OPEN ACCESS
Indonesian Journal of Sport, Health and Physical Education Sciences Vol 3 No 2 (2025) https://doi.org/10.58723/inasport.v3i2.363

Research Article

The Dynamics of Technical-Tactical Actions Performed in Official Matches by the Teams "Sogdiana" and "Olmaliq"

Received : January 28, 2025	Revised : May 21, 2025	Accepted: May 21, 2025	Publish : May 21, 2025

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Abstract:
This article analyzes the dynamics of technical-tactical actions (TTA) performed during official matches by teams composed of skilled football players. Ongoing pedagogical observations were conducted on the players of teams participating in the Uzbekistan National Football Championship's top league during the 2023-2024 seasons. The research involved 42 football players from two teams competing in the country's top league during the 2023 and 2024 championships. The average indicators of technical-tactical actions performed by the "Sogdiana" and "Olmaliq" teams during the matches at the beginning, middle, and end of the championship were identified and analyzed. The recorded indicators suggest that both the volume of TTAs and the movement across the field among players participating in the Uzbekistan National Championship are significantly lower compared to those of foreign players, highlighting a primarily "weak" development of their general and specific work capacity. However, in the official matches held in the middle and at the end of the championship, players of the "Olmaliq" team who regularly performed experimental relaxation exercises throughout the year showed progressive increases in the volume and efficiency of TTAs as well as in their physical and functional capacity levels.

Keywords: Technical-Tactical Actions, Relaxation Exercises, Olmaliq, Sogdiana

1. INTRODUCTION

The current stage of football development is characterized by the intensity of the game and requires the player to be able to quickly and efficiently perform technical and tactical actions in conditions of constant change, time and space limitations (Perrotta et al., 2024). Players of teams that succeed at the World and European Championships have a rational technique and combine it with the speed of movements. In recent years, we can observe increased interest in competitive activities in sports, in particular in football (Kostiukevych et al., 2020; Vira et al., 2019; Karpa et al., 2020), because indices of competitive activity is the main component that determines the entire system of organization, methodology and training of athletes during the training process (Viktor, 2024; García-Ceberino et al., 2020).

Competitive activity in football is considered to be one of the complex and important objects of scientific research (González-Víllora et al., 2015; Malynskyi et al., 2023). The difficulty lies in the fact that the effectiveness of the game activity is not metrically measured but only the number of failed and scored goals, successful attacks, various passes, etc. is evaluated. The importance of competitive activity as an object of scientific research is manifested in the fact that its observation allows to determine the level of preparedness of players of both teams (Ferasat, 2021). Modern football has not only largely changed the functions of players, but also the requirements for the level of their training. According to many researchers and football experts, the basis of football players' sportsmanship consists in their technical training and the level of their physical fitness that are very important for the outcome of the game (Otero-Saborido et al., 2021). Achieving high sports results in modern conditions is associated with increasing the efficiency of the training process by optimizing the total volume and intensity of various training methods and by designing an effective management system of the training process (Kraynik et al., 2019; Ferasat, 2021).

The rapid development of football as a competitive sport and as well as spectacular entertainment encourages constant changes in the organization of both the training process and the game itself, which is characterized by high intensity, speed and coordination of technical and tactical actions (TTA), as well as a high degree of interaction of players of different roles in some areas of the playing field. The data of the special scientific and methodical literature testify that the objective growth of volume and intensity of training and competitive physical and technical loadings necessary for achievement of high sports results, is the basis for carrying out comprehensive and thorough scientific and methodical researches on a problem of training process improvement (Serra-Olivares et al., 2016).

In modern football, the possibility of achieving the ultimate beneficial result depends on the effectiveness of technical-tactical actions and movements (with or without the ball, walking, running, high-speed running), which are decisive components of special work capacity. It is known that in European, World Championships, and interclub football tournaments, technical-tactical actions performed with or without the ball are predominantly carried out at high speed (Ortega et al., 2016). It has been determined that, for example, defenders belonging to English teams cover 3256 meters by walking, 5218 meters by running, and 231 meters by running at maximum speed during a single match. Midfielders, respectively: 3023 m walking, 6221 m running, 316 m at maximum speed. Forwards: 3533 m walking, 3646 m running, 557 m at maximum speed.

