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Pedagogical Aspects Of The Competitive Activity Of Highly Qualified Football Players

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Annotation. The article discusses the issues of pedagogical study of competitive activities of highly qualified football players. In the research process, methods of analysis of scientific literature, pedagogical observation, recording of technical and tactical actions and statistical processing were used. The Wyscout platform was used to determine and analyze the performance of football players. This approach demonstrates the importance of complex pedagogical control in assessing the preparation and increasing the effectiveness of football players.
Key words: football, competition activities, pedagogical control, technical-tactical actions, Wyscout, preparation.

Introduction. In modern football, the issue of effective management of the competitive activities of highly qualified players and their pedagogical control is of particular importance. Football is now gaining great importance not only as a sports competition, but also as a socio-cultural and economic phenomenon. During the competition, the technical and tactical actions of players, their physical fitness, psychological state and the effectiveness of the team game require a scientifically based pedagogical approach from coaches. Therefore, in-depth study of the pedagogical aspects of competitive activities and their implementation in practice is one of the current scientific issues today.

In most cases, when assessing the readiness of players, attention is paid only to physical indicators. However, technical and tactical accuracy, psychological stability and educational aspects of pedagogical control are not given sufficient attention. This makes it difficult to achieve stable high results in competitions. Therefore, there is a need for regular analysis of the competitive activities of players based on complex pedagogical control and effective use of the results obtained.

A number of scientists have conducted scientific research in this area. V. N. Platonov (2015) substantiated the importance of an integrated approach in the training system of athletes, while M.A. Godik (2006) developed methods for controlling the physical fitness and load of football players. V. M. Zachiorsky (2012) highlighted the theory of developing the physical qualities of athletes, while N. G. Ozolin (2014) emphasized the effectiveness of a methodological approach and control system in sports training. Nevertheless, there is still a lack of research aimed at comprehensively studying the competitive activity of highly qualified football players in the context of technical-tactical, psychological and educational factors. In particular, this study serves to fill this scientific gap - we comprehensively observed the competitive process of high-level football players (in terms of physical, technical-tactical and psychological indicators) and studied the impact of the introduction of pedagogical control methods on their effectiveness.

In this regard, the purpose of the study was to evaluate the competitive activity of highly qualified football players on the basis of complex pedagogical control and determine the impact of this approach on the results (efficiency). To achieve this goal, the following tasks were set:

To analyze the scientific literature and previous studies on the topic and study the theoretical foundations of controlling the competitive activity of football players.

To develop a complex methodology for pedagogical control of the competitive process of highly qualified football players (on the example of PFC “Neftchi” of the Uzbekistan Super League) and introduce it into the training process.

To experimentally measure and then analyze the technical and tactical indicators and physical fitness levels of the football players of the “Neftchi” team, and analyze the changes using statistical methods.

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To compare the results obtained with the indicators of other teams within the general league (analysis of technical and tactical activity during the competition) and, based on this, to develop scientific and practical recommendations for improving the competitive activity of football players.

The object of the study was the professional football club "Neftchi", which operates in the Uzbekistan Super League. The subject of the study is the methods of studying and managing the pedagogical aspects of the competitive activities of highly qualified football players, in particular, the accuracy of technical and tactical movements, the level of physical fitness and psychological stability, based on complex control.

Table 1

Results of PFC Neftchi players in 2023–2024

Indicators	2023 year (x̄)	2024 year (x̄)
Age	23,9 ± 2,4	24,1 ± 2,3
Height (cm)	179,8 ± 5,4	180,4 ± 5,6
Weight (kg)	74,6 ± 4,9	75,2 ± 4,8
Technical-tactical actions (competition period)	552 ± 65	574 ± 62
Accuracy (%)	81,2 ± 3,4	83,4 ± 3,1
Error (%)	18,8 ± 2,9	16,6 ± 2,7
30 m run (seconds)	4,3 ± 0,3	4,2 ± 0,3
Yo-Yo test (m)	2080 ± 120	2230 ± 110
Vertical jump (cm)	54,7 ± 4,8	58,3 ± 4,7

