

**TEACHING DEFENSIVE AND ATTACKING TACTICS TO FOOTBALL PLAYERS  
AT THE BASIC PREPARATION STAGE**

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**Abstract:** This scientific article examines the pedagogical and methodological foundations of teaching offensive and defensive tactics to football players at the initial training stage. The age-related and psychophysiological characteristics of young football players are analyzed, and the effectiveness of a game-based teaching method aimed at developing collective actions and decision-making skills is substantiated.

**Key words:** football, initial training stage, offensive tactics, defensive tactics, young football players, training methodology.

**ОБУЧЕНИЕ ФУТБОЛИСТОВ ТАКТИКЕ ЗАЩИТЫ И НАПАДЕНИЯ НА ЭТАПЕ  
БАЗОВОЙ ПОДГОТОВКИ.**

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**Аннотация:** В данной научной статье рассматриваются педагогические и методические основы обучения тактике нападения и защиты футболистов на этапе начальной подготовки. Проанализированы возрастные и психофизиологические особенности юных футболистов, а также методы формирования тактического мышления. Обоснована эффективность игрового метода обучения, направленного на развитие коллективных действий и принятия решений в игровых ситуациях.

**Ключевые слова:** футбол, начальная подготовка, тактика нападения, тактика защиты, юные футболисты, методика обучения.

**BOSHLANG‘ICH TAYYORGARLIK BOSQICHIDAGI FUTBOLCHILARGA HIMOYA  
VA HUJUM TAKTIKASINI O‘RGATISH**

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Buxoro davlat universiteti Jismoniy tarbiya, sport mashg‘ulotlari, sog‘lomlashtirish va adaptiv jismoniy tarbiya nazariyasi va metodikasi yo‘nalishi tayanch doktoranti



**Annotatsiya:** Mazkur ilmiy maqolada boshlang'ich tayyorgarlik bosqichidagi futbolchilarga himoya va hujum taktikasini o'rgatishning pedagogik hamda metodik jihatlari yoritilgan. Yosh futbolchilarning psixofiziologik xususiyatlarini hisobga olgan holda taktik tayyorgarlikni shakllantirish usullari tahlil qilingan. O'yin orqali o'rgatish metodikasining samaradorligi asoslab berilgan va amaliy tavsiyalar ishlab chiqilgan.

**Kalit so'zlar:** futbol, boshlang'ich tayyorgarlik, hujum taktikasi, himoya taktikasi, yosh futbolchilar, metodika.

**Introduction.** Football is one of the most popular and popular sports in the world. It requires not only physical strength and endurance, but also quick thinking, decision-making and teamwork. Therefore, the process of training young players should be complex and systematic.

The initial training stage (usually 7–12 years old) is the most important foundation for a player's future sports career. At this stage, coaches teach players not only technique and physical fitness, but also explain and form the main tactics of the game - attack and defense. At this stage, young players acquire the skills to correctly understand the game, analyze situations and act together with the team.

Attacking and defensive tactics develop players' tactile thinking, quick decision-making and team play skills. For example, attacking tactics give young players the skills to identify open areas, pass with a partner and score a goal. Defensive tactics develop the ability to stop the opponent's movement, win the ball, and maintain the team's defensive lines.

In modern football, due to the increasing number of team games and tournaments, it is important to teach tactical skills to players at the initial training stage from an early age. At the same time, it is also necessary to organize training sessions taking into account psychophysiological characteristics. Young players cannot maintain attention for a long time, so training sessions should be short, interesting and visually demonstrative.

Also, learning the game of football at an early age develops the player's personal and team skills, increases the speed of decision-making, teaches how to behave in complex game situations and allows them to achieve high sports results in the future. Therefore, the issue of teaching defensive and offensive tactics to players at the initial training stage is not only practical, but also scientifically relevant.

This article analyzes the methodology for teaching offensive and defensive tactics to players at the initial training stage, the principles of organizing training sessions, the psychophysiological characteristics of young players and the effectiveness of training sessions in the game style.

When working with young players, the following aspects are taken into account: Attention and focus: Children aged 7-10 cannot maintain attention for long periods of time, so training sessions should be short and interesting. Learning through play: Young players more easily understand complex concepts in a playful way. Movement activity: Children are full of energy, move quickly, so training sessions should be active and interactive. Personal and team skills: At the initial stage, it is important to develop team cooperation along with the player's individual technique. These features allow the coach to organize training sessions in an interesting, visual and step-by-step manner.