2. MATERIAL AND METHOD

In 2023-2024, current pedagogical observations were conducted on the players of teams participating in the Uzbekistan National Championship's top league, along with surveys and scientific research based on a program of specific questions. The current research was conducted on 42 football players from 2 teams participating in the country's top league championship in 2023 and 2024.

Measurement of Technical-Tactical Actions (TTA)

Technical-tactical actions (TTA) in this study were measured using a structured observational method based on a standardized stenographic protocol developed and validated by previous researchers (Low et al., 2020; Sumarno et al., 2022). Each action was categorized into seven key types: pass, interception, feinting, aerial duel, heading duel, kick, and dribbling. Observers recorded the frequency and outcome (successful/unsuccessful) of each action during live matches using video-assisted notation. Observers were trained for inter-rater reliability, and inter-observer agreement reached a minimum of 0.85 Cohen's kappa, ensuring coding consistency. Actions were analyzed per player per match, and aggregated at the team level for statistical comparison across three periods: early, mid, and late championship. TTA effectiveness was calculated as follows:

$$\text{TTA Efficiency (\%)} = \left(\frac{Number\ of\ successful\ TTAs}{Total\ TTAs}\right) \times 100$$

Starting from December 2023 (the beginning of the football season), with the agreement of the Uzbekistan Football Federation, members of the "Olmaliq" team from Olmaliq and the "Sogdiana" team from Jizzakh were involved in a 10-month pedagogical experiment.

The Sogdiana team, consisting of 22 players, was selected as the control group. Players of the relatively newly formed "Olmaliq" team (22 people) were involved as an experimental group in the pedagogical experiment process, which does not affect the training and competition calendar plan. In competitions, the volume and effectiveness of technical and tactical actions were studied using "stenographic" protocols designed to determine the activity of football players. The effectiveness of technical and tactical actions was determined by dividing the total volume of these actions by the volume of successful technical and tactical actions.

Statistical Analysis

All quantitative data (mean ± standard deviation) were processed and analyzed using IBM SPSS Statistics version 26. Descriptive statistics were computed for each group and championship phase. To determine whether the changes in TTA performance and physical movement indicators were statistically significant between the control and experimental groups, paired and independent samples t-tests were used depending on the data structure. For within-group comparisons (e.g., early vs. late phase), repeated-measures ANOVA was employed. Significance level was set at $p < 0.05$. Effect sizes (Cohen's d) were also calculated to estimate the magnitude of group differences.

3. RESULT AND DISCUSSION

The average volume of technical and tactical actions recorded in the games at the beginning, middle, and end of the championship among the football players of the "Sogdiana" (control group) and "Olmaliq" (experimental group) teams, which were the subject of our observation, did not exceed 75.8, while the maximum effectiveness (this indicator is not related to scoring goals) amounted to 78% (Tables 1, 2, 3).

Table 1. Average indicators of technical and tactical actions (TTA) performed by "Sogdiyona" and "Olmaliq" teams in the matches at the beginning of the championship

TTA	Pass	Interception	Feinting	Aerial duel	Heading duel	Kick	Dribbling	Total during the game
$\sum_n$	46,28±11,46	3,33±2,11	6,09±2,19	2,68±0,91	1,52±0,42	2,07±1,18	4,05±1,21	72,09±11,83
	42,97±10,8	3,24±1,94	6,91±1,97	4,28±1,63	1,59±0,59	2,13±1,17	4,66±1.69	65,78±6,78
∑n+	31,35±7,27	2,29±1,38	3,76±1,33	1,66±0,63	1,00±0,49	1,09±0,46	4,05±1,21	45,20±7,24
	26,38±5,24	1,46±0,99	3,08±1,12	1,94±1,15	0,96±0,61	0,93±0,45	4,66±1,69	39,39±4,46
∑n-	14,93±4,97	1,04±0,77	2,33±0,91	1,03±0,39	0,52±0,24	0,97±0,82	-	26,88±5,34
	16,59±5,74	1,79±1,04	3,84±0,96	2,34±0,66	0,64±0,17	1,19±0,76	-	26,39±5,93
SK	68±0,05	70±0,08	62±0,03	61±0,08	64±0,18	58±0,13	100±	63±0,03
(%)	62±0,04	45±0,11	44±0,07	42±0,12	55±0,17	47±0,12	100±	60±0,03

