

UNIQUE METHODS OF TACTICAL THINKING AND PERSONAL PSYCHOLOGICAL QUALITIES IN 14–15-YEAR-OLD FEMALE FOOTBALL PLAYERS

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Abstract:

In this scientific article, specific methods of forming tactical thinking and developing personal psychological qualities in 14-15-year-old female football players are analyzed from a scientific-theoretical and practical point of view. In the course of the study, the psychophysiological characteristics of adolescence, the speed of decision-making in football training, anticipation of the situation, emotional stability, and the interrelationship of motivational factors were substantiated. Also, the effectiveness of special exercises, game methods, and psychological-pedagogical approaches aimed at developing tactical thinking in the game process is revealed. The research results are significant in that they serve to ensure a stable psychological state in the competitive activity of young female football players, the full manifestation of their individual capabilities, and the improvement of sports mastery.

Keywords: Psychological development of adolescence, tactical thinking of female football players, decision-making mechanisms in sports activities, a system of individual psychological qualities, emotional stability and motivational harmony, speed of thinking in competitive situations, means of sports and pedagogical influence, psychological training through game methods, factors of personal development of young athletes.

Introduction

In our society today, tactical thinking and methods of developing personal-psychological qualities in young female football players are devoted, the relevance of which is reinforced by a number of modern political and practical factors.

Direction of state policy towards the modernization of sports Decree No. PP-262 adopted by the President of the Republic of Uzbekistan on August 21, 2025, aims to bring the country's sports, in particular football, to a new level through digitalization and increasing its popularity. This resolution provides for bringing the country's football infrastructure in line with international standards, increasing the number of fields, and increasing the number of people regularly involved in football. This requires the systematic development of football not only at the professional level, but also at the youth level, in particular, at the level of 14-15-year-old female football players. Within the framework of the decision, adopted as a system of

digitalization and systematic selection, it is planned to create an information system "National Football Electronic Platform" for the digitalization of football, which will allow selection, monitoring of training sessions, and monitoring of medical and physical indicators in real time. Such a system creates ample opportunities for accurate measurement, analysis, and implementation of an individual approach to tactical and personal psychological indicators of young football players.

Increased demand for psychological and tactical training in youth sports. As part of the national sports strategy, the practice of selection and an individual approach is being strengthened, which increases the demand for scientific research on the development of tactical thinking and psychological resilience among young football players, especially girls. Through the digital monitoring system defined in the presidential decree, the assessment of young football players' ability to think critically and make flexible decisions will become more scientifically based.

This decision is aimed at popularizing football not only at the elite level, but also at the national level. In this context, the study of practical methods for the development of tactical and psychological qualities in female football players aged 14-15 covers not only sports methodology, but also issues of youth health, personal development, motivation, and social integration. [1]

Objective of the research work

The purpose of this research work is to scientifically substantiate effective methods for the development of tactical thinking and personal-psychological qualities in female football players aged 14-15 years, as well as to improve the speed of decision-making in competitive activity, the level of awareness of the situation, emotional stability, and individual sportsmanship of young athletes by introducing them into the training process.

Tasks of research work

The main tasks of this research work are:

1. Analysis of the scientific and theoretical foundations of the development of tactical thinking and personal-psychological qualities of female football players aged 14-15 years and identification of their age-related psychophysiological characteristics;
2. Identification of pedagogical and psychological factors influencing the formation of tactical thinking in the process of football training and competitive activity;
3. Diagnostics of the current state of personal and psychological qualities (motivation, emotional stability, self-confidence, attention, and volitional qualities) in young female football players;
4. Development of a training methodology consisting of special exercises, game methods, and psychological and pedagogical approaches aimed at developing tactical thinking;
5. Experimental determination of the effectiveness of the developed methodology in the training process of female football players aged 14-15;
6. Statistical analysis of changes in the tactical thinking and personal-psychological qualities of young female football players based on the results of the experiment;

7. Based on the research results, the development of practical and methodological recommendations aimed at improving football training.

Research Methods

To achieve the goals and objectives set in this research work, the following interconnected methods were used:

For the implementation of the goals and objectives set in this research work, methods of scientific and theoretical analysis were used. In particular, scientific literature, dissertations, scientific articles, and regulatory legal documents on pedagogy, sports pedagogy, sports psychology, and football theory were analyzed and summarized. In the research process, the method of pedagogical observation was used to determine the tactical actions of female football players aged 14-15 in training and competitive activities, the level of awareness of game situations, and the speed of decision-making.

Also, to determine the effectiveness of the developed training methodology, the method of pedagogical experiment was applied, and tests were conducted in the experimental and control groups. Methods of psychological diagnostics, standardized tests, and questionnaires were used to determine the personal and psychological qualities of female football players, in particular, the level of motivation, emotional stability, attention, volitional qualities, and self-confidence. In addition, a testing method based on special football tests was used to determine the indicators of tactical thinking, situation assessment, and quick decision-making. Additional information about the training process and psychological preparedness was obtained through pedagogical interviews and questionnaires conducted with the study participants and mentors. The results obtained during the study were processed using methods of mathematical and statistical analysis, and their reliability and practical significance were determined.