Literature review and methods. The issue of pedagogical study of the competitive activities of highly qualified football players has been covered in many scientific works and sources. In particular, V N Platonov in his work “System of training of athletes in Olympic sports” (2015) emphasized that the use of complex pedagogical control in the training system of athletes is an important condition for ensuring efficiency. M A Godik in his book “Physical training of football players” (2006) developed methods for planning and controlling the physical training of football players, loads, and noted that a scientifically based training process stabilizes competition results. V M Zachiorsky (2012) revealed the laws of developing the physical qualities of athletes and showed that the harmonious development of such factors as strength, speed and endurance is important for achieving high sports results. N G Ozolin (2014) proved that it is possible to increase efficiency by using an individual approach and a scientifically based control system in sports training.

This area has also been widely covered in foreign studies. For example, T Reilly and A M Williams in their fundamental work “Science and Soccer” (2003) proposed a methodology for assessing the technical and tactical performance of football players based on scientific observation and statistical analysis. E Rampinini et al. 2007 analyzed the physical performance of elite football players during the competition, studied in detail the load and recovery indicators, and showed their impact on game performance. Among the works published in recent years, B V Bekov (2024) in his research covered methods for assessing and planning the physical fitness of 15–17-year-old football players using innovative technologies (for example, modern measurement systems). Sh T Iseev (2020) analyzed the relationship between the competitive performance of football players and their level of physical fitness, noting that players with high physical condition have better results. A I Talipdzhanov (2023) outlined scientific proposals for planning the training process and establishing complex control in qualified football players, noting that making adjustments to training based on control data increases the quality of the game. From the analysis of the above literature, it can be concluded that assessing the technical and tactical accuracy, physical and psychological preparation of highly qualified football players in their competitive activities based on complex pedagogical control is one of the important factors in increasing their effectiveness. However, it is precisely in the case of Uzbek football (Super League teams) that this issue has not yet been studied in depth. This makes our research scientifically and practically necessary and relevant. The main team players of PFC “Neftchi” in 2023–2024 participated in the study. The team consisted of 23 players, their average age was 23.9 ± 2.4 years (as of the

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beginning of 2023). The average height of the players was 179.8 ± 5.4 cm, body weight was 74.6 ± 4.9 kg (Table 1, 2023 data). During the 2024 season, new pedagogical control methods developed as part of the study were introduced into the team's training process. At the end of the season (2024), the players' performance was re-measured (Table 1, 2024 data) and compared with the initial state. The research design was designed in such a way that the pre-experimental and subsequent measurements were compared in the case of one group (the Neftchi team), and the results of the previous season were used as a control group. At the same time, data on the performance of all teams (n = 14) in the 2024 Super League competition were also collected and analyzed to analyze the overall context.

Methods used in the study: In the research process, we used several complementary scientific and methodological methods:

Analysis of scientific literature: Local and foreign theoretical sources on the study of the competitive activity of football players based on pedagogical control were studied (the works of Platonov, Godik, Zachiorsky, Ozolin, Reilly, Rampinini, etc. were used). This served to summarize existing knowledge and formulate a research hypothesis.

Pedagogical observation: The technical and tactical actions of the players of PFC "Neftchi" were observed and recorded directly during the competition process (in official matches). Data on the active actions of the players on the field were collected using video reviews of team games and notes taken by coaches.

Analysis using the Wyscout platform: The technical and tactical indicators of the players were collected and analyzed in digital format using the modern Wyscout analytical platform. In particular, indicators such as the number of passes, pressing attempts, shots, and turnovers made in each match were automatically calculated. Using this platform, the accuracy level of each indicator (for example, the percentage of pass accuracy), the number and percentage of unsuccessful attempts (errors) were determined, and their trends were assessed.

Experimental method (experiment): During the 2024 season, elements of complex pedagogical control were introduced into the training process of the "Neftchi" team. In particular, innovations such as monitoring individual physical loads during training, assessing the level of psychological preparation for each player, and increasing the share of special exercises for technical and tactical preparation were implemented. Also, after each official match, the players' performance (based on Wyscout data) was analyzed together with the coaching staff and adjustments were made to the next training plan. This approach made it possible to test how much it would affect the team's results as an experiment. Physical tests: Standard tests were used to assess the level of physical preparation of the players. In particular, a 30 m sprint test was conducted to measure maximum speed, a Yo-Yo IR1 (Yo-Yo intermittent recovery test, Level 1) for high aerobic endurance, and a vertical jump test to assess explosive power. These tests were applied to all participating players at the beginning of the 2023 season and at the end of the 2024 season, and the results were compared (Table 1).