Table 2. Average indicators of technical and tactical actions (TTA) performed by "Sogdiyona" and "Olmaliq" teams in the matches between the championships

TTA	Pass	Interception	Feinting	Aerial duel	Heading duel	Kick	Dribbling	Total during the game
$\sum_n$	50,40±7,65	4,01±1,85	5,95±2,25	3,21±1,36	1,83±0,81	2,16±0,94	3,76±1,14	71,32±8,85
	46,45±10,74	3,10±1,99	6,65±2,30	4,91±2,11	1,72±0,68	2,31±1,09	5,03±1,63	70,18±10,12
∑n+	32,50±5,61	2,72±1,36	3,93±1,63	2,18±1,00	1,16±0,54	1,16±0,39	3,76±1,14	47,40±7,02
	32,01±6,36	1,84±,22	3,52±1,35	3,01±1,64	1,16±0,58	1,29±0,49	5,03±1,63	47,86±5,74
∑n-	17,90±2,54	1,29±0,52	2,02±0,68	1,03±0,40	0,67±0,29	1,01±0,61	-	23,92±2,58
	14,44±4,99	1,26±0,79	3,13±0,97	1,91±0,61	0,56±0,14	1,03±0,63	-	22,32±5,15
SK	64±0,03	66±0,05	65±0,06	67±0,06	63±0,08	56±0,11	100±	66±0,03
(%)	70±0,05	59±0,04	52±0,04	58±0,09	66±0,09	59±0,11	100±	68±0,04

Table 3. Average indicators of technical and tactical actions (TTA) performed by "Sogdiyona" and "Olmaliq" teams in the final matches of the championship

TTA	Pass	Interception	Feinting	Aerial duel	Heading duel	Kick	Dribbling	Total during the game
$\sum_n$	51,29±8,18	4,18±2,3	6,28±2,34	4,38±1,84	1,76±0,43	2,18±1,02	5,18±0,83	75,23±8,58
	50,84±10,09	3,71±1.89	6,44±1,97	4,24±1,98	1,86±0,62	2,23±1,13	6,49±1,54	75,82±10,25
∑n+	34,25±4,78	2,69±1,31	3,74±1,65	2,49±1,15	1,16±0,41	1,20±0,37	5,18±0,83	50,71±4,89
	37,00±6,46	2,79±1,38	4,16±1,41	3,03±1,81	1,44±0,63	1,31±0,50	6,49±1,54	56,21±6,79
∑n-	17,04±3,94	1,49±0,78	2,54±0,77	1,88±0,80	0,60±0,12	0,98±0,72	-	24,53±4,37
	13,84±4,87	0,93±0,54	2,28±0,61	1,21±0,40	0,42±0,10	0,93±0,66	-	19,61±5,25
SK	67±0,04	64±0,06	58±0,06	57±0,06	65±0,08	59±0,11	100±	68±0,03
(%)	73±0,06	75±0,04	64±0,06	67±0,12	75±0,10	63±0,13	100±	74±0,05

Note: at pace - control group indicators; in the denominator - the indicators of the experimental group.
∑n - Total number of TTA;
∑n+ - the number of useful TTAs;
∑n- - the number of useless TTAs;
S – the number of useless TTAs.

