance in a very short time. Tactics slowly but steadily began to influence the development of the football game without deviations and took the leading place among other components. Tactics not only changed the face of modern football, but also had a profound effect on the form, means and methods of training. This, in turn, allows coaches to travel long distances to see the opponent in front of them in order to better study them and analyze video recordings of the game, note the most effective tactical moves, analyze matches in depth, and this in turn allows coaches to forcing to work on z.

Tactics that lead to success in the game are carefully designed, practiced interactions that lead to the strengthening of the actions of each player and the actions of the whole team. Based on the interests of the team, according to the interaction and mutual support in the game, the strengths of each player and the weaknesses of the players are not noticeable, the success of the chosen tactics depends on them.

No matter how carefully the tactical thought and plan is developed, it will change and be adjusted according to the situations that arise during the game. Therefore, practical elements of tactics can be seen as a method of solving tactical tasks that arise directly during the game.

The following are the practical tactical elements of the football game.

appropriate method of coordination and fluctuation of offensive and defensive actions of the players based on the opponent's actions and the logic of the game.

method of orderly distribution of power during the game.

a method of masking intended actions and real possibilities in psychologically influencing the opponent.

Regardless of the coach's tactical plan for the game, they are implemented in the actions of individual players. Therefore, without individual tactical improvement, it is impossible to carry out specific collective tactical actions that give order and attractiveness to the game [5].

The following conclusions can be drawn from the above, team play requires the activity of at least two players at the same time. The main means of team interaction are: a combination of players with the participation of several players from the own goal to the opponent's goal, playing in standard

situations, penalty kicks, throwing the ball from the open, corner and sidelines, without the ball 'yin choose any state[6].

As you can see, according to experts, the most important aspect of tactical training in team sports, mainly at the level of skilled teams, is group and team interaction.

The effectiveness of group interactions is largely determined by the social and psychological environment in the team. Its destiny is determined in the environment where all the relations in the group are carried out together, in which study and play activities are carried out [7]. Despite the importance of tactics, there is very little research on this issue. In our opinion, the main reason for such a situation is the complexity of recording and evaluating it. Therefore, there is not enough methodological literature on improving the tactical game, which is the most important component of the team's tactical training. So, first of all, it is necessary to determine the structure of tactics, the skills of the players, and make a diagnostic analysis on the example of the best teams of the world at different levels. Comparative analysis indicators allow to reveal the importance of the criterion.

Determining the performance structure of students' training and their intergroup behavior allows to determine the need for special improvement tools. In conclusion, it can be said that, summarizing the above, it should be noted that in modern conditions, the results obtained from the modern football game and training show that planning and organization according to the results of properly oriented training, as well as general and new interrelationships are required in compliance with the principle of unity of special training. An example of this is that after conducting research on the example of a football team with a number of experiences using traditional standard exercises aimed at improving the quality of quickness of players and special exercises specific to their sport, it was found that the quality of quickness in players increased and in these training sessions We can give an example of the results of our work.

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