Statistical processing: The data obtained were summarized using descriptive statistical methods (mean values, standard deviations were calculated). A paired Student's t-test was used to assess the differences between the indicators of 2023 and 2024. The initial and final results for each indicator were compared, and their statistical significance was checked according to the $p<0.05$ criterion. Since the analysis was conducted simultaneously for several indicators, the significance level up to $p<0.01$ was also taken into account when drawing main conclusions. Also, simple descriptive analysis (mean, percentage distribution) and visual graphical methods were used for comparisons within league teams. All statistical calculations were performed in Microsoft Excel and the SPSS statistical package.

Research results and their discussion. In the process of analyzing the competition performance of football teams, the average number of turnovers and their zonal distribution were studied. The performance of 14 teams in the 2024 Super League matches was analyzed, and the following results were obtained (Table 2).

Table 2

Average number of turnovers and zonal distribution (/90min) n=14

№	Team	Loss of ball (avg.)	Protection (number; %)	Average (number; %)	Attack (number; %)

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	Average (by league)	96.45	15.73 (16%)	38.80 (40%)	41.92 (44%)
1	Nasaf	88.92	13.93 (16%)	32.99 (37%)	42.00 (47%)
2	Olimpik	89.86	17.73 (20%)	36.38 (40%)	35.75 (40%)
3	Paxtakor	90.00	13.82 (15%)	37.95 (42%)	38.23 (43%)
4	Dinamo	93.21	15.11 (16%)	35.93 (39%)	42.17 (45%)
5	Qizilqum	93.62	17.35 (19%)	36.42 (39%)	39.85 (42%)
6	Sogdiana	97.01	16.68 (17%)	42.21 (44%)	38.12 (39%)
7	Navbahor	97.84	11.39 (12%)	35.27 (36%)	51.18 (52%)
8	Neftchi	98.50	13.84 (14%)	41.19 (42%)	43.47 (44%)
9	Surxon	98.83	18.48 (19%)	42.07 (43%)	38.28 (38%)
10	Andijon	99.32	18.11 (18%)	40.51 (41%)	40.70 (41%)
11	Bunyodkor	99.63	21.10 (21%)	38.92 (39%)	39.61 (40%)
12	AGMK	99.74	12.76 (13%)	39.34 (39%)	47.64 (48%)
13	Metallurg	101.89	14.41 (14%)	41.33 (41%)	46.15 (45%)
14	Lokomotiv	101.94	15.50 (15%)	42.66 (42%)	43.78 (43%)

The analysis shows that the overall average turnover rate in the league was 96.45. The zonal distribution shows that 16% of turnovers occurred in the defensive zone, 40% in the midfield, and 44% in the offensive zone. This means that the majority of games are organized in the offensive process, and it is in the front line that the risk of losing the ball is highest. The majority of turnovers in Navbahor occurred in the offensive zone (52%). This result indicates the team's extremely offensive style of play. Although Navbahor took more initiative in the game, it shows that they lack the ability to effectively complete the attack in the final stages. The high turnover rate in the offensive zone creates favorable opportunities for the opponent to quickly counterattack. Bunyodkor had the highest turnover rate in the defensive zone (21%). This indicates that the team is having problems with the opponent's pressure in the back line. Losses in the defensive zone increase dangerous situations and the opponent's scoring opportunities. This requires the coaching staff to pay special attention to controlling the ball in the back line and starting the attack with short passes. Nasaf stood out as the team that lost the ball the least in the league (88.92). This result indicates the team's high ball control, passing accuracy and game discipline in the game. Nasaf showed a relatively stable game both in the midfield and in the attack zone, which is one of the main factors increasing their overall efficiency. Lokomotiv and Metallurg were noted as the teams that lost the ball the most (101.94 and 101.89, respectively). These teams show poor ball retention throughout the game. In particular, losses in the midfield and attack zone lead to their loss of initiative in the game. This is seen as an important factor preventing the stability of results. \In general, the zonal distribution shows that although losses in the defensive zone are the most dangerous, losses in the attack zone also create great opportunities for the opponent. Therefore, coaches need to analyze losses in each zone separately and apply a methodological approach appropriate to them during training.