At the beginning of the championship, the prioritized playing techniques included passing the ball, which amounted to 46.3±11.5 times for the "Sogdiana" team and 42.7±10.8 times for the "Olmaliq" team. Ball recovery, respectively: 3.33±1.07 and 3.25±1.01. Dribbling past the opponent: 6.09±1.12 and 6.91±1.04. Carrying the ball: 4.05±1.21 and 4.66±1.69. At the midpoint of the championship, the

aforementioned average indicators were expressed as follows: 50.4±7.65 and 46.4±10.74; 4.01±1.85 and 3.10±1.99; 5.95±2.25 and 6.65±2.30; 3.76±1.14 and 5.03±1.63. In the final match of the championship, the indicators were as follows: 51.3±8.18 and 50.8±10.09; 4.18±2.3 and 3.71±1.89; 6.28±2.34 and 6.44±1.97; 5.18±0.83 and 6.49±1.54. The total volume of TTA (technical-tactical actions) for the "Sogdiana" team was as follows: at the beginning of the championship – 72.09±11.83, at the midpoint – 71.32±8.85, and at the end – 75.23±8.58. For the "Olmaliq" team, the total volume of TTA was: 65.78±6.78, 70.18±10.12, and 75.82±10.25. Successful TTAs were as follows: "Sogdiana" – 63%±0.03%, 66%±0.03%, and 68%±0.03%. "Olmaliq" – 60%±0.03%, 68%±0.04%, and 74%±0.05%.

As evident from the comparative analysis of the average indicators of the prioritized TTAs outlined above, neither specific indicators nor the total volume of actions, nor even efficiency, showed significant differences in the match observed at the beginning of the championship. This situation indicates that the players of the two teams had approximately the same level of preparation prior to the championship. However, during the championship—particularly in the matches observed at the midpoint and the end—a notable increase was seen in the overall TTAs, successful (effective) and unsuccessful (ineffective) actions, as well as TTA efficiency among the players of the "Olmaliq" team compared to those of the "Sogdiana" team. It is worth reiterating that the annual preparation process for the "Sogdiana" team was organized based on a traditional plan starting from the beginning of the season.

As the experimental group, the "Olmaliq" team's annual preparation process incorporated a series of innovative training methods starting from the beginning of the season. These included daily independent and group training sessions, morning "warm-up" exercises, routine training activities, and recovery sessions following official matches. The team also implemented a set of relaxation exercises with a focus on "flexibility-hypoxic-ventilatory" techniques, developed by our team and prioritized under "non-traditional" conditions.

The introduction of these experimental exercises into the daily activities of the "Olmaliq" players not only enhanced their technical-tactical activity but also contributed significantly to the team's rise to a prize-winning position in the championship. This assumption is supported by the increased volume of movements (walking, running, and sprinting) observed during the team's matches, particularly in the final stages of the championship. It is well known that achieving a favorable outcome in modern football depends not only on technical and tactical skills but also on the ability to maintain these skills consistently over 90 minutes. This capability, in turn, is determined by the players' aerobic and anaerobic work capacity.

According to Z.Ordanikidze and V.Pavlov, an outfield player covers a distance of 8–12 km during a 90-minute match, while goalkeepers are observed to move a total of 3–4 km. Some specialists have observed that football players specialized in different "positions" cover varying distances during a match. For example, in the English Premier League, a "ball-carrying" defender covers 11,472 meters, a midfielder covers 13,827 meters, and a forward covers approximately 9,000 meters. In the teams from Italy and Denmark, defenders cover between 9,740 and 10,980 meters, midfielders cover around 11,000 meters, and forwards cover about 10,480 meters.

The observed movements (walking, running, and sprinting) of the players from "Sogdiana" (Jizzakh) and "Olmaliq" (Olmaliq) teams were found to be considerably lower than those of leading European football players, as indicated by the data in Tables 4, 5, and 6. Specifically, the following results were recorded in the opening match of the national championship (Table 4) : "Sogdiana" – 1st half: Walking: 216.0±12.99 meters. Running: 1,746.0±188.31 meters. Sprinting: 336.0±45.45 meters. Total for the first half: 2,298.0±246.75 meters. 2nd half – respectively: Walking: 286.5±40.58 meters. Running: 1,854.5±295.45 meters. Sprinting: 284.5±48.70 meters. Total for the second half: 2,425.5±384.74 meters. The total distance covered during the match was 4,723.5±631.49 meters. "Olmaliq" – 1st half: Walking: 281.5±17.86 meters. Running: 1,451.5±186.69 meters. Sprinting: 305.5±47.08 meters. Total for the first half: 2,038.5±251.62 meters. 2nd half: Walking: 305.5±22.73 meters. Running: 1,182.0±103.90 meters. Sprinting: 258.0±34.09 meters. Total for the second half: 1,174.5±160.71 meters. The total distance covered during the match was 3,784.0±412.34 meters.

