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Tactics and Tactical Systems in Football

B. Salaydinov

Karshi SU. Senior teacher

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Abstract: *This article examines the tactics of the football game, its importance and tactical systems, the evolution of tactical moves, types of tactics and their advantages.*

Keywords: *tactical systems, tactical thinking, success, individual, group, team interaction unit.*

The decision of the President of the Republic of Uzbekistan on April 7, 2023 "On additional measures for the comprehensive development of public and professional football", the meeting of the President Sh. Mirziyoyev with the head of the International Football Federation Gianni Infantino on May 5, 2023, will make promising changes in the football of our country, training and preparation of players to work on improving and ensuring the effectiveness of football systems, to further increase the popularity of football in our country, to establish a new system of selecting and training promising and talented players at a professional level, to train and improve the skills of coaches and referees based on international requirements, to improve the football infrastructure and to meet the established standards.

The above mentioned decisions are also directly related to tactical preparation which is essential to win the game. In the game, all members of the team can achieve victory only if they organize their active actions at a high level in defense as well as in attack. It follows 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 against a specific opponent.

The essence of a football player's tactics is to be able to effectively use his opportunities and to effectively use the methods of carrying the ball, which help to overcome the opponent's resistance in a very short time.

Football tactics are one of the components that have a strong and important influence on the development of modern football.

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 changes the face of modern football, but also has a profound effect on the form, means and methods of preparation. This, in turn, forces coaches to travel long distances in order to better study the opponent in front of them and organize video recordings of the game, record the most effective tactical moves, record matches, analyze matches in depth, etc.

In football, two teams striving for victory meet and fight for victory, which requires very strong physical, mental and willpower characteristics from the players. Only players who can fully use their skills can ensure success in a single fight against an opponent of equal strength. During the game, when in possession of the ball, each team has to perform offensive actions many times using different means and methods of fighting. Therefore, the means of conducting offensive and defensive actions that ensure the achievement of the goal in tactics, knowing how to use their opportunities widely in the attack, characterize the tactical maturity of individual athletes as well as the whole team.

The success of training young skilled football players implies a long-term training process, all components of which depend on the level of development of sports skills. However, tactical preparation is considered the most important in sports, especially in football. In sports games, group tactical actions are considered one of the most important components to achieve positive results, mainly in highly skilled teams.

The famous coaches of the world say about football game tactics that: hoping for the individuality of the player who can score goals means hoping for the situation, and the situation in modern football is first of all characterized by orderliness, logic, teamwork. But this does not mean that individuality is evident on the field. The model of team play is primarily the model of a player who is able to follow the principles of the team. On the contrary, team football is a high form of improvisation, firmly based on the foundations of advanced tactics and complete individuality, if the stars have not yet shone in such a game, then the team's chances of success are greatly increased.

M.A. Godik, analyzing the major football competitions of recent years with his staff, came to the following conclusion: in modern football, the importance of conducting a team game 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. The opinions expressed are based on the following. The universalization of football players is becoming more and more widespread. In this case, athletes who can play smoothly in their position, who can finish re-attacks like defense in any part of the field when the time comes, are considered universal. Moreover, it is important to be able to maintain a high tempo from the beginning to the end of the game.

In the history of football, there are many examples where a single system has worked for many years. In the early 1940s, the Spaniards used a 1-3-2-5 system to achieve certain results. Then all teams started using this system. In the 1958 World Cup in Sweden, the Brazilians won the 1-4-3-3 system, thus this system was considered the most advanced system for a long time.

Another group of experts, mainly in recent years, insists that the positioning system of the players is only a preliminary situation when 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 depends on the coordinated actions of the team in the lines and joints and the ability of all the players of the team, especially the goalkeeper, to consciously switch from defense to attack and vice versa. In the 1974 World Cup, the Dutch national team demonstrated to the whole world "total football", which was calculated to create an advantage in terms of numbers both in attack and in possession of the ball. Of course, the players should be universal, the more such universal players there are in the team, the more variety and options of tactical actions there will be.

If we look at the evolution of the game system, it can be seen that when football appeared, that is, when the tactics were not developed, but the defense and attack lines were defined, the players were according to the 1-1-9 and 1-2-8 system. In such a positioning system, players huddled around the ball, players with the ball tried to dribble alone to the goal, passing the ball, especially long distance and heading, was almost non-existent.

The Scots' introduction of passing into the game led to a dramatic development of the game, which was based on group tactical moves as much as individual game tactics. In turn, this led to the formation of 1-2-2 and then 1-2-3-5 players. In this system, the team had two defenders, three midfielders and five forwards.

Tactics that bring success are carefully designed, practiced interactions that make each player's actions stronger, and the whole team's actions become more coherent. Based on the interests of the team, according to their interaction in the game and mutual support, the strengths of each player, the weaknesses of the players are not noticeable, the success of the chosen tactics depends on them. No matter how well thought-out and tactical the plan is, it will change and be adjusted according to the situations that arise during the game. Therefore, the practical elements of tactics can be seen as a method of solving tactical tasks that arise directly during the game.

The practical tactical elements of the football game are considered to be:

- appropriate method of coordination (combination) 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 capabilities by 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 clear collective tactical actions that give order and appeal to the game.

From the above, it can be concluded that for a team game, the activity of at least two players is necessary at the same time. The main means of team interaction are: a combination of players with 2-6 players from the own goal to the opponent's goal, playing in standard (penalty, open, corner and throw-in from the sidelines, play without the ball, i.e. choosing a position) situations.

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 the level of group and team interaction. It is the effectiveness of mutual actions, skillful combination of tactical schemes processed with spiritual solutions, using the individual capabilities of each athlete to achieve the effectiveness of combinations of the final result.

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