During the study, the zonal distribution of ball losses by field in the competition activities of all teams participating in the Uzbekistan Super League was studied. The results obtained showed that each team had different indicators in different zones, depending on its playing style and tactical approach. Blue (filled) → The team has lost more balls in this zone than other teams. White (empty) → The team has lost fewer balls in this zone than other teams. Figure 1.

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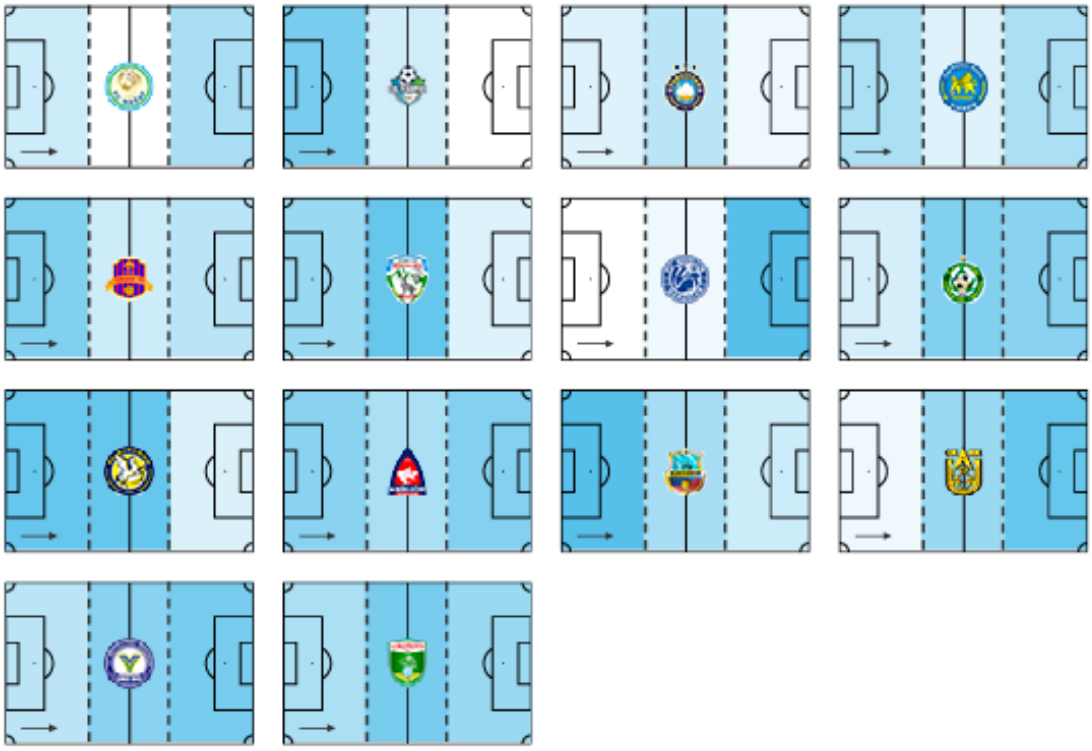

Figure 1. Ball losses by region

Defense. Some teams have a high turnover rate in the defense, which indicates a lack of stability against the opponent's pressure. For example, Bunyodkor and Surkhan stood out as the teams that recorded the most turnovers in the defense. This leads to dangerous situations in their back line. At the same time, teams such as Nasaf and Pakhtakor have relatively few turnovers in the defense, which indicates their ability to reliably keep the ball even under pressure.

Midfield. Teams that have a high turnover rate in the midfield have difficulty controlling the ball. In particular, Sogdiana and Lokomotiv have a relatively high rate, which indicates a lack of accuracy in passing and frequent mistakes under pressure from the opponent.