At the midpoint of the championship: "Sogdiana" – 1st half: Walking: 252.0±22.73 meters. Running: 1,839.0±188.31 meters. Sprinting: 340.0±56.82

meters. Total for the first half: 2,431.0±267.86 meters. 2nd half: Walking: 351.5±37.34 meters. Running: 1,693.5±181.82 meters. Sprinting: 262.0±32.47 meters. Total for the second half: 2,307.0±251.62 meters. The total distance covered during the match was 4,738.0±519.48 meters. "Olmaliq" – 1st half: Walking: 286.0±12.99 meters. Running: 1,890.5±220.78 meters. Sprinting: 363.0±60.06 meters. Total for the first half: 2,539.5±293.83 meters. 2nd half: Walking: 264.0±22.73 meters. Running: 1,836.5±345.78 meters. Sprinting: 314.5±38.96 meters. Total for the second half: 2,415.0±407.47 meters. The total distance covered during the match was 4,954.5±701.30 meters.

At the end of the championship: "Sogdiana" – 1st half: Walking: 236.0±19.48 meters. Running: 1,606.5±238.64 meters. Sprinting: 283.0±63.31 meters. Total for the first half: 2,125.5±321.48 meters. 2nd half: Walking: 332.5±35.71 meters. Running: 1,562.0±224.03 meters. Sprinting: 246.5±37.34 meters. Total for the second half: 2,141.0±297.08 meters. The total distance covered during the match was 4,266.5±618.51 meters. "Olmaliq" – 1st half: Walking: 221.0±16.23 meters. Running: 2,114.5±176.95 meters. Sprinting: 421.0±45.45 meters. Total for the first half: 2,756.5±238.64 meters. 2nd half: Walking: 214.0±19.48 meters. Running: 1,990.0±162.34 meters. Sprinting: 387.0±45.45 meters. Total for the second half: 2,591.0±227.27 meters. The total distance covered during the match was 5,347.5±465.91 meters.

Table 4. Average Movement Indicators for the "Sogdiana" and "Olmaliq" Teams during the Opening Matches of the Championship.

Movements (m)	"Sogdiana"		"Olmaliq"	
	1 half	2 half	1 half	2 half
Walking	216,0±12,99	286,5±40,58	281,5±17,86	305,5±22,73
Running	1746,0±188,31	1854,5±295,45	1451,5±186,69	1182,0±103,90
Sprinting	336,0±45,45	284,5±48,70	305,5±47,08	258,0±34,09
Total	2298,0±246,75	2425,5±384,74	2038,5±251,62	1745,5±160,71
During the match	-	4723,5±631,49	-	3784,0±412,34

From the dynamics of the above-mentioned indicators, it can be emphasized that at the start of the championship, both teams exhibited very slow movement speeds. Especially in critical game situations, the maximum sprint distance that contributed to favorable results in the first half was 336.0±45.45 meters for the "Sogdiana" team and 305.5±47.08 meters for the "Olmaliq" team. In the second half, these figures were reduced to 284.5±48.70 meters and 258.0±34.09 meters, respectively. It is clear that in the second half, the distance covered by walking increased, and the sprinting distance decreased for the "Olmaliq" team, with a corresponding decrease in the distance covered at an average running speed by the end of the second half. This situation suggests that signs of fatigue intensified for the players of both teams in the second half.

