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ANALYSIS OF TECHNICAL-TACTICAL ACTIONS OF HIGHLY QUALIFIED WOMEN FOOTBALL PLAYERS IN INTERNATIONAL MATCHES

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Abstract

This article investigates the scope of technical-tactical actions of highly qualified women football players in international matches. The conducted survey revealed an insufficiently high level of volume and effectiveness of technical-tactical actions of women football players of national team.

Keywords Technical-tactical actions, pass of the ball, clearance, interception, getting past, highly qualified women football players, the level of special training.

INTRODUCTION

In the past decades, women's football has become very popular in the world. In Uzbekistan, women's football is also receiving great attention not only from the government, but also from the Asian Football Confederation (AFC). This is evidenced by AFC's decision to hold Asian Cup qualifying matches in Tashkent in 2020-2021. In addition, AFC granted our country the right to host the final tournament of the 2022 Asian Cup among women under the age of 20. Such prestigious competitions held in our country witness about the authority of the Football Association of Uzbekistan and, in general, about the increased role and interest in women's football in Asia. Therefore, participation in such important tournaments requires special preparation.

The analysis of matches of different levels with the participation of Uzbek women football players shows that most of them have a level of motor activity and the effectiveness of technical-tactical techniques does not meet the requirements of the

modern game. In many ways, this fact is explained by the fact that little time is spent in the training process to increase the level of their special physical training.

The methodological recommendations available in the literature are mainly developed for men's football teams. Experts (T.F. Abramova, 1993, I.I. Saenko, 2002, etc.) argue that at the level of highly qualified athletes, the differences between men and women are practically insignificant or completely absent and are mostly due to the requirements of specialization, biomechanical stereotype and the peculiarities of energy supply of muscular activity. Therefore, they propose to adapt the methodological provisions of the management of football players' training to the training of women specializing in team sports.

At the same time, when planning the training of women football players, it is necessary to take into account many factors that affect the level of their athletic skills: individual characteristics of the

body, the level of special physical, technical, tactical and psychological preparedness, the tolerance of training loads and the speed of recovery of functional systems, etc. Therefore, it became necessary to develop a scientifically based system of special physical training for women's football teams for the Asian Championship and other important official tournaments.

Purpose of the research is to increase the effectiveness of technical-tactical actions of highly qualified women football players on the basis of improving special physical fitness.

METHOD

Methods and organization of the research are to analyze the competitive actions of the women football players, the information analytical platform "Wyscout" was used, which performs a comprehensive video analysis and provides detailed statistical data for each player of the team [4].

The system allows to analyze the number and effectiveness of individual technical-tactical actions (ITTA) of women football players during the match and in which areas of the playing field they were performed. During the game, such ITTA were registered: - ball passes: short (up to 10 m), medium (up to 25 m) and long (over 25 m),

performed forward, backward and across the field, in a cut between defenders or behind them; - selection and interception of the ball; - selection of the deflected ball;- sidestepping the opponent; - play with the head; - free kicks and corner kicks (of own team and the opponent); - shots at the goal (of own team and the opponent).

32 women football players, candidates for the national team of Uzbekistan, took part in the research. A comparative analysis of the motor movements of the Uzbek national women football team was carried out in matches with European and African national teams during the international tournament "Turkish Women's Cup" in Turkey in February 2022 and 2023; in test matches with the U.S. national team in April 2022; in the group qualifying tournament for the Asian Games 30.09 - 6.10. 2023; in the second stage of the Olympic qualifying tournament from 26.10 - 01.11.2023

DISCUSSION AND RESULTS

According to experts, one of the indicators of the activity of the team's play is the total time of possession of the ball [2,5,6].

Figure 1.1 shows data on the percentage of possession of the ball by the women football players of the national team of Uzbekistan in international matches in 2022-2023.