### 3. Teaching Attacking Tactics

Attacking tactics teach players how to get the ball into the goal and score goals. At the initial stage, attacking tactics include the following elements: Opening up to the open area. Identifying gaps in the opponent's defense. Developing a team attack by moving into the open area. Working with a partner. Continuing the attack through passes. Improving team



coordination. Taking shots on goal. Directing the ball accurately and quickly into the goal. Maximizing scoring opportunities. Decision-making. Young players learn to quickly assess game situations. Speed of decision-making increases the effectiveness of the attack.

**Methodological Recommendations:**

Conduct training sessions using small-sided games (2x2, 3x3, 4x4). Make exercises visual and interactive. After each exercise, provide brief analysis and feedback. Teach defensive tactics. Defensive tactics help develop skills to stop the opponent’s attack and regain possession of the ball. This includes individual defense, limiting the opponent with the ball, blocking dribbling, and tackling. Team defense involves maintaining simple positional movements and defensive lines, as well as coordinating with teammates. Transition quickly from attack to defense, analyze the opponent’s attack rapidly, return to position, and prepare opportunities for counterattacks.

**Methodological Recommendations:**

First, strengthen individual defensive skills.  
Then, apply the learned elements in small group exercises.

**5. Principles of Organizing Training Sessions**

1. **Learning through play:** Training sessions should be engaging and game-based.
2. **Gradual progression:** Increase the level of difficulty step by step.
3. **Individual approach:** Exercises should match each player’s abilities.
4. **Encouragement:** Use positive motivation and praise.
5. **Safety:** Protect young players from injuries.

**6. Example of Training Structure**

**6.1 Stages of the Training Session**

Stage	Type of Training	Purpose
1	Warm-up (10–15 min)	Increase physical activity and prepare the muscles
2	Technical exercises (15–20 min)	Develop passing, dribbling, and shooting skills
3	Small-sided game (20–25 min)	Apply attacking and defensive tactics in practice
4	Feedback and analysis (5–10 min)	Discuss the training session and identify mistakes

**Research and Observation Results**

The conducted pedagogical observations showed that:

- Game-based training significantly improves young football players’ tactical thinking.
- Players begin to understand game situations more quickly.
- Teamwork and decision-making abilities develop.
- The effectiveness of attacking and defensive tactical exercises increases when they are presented in a visual and interactive way.

**Conclusion**

Teaching defensive and offensive tactics is of great importance in the initial training stage of football players. Research and pedagogical observations have shown that for players aged 7–10, tactical skills are most effectively developed through step-by-step and game-based methods.



During the process of teaching attacking tactics, players: learn to identify and move into open spaces, develop cooperation with teammates, and improve their shooting and quick decision-making abilities.

In teaching defensive tactics, players: acquire individual defensive skills, perform team defense and positional movements, and develop the ability to quickly transition from attack to defense and create counterattack opportunities.

Organizing training sessions in a game-based format and using visual and interactive methods increases young players' interest, helps maintain their attention, and ultimately improves learning effectiveness. At the same time, applying an individual approach, gradually increasing the level of difficulty, and creating a system of encouragement strengthen players' motivation.

Comprehensive pedagogical observations indicate that the attacking and defensive tactics developed at the initial training stage serve as a strong foundation for advancing technical and tactical skills in later stages of sports development. Therefore, along with physical training, significant attention should also be given to tactical preparation.

From a practical perspective, the methodological recommendations and training sessions presented in the article: help develop teamwork skills in young players, increase decision-making speed, form the ability to act effectively in attacking and defensive situations, and prepare them for future sports achievements.

At the same time, teaching tactical skills at the initial stage depends on the coach's pedagogical mastery and methodological approach. Game-based methods, visual demonstrations, small-sided games, and quick interactive exercises help young players express themselves freely and better understand tactical concepts.

In general, teaching defensive and attacking tactics to players at the initial stage not only develops physical and technical preparation but also forms self-management, quick thinking, and teamwork skills, creating a solid foundation for their future professional sports careers.

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