What is particularly noteworthy is that while the distance covered at both average and maximum speeds was not very high (compared to the leading European football players), by the end of the second half, the movement activity of both teams had decreased. It can be confidently stated that the players of both the "Sogdiana" and "Olmaliq" teams lacked sufficient physical and functional preparedness at the start of the season. The training sessions conducted during the period between the start of the season and the beginning of the championship (3.5-4 months), including training camps, gym workouts, cross-training, swimming, athletics, etc., did not adequately address this situation.

By the middle of the championship (after the first round of matches), the situation regarding movements shifted in favor of "Olmaliq" (Table 5). Specifically, in this team, both the average running speed and the maximum running speed, as well as the total movement distances in the first and second halves, showed better results compared to the players of the "Sogdiana" team.

Table 5. Average Movement Indicators for the "Sogdiana" and "Olmaliq" Teams during the Mid-Championship Matches

Movements (m)	"Sogdiana"		"Olmaliq"	
	1 half	2 half	1 half	2 half
Walking	252,0±22,73	351,5±37,34	286,0±12,99	264,0±22,73
Running	1839,0±188,31	1639,5±181,82	1890,5±220,78	1836,5±345,78
Sprinting	340,0±56,82	262,0±32,47	363,0±30,06	314,5±38,96
Total	2431,0±267,86	2307,0±251,62	2539,5±293,83	2415,0±407,47
During the match	-	4738,0±519,48	-	4954,5±701,30

At the end of the championship, the progressive changes observed in the "Olmaliq" team became even more pronounced (Table 6). For instance, while during the mid-championship matches, the "Sogdiana" team recorded an average running distance of 3532.5 meters and a maximum running distance of 602.0 meters over both halves, by the end of the championship, these figures had decreased to 3168.5 meters and 529.5 meters, respectively. Meanwhile, the "Olmaliq" team demonstrated significantly better results, with corresponding distances of 3726.0 meters and 677.5 meters mid-championship, and 4104.5 meters and 808.0 meters at the championship's conclusion.

In other words, the "Olmaliq" team exhibited a significant increase in both average and maximum running speeds, as well as in the overall movement distances.

Table 6. Average Movement Indicators for the "Sogdiana" and "Olmaliq" Teams during the Final Matches of the Championship

Movements (m)	"Sogdiana"		"Olmaliq"	
	1 half	2 half	1 half	2 half
Walking	236,0±19,48	332,5±35,71	221,0±16,23	214,0±19,48
Running	1606,5±1562,0	1562,0±224,03	2114,5±176,95	1990,0±162,34
Sprinting	283,0±63,31	246,5±37,34	421,0±45,45	387,0±45,45
Total	2125,5±321,48	2141,0±297,08	2756,5±238,64	2591,0±227,27
During the match	-	4266,5±618,51	-	465,91±5347,5

This situation can be explained by the fact that, from the very beginning of their annual training program, the "Olmaliq" team incorporated specific exercises designed to restore and enhance work capacity. These exercises, executed in "non-traditional" conditions, included flexibility, hypoxic, and ventilatory (breathing) drills. They were performed daily in the mornings, during and after regular training sessions, as well as following friendly and official matches. As a result, the players not only managed to promptly mitigate signs of fatigue but also progressively enhanced the physical and functional components of their work capacity.

The regressive and progressive trends observed among the players of the "Sogdiana" and "Olmaliq" teams throughout the national championship were also confirmed by the dynamics of movements exhibited by players specializing in various positions (Appendices 11, 12, 13). For instance, in the opening match of the championship, the total movement distance over two halves for a "Sogdiana" defender was 4160 m, a midfielder covered 5525 m, and a forward 3835 m. In comparison, the corresponding figures for "Olmaliq" were 3615 m for a defender, 5070 m for a midfielder, and 3835 m for a forward (Appendix 11). However, by the middle of the championship, the situation shifted in favor of the "Olmaliq" team (Appendix 12): Sogdiana: defender - 4420 m; midfielder - 5330 m; forward - 4870 m. Olmaliq: defender - 4685 m; midfielder - 5680 m; forward - 5275 m.