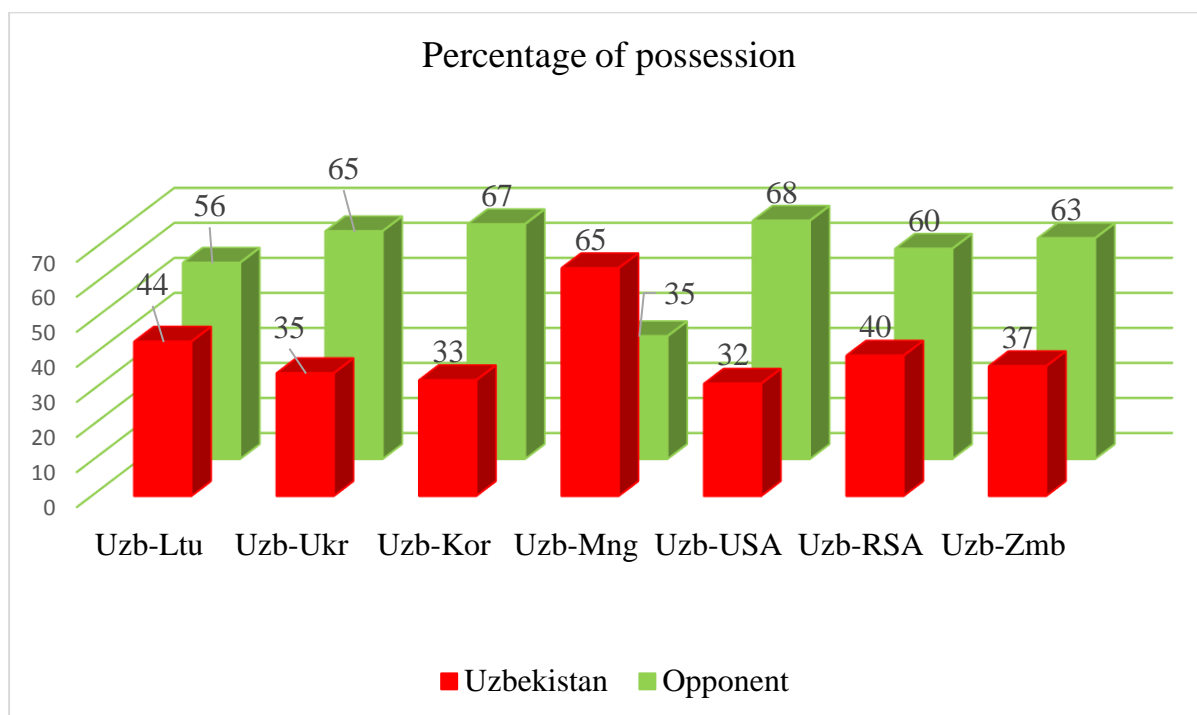


Figure 1.1. Percentage of possession of the ball by Uzbek women football players in international matches.

It can be seen that in the plays of the international tournament, the Uzbek women football players were significantly inferior in terms of possession of the ball. Only in the match against the national team of Mongolia, the possession of the ball by the players of the national team of Uzbekistan was

significantly higher.

Table 1.1. presents data on indicators of technical-tactical actions performed by Uzbek women football players in matches with foreign teams.

Table 1.1.

Indicators of technical-tactical actions of Uzbekistan national women football team players in international matches (n=6)

No	Indicators of TTA	National teams									
		Ukraine		Republic of Korea		USA (2 matches)		RSA		Zambia	
		Σ TTA	% accu rate	Σ TTA	% accu rate	Σ TTA	% accu rate	Σ TTA	% accu rate	Σ TTA	% accu rate
1	Total for ball	820	73	789	71	851	73	785	68	771	71
		563	37	604	52	450	48	581	60	477	61
		453	76	486	81	446	83	523	77	489	80

2	Passes of the ball	233	56	313	65	186	64	351	70	255	67
3	Clearance	261	67	221	55	253	63	201	49	207	47
		261	33	221	35	253	36	201	47	207	49
4	Combat in the air	43	51	41	54	36	81	24	46	27	37
		43	37	41	46	36	19	24	50	27	63
5	Getting past	48	40	26	65	67	55	44	55	48	73
		22	32	24	54	11	4	26	27	13	46
6	Shots on the goal	15	40	15	40	34	44	17	41	27	41
		4	50	5	20	0	0	3	0	2	1
7	% of possession of ball	65		67		68		60		63	
		35		33		32		40		37	

Note: Σ TTA - is the sum of technical-tactical actions; in the numerator, the opponent's TTA indicators, in the denominator of the Uzbek national team.