Attacking zone. The turnovers in the offensive zone are often related to the level of the team's offensiveness. Navbahor had the highest turnovers in the offensive zone (around 52%), which indicates that they focus more on the attack. AGMK and Metallurg also had high turnovers in the offensive zone, which is associated with active play on the front line, but the final accuracy is not enough.

The zonal distribution of turnovers in the Uzbekistan Super League is closely related to the playing styles of the teams. While teams with high defensive stability (Nasaf, Pakhtakor) reliably controlled the ball, teams playing in an offensive style (Navbahor, AGMK, Metallurg) committed more turnovers in the front line. These results serve as an important scientific and practical basis for coaches to identify areas of weakness in the team's game and to eliminate them during training.

The main part of the study was focused on comparing the performance of PFC Neftchi players in 2023 and 2024. As shown in Table 1, the number of technical and tactical actions (passes, dribbles, defensive actions, etc.) increased in 2024. In particular, the total number of actions per game increased by an average of 22 (from 552 ± 65 to 574 ± 62) compared to 2023, that is, an increase of approximately 4%. The analysis showed that the change in this indicator is statistically significant ($p < 0.05$). The accuracy of the moves also increased significantly - in 2023 the accuracy was 81.2 ± 3.4%, while in 2024 it reached 83.4 ± 3.1%. The increase in this indicator, which differs by about 2.2 percentage points (about 5% in relative terms), was statistically significant ($p = 0.03$). Accordingly, the percentage of errors decreased from 18.8 ± 2.9% to 16.6 ± 2.7%, and the team's error rate improved (the difference is significant at the $p < 0.05$ level). So, we can see that the team's performance has increased, with fewer ball losses and unclear moves in the game.

Positive dynamics were also noted in the physical condition of the players. For example, the 30 m sprint result, which reflects maximum speed, improved from 4.3 ± 0.3 seconds to 4.2 ± 0.3 seconds (i.e., an