Such a ratio became even more evident in the movement distances observed during the final matches of the championship. Specifically: Sogdiana: defender - 3750 m; midfielder - 4985 m; forward - 4490 m. Olmaliq: defender - 5065 m; midfielder - 5950 m; forward - 5330 m. It is worth emphasizing that the increase in the total movement distance among "Olmaliq" players from match to match, particularly in terms of average and maximum speed running distances, indicates the enhancement of their specialized performance capacity throughout the championship. This progression suggests that the regular implementation of relaxation exercises has effectively mitigated fatigue-related symptoms, which tend to accumulate during the season, leading to potential residual stress layers in muscle fibers and tissues.

Consequently, it can be concluded that the "flexibility-hypoxic-ventilation" exercises performed in "non-traditional" scenarios not only allow for the timely alleviation of extreme fatigue symptoms but also provide a foundation for maintaining, and even enhancing, work capacity during an extended championship. Undoubtedly, the specially designed experimental exercises with a "flexibility-hypoxic-ventilation" focus, regularly performed in "non-traditional" scenarios and integrated into the training activities of the "Olmaliq" team, have demonstrated their effectiveness. This conclusion is supported by the observed positive outcomes. However, it is essential to note that if such exercises are consistently combined with other "recovery" tools throughout the long-term sports training process, the efficiency of work capacity development will inevitably be expressed with an even higher coefficient.

The relevance and critical importance of this recommendation lie in the fact that even the leading football players participating in the Uzbekistan Championship demonstrate significantly lower physical and technical-tactical actions (TTA) and movement volumes (walking, running, high-speed running) during a match compared to European club players. For instance, among players from England and South America: Walking movement: defenders - 3256 m; midfielders - 3023 m; forwards - 3533 m. Running: defenders - 5208 m; midfielders - 6621 m; forwards - 3646 m. High-speed running: defenders - 231 m; midfielders - 316 m; forwards - 557 m. These indicators reveal that the TTA and movement volumes of players participating in the Uzbekistan National Championship are significantly lower than those of foreign players. This points to a fundamental deficiency in both general and specialized work capacity, underscoring the necessity for targeted interventions to improve these attributes.

4. CONCLUSION

It is a well-established fact that the level of physical and functional capabilities of athletes significantly impacts the volume, intensity, and efficiency of the TTAs (technical-tactical actions) that define their specialized work capacity. The findings of our study reinforce this assertion, as the physical, functional, and technical-tactical indicators recorded in the players of “Olmaliq” (Olmaliq) and “Sogdiana” (Jizzakh) demonstrated a clear correlation with their performance dynamics. Specifically, the low-efficiency TTAs observed during the official matches at the beginning of the season (total TTAs: 72.09±11.83 for "Sogdiana" and 65.78±15.78 for "Olmaliq," with efficiency rates of 63±0.03% and 60±0.03%, respectively) reflected the athletes' relatively "weak" physical and functional capabilities.

However, as the championship progressed, particularly towards its midpoint and conclusion, the players of "Olmaliq" who consistently performed experimental relaxation exercises throughout the year exhibited significant improvements. These enhancements were evident in the increased volume and efficiency of TTAs and the elevated levels of their physical and functional abilities, clearly indicating a progressive trend in their performance.

5. ACKNOWLEDGEMENT

The authors would like to express their sincere gratitude to all individuals and institutions who have supported and contributed to this research. Special thanks are extended to the management and coaching staff of the “Sogdiana” and “Olmaliq” football clubs for granting permission to conduct observations during training and matches, as well as for their cooperation and openness throughout the research process. The authors are also grateful to the Uzbekistan Football Federation for its support and facilitation of the data collection process. Deep appreciation is directed to the 42 football players who willingly participated in the study, showing full commitment during the period of observation and experimentation. Thanks are also due to the team of observers, analysts, and technical staff who assisted in recording and analyzing the technical-tactical actions and physical movements. Finally, the authors would like to acknowledge the moral support and encouragement received from colleagues, family members, and academic peers, whose insights and feedback greatly contributed to the refinement of this study. Without the collaborative efforts of all these parties, the completion of this research would not have been possible.

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