It is clear that the Uzbek women football players were inferior to their opponents both in the volume of TTA and in the effectiveness of their performance.

Due to the small sample of matches, it is difficult to perform an accurate analysis, but even calculating the average values of the main indicators of the competitive activity of Uzbek women football players in 6 matches, where the Asian champions

were the opponents (Republic of Korea) and the world (USA) made it possible to identify a common pattern and weaknesses in their technical, tactical and special physical fitness.

Table 1.2 shows the average TTA indicators of the Uzbek national women football team players obtained in matches with the leading national teams of foreign teams.

Table 1.2.

Indicators of technical-tactical actions of the women football players of the national team of Uzbekistan in matches with foreign teams ($\bar{X}_{cp} \pm \sigma$)

No	Indicators of TTA	Foreign teams		Uzbekistan		The validity of the differences
		$\Sigma \pm \sigma$	% Точных	$\Sigma \pm \sigma$	% точных	
1	Total TTA for match	803 ± 31,5	71,2	551 ± 77	51,6	(P≤0,05)
2	Passes of the ball	479,4 ± 39,3	79,4	267,6 ± 64,2	64,4	(P≤0,05)
3	Clearance	228,6 ± 30,1	56,2	228,6 ± 30,1	40,8	(P≤0,05)
4	Combat in the air	34,2 ± 6	53,8	34,2 ± 6	43	(P≤0,05)
5	Getting past	46,6 ± 20,5	57,6	19,2 ± 2,5	32,6	(P≤0,05)
6	Shots	21,6 ± 9,5	41,2	2,8 ± 1,5	14,2	(P≤0,01)

It can be seen that in terms of TTA, the players of foreign national teams exceeded the indicators of

the players of the national team of Uzbekistan by almost 1.5 times, and in terms of accuracy by 20%.

The analysis of passes, the main technical technique that characterizes the skill level of women football players, showed that the players of foreign national teams performed on average 479.4 ± 39.3 different ball passes, with 79.4% accurate. This is a very high indicator for the team. The players of the Uzbek national team performed, on average, 267.6 ± 64.2 passes, with 64.4% accurate, which indicates the average accuracy of the passes.

The study of the defensive play data showed that foreign athletes were more reliable in clearing the ball at the bottom – the number of clearances was 228.6 ± 30.1 , with 56.2% accurate. Uzbek women football players entered the clearance 228.6 ± 30.1 times, but the reliability was only 40.8%. The data suggests that more than half of the single combats for the ball on the ground were lost by Uzbek women football players. In single combats for the ball in the air, our opponents also had an advantage. Foreign athletes entered the combat, on average 34.2 times and won 53.8% situations, while Uzbek women football players won only 43%. These data indicate insufficiently high levels of development of strength and speed-strength abilities of Uzbek women football players.

The next indicator of combats, characterizing the attacking potential of the team, is the getting past of the opponent. On average, the players of foreign teams get past 46.6 times, of which 57.6% were successful. Uzbek women football players got passed on average 19.2 times, of which only 32.6% were successful. There is an advantage in the individual skill of the players of foreign national teams. These data indicate that the level of individual technical skill of our football players was

not high enough, which is probably due to the low level of coordination abilities, dexterity, speed and flexibility.

The main indicator of the attacking actions of the team are shots on goal, their number, accuracy and implementation. The women players of foreign teams averaged 21.6 shots per match, which amounted to 41.2% accuracy. Our players performed an average of 2.8 shots per game, with 14.2% accurate.