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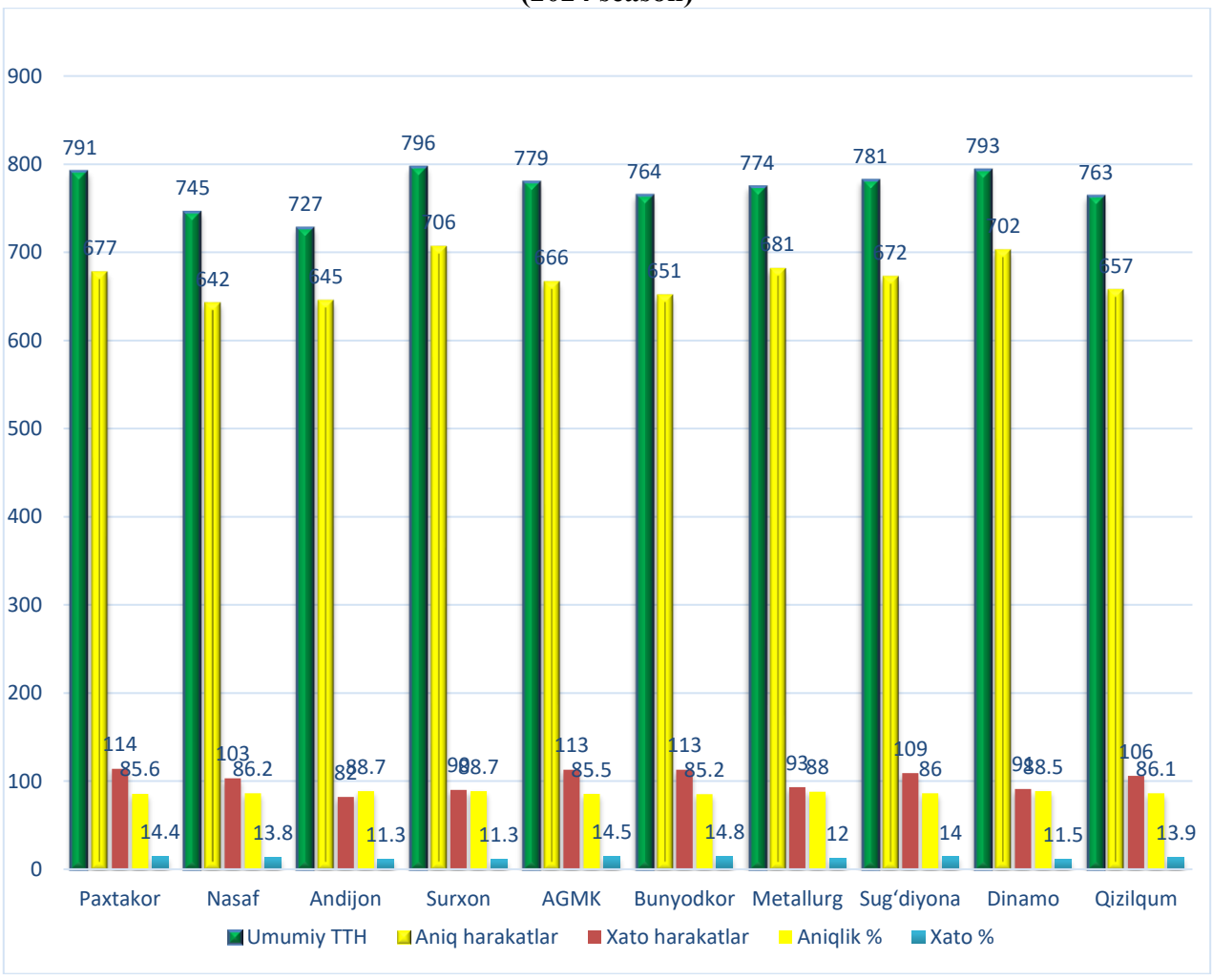
average acceleration of 0.1 seconds was observed). Although the change in this indicator was small, an analysis of the individual results of all players showed that 70% of the players had acceleration; however, due to the high variation, this change was statistically insignificant ($p > 0.05$). As a result of the Yo-Yo test, the average running distance of the players increased from 2080 ± 120 meters to 2230 ± 110 meters, i.e., approximately +150 m (~7% increase). This is a very significant increase, indicating that the team players achieved a much better result in overall endurance (significant difference at the $p < 0.01$ level). The vertical jump height increased from an average of 54.7 ± 4.8 cm to 58.3 ± 4.7 cm, an increase of 3.6 cm (~6.5%) ($p \approx 0.02$, i.e. a significant difference). This result indicates an increase in the explosive power of the players. In general, it was found that the average performance on physical fitness tests improved and positive changes were observed in most players. Table 3

Table 3
Technical and tactical performance indicators of the Neftchi PFC team (2024 season)



The above changes confirm the effectiveness of pedagogical control and new methodological approaches introduced into the team's training process. The improvement of the team's technical and tactical performance during the experiment is particularly noteworthy: in the 2024 season, Neftchi players performed an average of 750–800 technical and tactical actions per game, while in 2023 this figure was approximately 650–700. That is, the total volume of TTA (technical and tactical actions) increased by approximately 16%. The accuracy of passes increased from 81–83% in 2023 to 86–88% in 2024, which is a significant increase in the team's accuracy in passing and organizing attacks. On the contrary, the share of errors (inaccurate passes, losses) decreased from 18–19% to 11–13%, that is, almost halved. This is a very positive trend, indicating that the team acted more disciplined and attentively in the game. It is worth noting that the performance of the "Neftchi" team against some opponents was mixed. For example, in the 2024 season, in the matches against the Andijan and Surkhan teams, the "Neftchi" players achieved the highest

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pass accuracy (approximately 88.5–88.7%). In the matches against the Dynamo team, the accuracy was also very high (~88.5%). On the other hand, in the matches against the strong opponents, the pass accuracy of "Neftchi" decreased slightly, averaging around 85%. This shows that although the team's overall technical and tactical performance has improved, accuracy is slightly decreasing under pressure, especially in matches against high-level opponents. So, there are still reserves: the team needs to work on maintaining the quality of its game more consistently even against the strongest opponents.

Results (analysis within the Super League). As an auxiliary stage of the study, the performance indicators of the 14 teams participating in the 2024 Uzbekistan Super League were analyzed (with a focus on turnover statistics). In particular, the average number of turnovers in championship games for each team and their zonal distribution across the field were studied. Table 2 presents these indicators for each team. It was found that teams lost the ball an average of 96.45 times per game in the league, of which 16% of cases occurred in the defense zone, 40% in the middle (midfield) zone, and 44% in the attack zone. This means that in Super League matches, turnovers are mainly occurring in the attacking line (in front of the opponent's goal), as teams tend to play more attacking football. At the same time, one in six turnovers (16%) occur in the defensive line - this is the most dangerous area, where such mistakes can directly give the opponent a goal.

Discussion. The results of the pedagogical experiment conducted in the "Neftchi" team and the data obtained for the league as a whole complement each other and confirm the conclusions of a number of scientific sources. First of all, our results also confirmed that a complex control and analysis system in the preparation of athletes, as noted by V.N. Platonov (2015), is an important condition for increasing efficiency - an integrated approach to the training and competition process (joint control of physical, technical and psychological aspects) during one season led to a significant improvement in team performance. M.A. Godik (2006) noted in his research that scientific planning and management of training loads serves to achieve stable sports results; in our study, too, as a result of modifying the training process based on accurate data (for example, providing individual relief to a player who showed signs of fatigue, or working more on elements with low accuracy), the stability of the team game increased.

The results are also consistent with the analysis of physical performance in elite football conducted by Rampinini etc. (2007) - their research indicated the importance of regular monitoring and analysis of players' physical performance throughout the season, and we were able to improve team endurance and speed indicators by applying this in practice. The methods of scientific monitoring and statistical evaluation of technical and tactical actions presented in the work of T. Reilly and A. Williams (2003) were applied in our work and proved to be effective - in particular, the digitized data through Wyscout facilitated post-match analysis for coaches, showing which elements needed to be improved. For example, the analysis of offensive and defensive losses that we mentioned above helps coaches to draw clear conclusions: as Reilly and Williams noted, the results of the game analysis should be used directly to formulate the next training plan.

Conclusion. The results obtained showed that systematic evaluation of the competitive activities of highly qualified players based on complex pedagogical control is of great importance in increasing their effectiveness.

The effectiveness of scientific control and analysis: When comparing the results of 2023 and 2024, it can be seen that in 2024, when complex control was introduced, the quality indicators of the technical and tactical actions of the players of PFC "Neftchi" significantly improved. In particular, the accuracy of passes and other technical actions increased by an average of 5–6% (from approximately 82% to 87%), and the percentage of errors decreased from 18–19% to 11–13%. These changes are statistically reliable and confirm that regular analysis and corrections based on a scientific approach are effective.

Changes in training methodology: During the study, pedagogical methods of influence introduced into the training process (control of individual loads, assessment of psychological readiness, special exercises aimed at improving ball control, etc.) had a positive effect on the physical and technical indicators of the players. For example, during one season, the maximum aerobic endurance of the players (Yo-Yo test result) increased by an average of 7%, and the explosive power indicator (vertical jump height) increased by 6–7%. These indicators indicate that the improvement of training sessions by coaches on a scientific basis and monitoring results in higher efficiency compared to the traditional approach. Analysis by field zones: Zonal analysis showed that the Neftchi team achieved stability in ball control on the defensive line (errors in

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the defensive zone do not exceed the league average). At the same time, the turnover rate in the midfield remains relatively high - this component needs further improvement. The team's performance in the attacking zone is effective, the number of attacking moves has increased and the turnover rate is at the league average level; however, further improvement in accuracy in the final stages could further improve the team's scoring performance. Thus, the comprehensive monitoring not only identified general improvements, but also showed in which aspects of the game (in which areas of the field) the team is lagging behind.

Scientific and practical significance: The results of our study theoretically enrich the principle of an integrated approach in sports pedagogy and supplement scientific knowledge on assessing the preparation of high-level athletes. In practice, based on these conclusions, the following recommendations can be made to football teams and coaches: continuous comprehensive monitoring of the level of preparation of players, adjusting the next training plan based on the data collected after each game and training, and individually monitoring the physical loads and psychological state of players. All these measures are expected to contribute to achieving stable high results during the competition, and also to creating a basis for training competitive and highly qualified players in our country.

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