The large number of shots on goal and the high degree of their implementation indicate that the players of foreign teams fully possessed the playing advantage. One of the reasons for the low playing activity, in our opinion, is the insufficiently high level of special physical fitness of the athletes of Uzbekistan.

One of the characteristic trends of modern football is aggressive pressure throughout the game. For an active game throughout the match, a high degree of physical readiness of the players is necessary, which is one of the key factors that directly affect the results of the teams' performances.

Figure 1.2 shows the average data on the intensity of the pressure of the national team of Uzbekistan and their foreign opponents. The intensity of the pressure, or PPDA, characterizes the ratio of the number of passes of the opponent to the number of defensive actions of the studied team on the 60% of the field closest to the opponent's goal. A metric that shows well the degree of intensity of pressure. The lower the PPDA coefficient, the more effective the pressure.

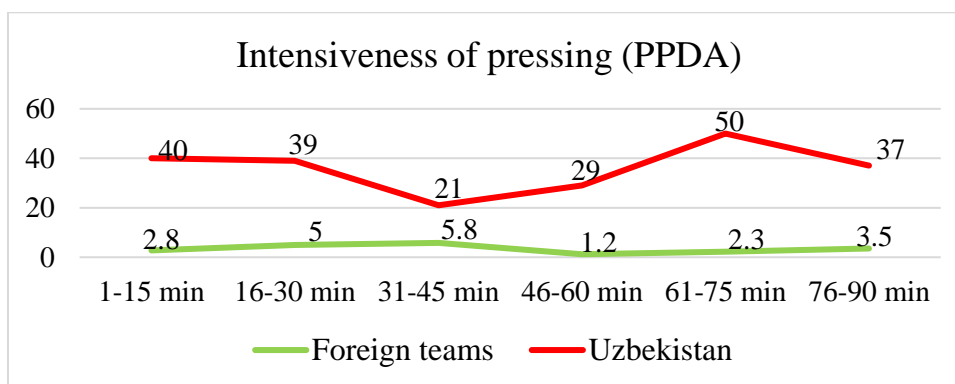


Figure 1.2. Average pressure intensity (PPDA) of foreign national teams and Uzbekistan.

It can be seen that the players of the foreign national teams only by the end of the first and second halves somewhat reduced their activity when clearing the ball. Uzbek women football players performed little group clearance, individual actions also had low efficiency.

CONCLUSIONS

A comparative analysis of the competitive activities of the Uzbek national women football team in matches with national teams from different countries showed that we are inferior to our opponents in terms of the volume and effectiveness of TTA. Thus, the volume of TTA among foreign athletes was 803 = 31.5, with 71.2%, and among Uzbek women football players 551 = 77, with 51.6% accurate.

The analysis of data in ball passes showed a clear advantage of foreign women football players, both in terms of volume - 479.4 ± 39.3 , and in terms of their efficiency of 79.4%. The number of passes for Uzbek women football players was 267.6 ± 64.2 , with an accuracy of 64.4%.

The number of combats for the national teams of foreign teams and the national team of Uzbekistan was 228.6 ± 30.1 , but the reliability of the opponents was 56.2%, and ours was 40.8%. In combats in the air, foreign football players out of 34.2 ± 6 cases won in 53.8% of cases, our women football players in this number only in 43%. The number of getting pasts among foreign athletes averaged 46.6 ± 20.5 , with 57.6% successful. The figures for Uzbek women football players were as follows, on average $19.2 = 2.5$ getting pasts, with 32.6% successful. In goal kicks, foreign football players significantly surpassed the performance of Uzbek athletes. Our opponents scored an average of 21.6 ± 9.5 shots on goal, with 41.2% accurate. The Uzbek women football players produced an average of 2.8 ± 1.5 shots, with 14.2% accurate.

Thus, a comparative analysis of the competitive activities of the Uzbek national women football team in matches with national teams from different countries showed that we are inferior to our

opponents in terms of volume and effectiveness of TTA. One of the reasons is the insufficiently high level of special physical fitness of the absolute majority of football players.

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