Literature Review

Within the framework of this study, the following scientists and specialists conducted scientific research on the research conducted in our republic:

R. Abdullaev's research on the technical and tactical training of young football players serves as an important methodological basis for this work. The author emphasizes that the improvement of the process of analyzing game situations and making decisions increases the effectiveness of training. This approach was used in this study as a theoretical basis for the development of special exercises aimed at developing tactical thinking in female football players aged 14-15 years.[2]

In his scientific works, Sh.Tukhtaev substantiates the need to take into account individual psychophysiological characteristics in the training of young football players. This idea was important in the development of training methodology in this study, taking into account the age-related psychological state, emotional stability, and level of motivation of female football players.

In the research conducted by A. Khalikov, issues of the development of volitional qualities and emotional stability were studied. These results served as a scientific justification for the need

to develop personal-psychological qualities (self-confidence, stress resistance, volitional stability) in harmony with tactical thinking in this study.

Among scientists from the CIS countries, Yu. N. Shestakov's views on game (tactical) thinking made it possible in this study to distinguish tactical thinking as a component of independent training. Her theoretical conclusions were used to substantiate the methodology aimed at developing the process of rapid assessment of game situations and appropriate decision-making in female football players. [5]

In the theory of sports training of V.A. Platonov, tactical thinking and the speed of decision-making are considered as an integral part of sports mastery. This concept served as a scientific justification for the need to develop tactical thinking in this study in close connection not only with technical actions, but also with psychological processes. [6]

The works of L.P. Matveev on the formation of motivational and volitional qualities in athletes became an important theoretical source in the development of the block of personal-psychological qualities. In this study, her ideas were interpreted in the context of increasing the psychological readiness of young female football players for competitive activity.[7]

In the studies of foreign specialists J. Williams and D. Reilly, the relationship between the perceptual and cognitive abilities of football players and the quality of tactical decision-making was revealed. These results served as a justification for the need to use visual, perceptual, and situational forecasting exercises in the development of tactical thinking in this study.

A.Ericsson's concept of conscious exercise shows the need for the phased and systematic development of tactical thinking in young female football players. This approach contributed to the scientific planning of the training methodology in this study. [9]

T. McPherson's work on game thinking and decision-making reveals the mechanisms for the development of cognitive processes in young athletes. These theoretical views allowed for a deep analysis of tactical thinking as a psychological process in this study.[10]

In European studies, the effectiveness of developing tactical thinking through small-sided games has been proven. The adaptation of these methods in this study for young female football players and their use in combining psychological and tactical training through game exercises is also of great importance. In foreign studies of women's football, it has been shown that psychological stability and self-confidence have a direct impact on sports results. These conclusions once again confirm the necessity of combining the development of personal-psychological qualities with tactical training in this study.

Analysis of the obtained results

In sports practice, special tests have not been developed that allow determining the speed of thought processes in young female football players. However, there are generally accepted psychological tests that allow indirect assessment of the speed of thinking not only in young football players, but also in children of a certain age.

Young football players are given the task of filling out a form containing 40 words with missing letters for 3 minutes. Each striped area represents one missing letter. Words must consist of nouns and be presented in unity.

The results of the analysis of the answers showed that 12 young football players (60%) were able to correctly fulfill the test requirements, that is, they corrected the missing letters in the words (from 31 to 35). This group of athletes is characterized by a high degree of expression of thinking, and they have a high level of mobility of neural processes (NPs).

In 7 (35%) young football players, an average level of mobility of thinking and nervous processes was noted (from 21 to 26 words were correctly marked).

In 1 (5%) footballer, a low level of mobility of thinking and nervous processes was noted (i.e., they correctly marked the omitted letters in 15 to 19 words).

It is known that thinking develops throughout a person's entire life, in the process of their life activity. It is noted that thinking has its own peculiarities at each age stage. In early childhood, thinking in children manifests itself in the form of actions aimed at solving specific problems: that is, taking some objects located in the field of vision, putting a ring on a toy pyramid, opening or closing a box, searching for hidden objects, walking around a chair, bringing a toy, etc.

Through the acquisition of speech, the development of visual-practical thinking in children is carried out by people around them. Through language, children begin to think in a general way. Further development of thinking finds its expression in changes in the relationships between actions, symbols, and words.

However, the close connection of thinking with speech does not entirely indicate the dependence of thinking on speech. Thinking and speech are not the same concepts. Thinking doesn't mean talking about yourself. This is confirmed by the fact that the same thoughts can be expressed by different words, and we always try to find the right words to express our thoughts correctly. The "Digital Square" test was used to assess the volume of attention distribution and focusing from one thing to another. In this case, the players were given the task to record a missing number in the square area for 1.5 minutes.

Of the 20 young football players who participated in the tests, only 9 (45%) correctly completed the given task, which constitutes the 1st group. The second group included 8 (40%) football players, who were recorded at an average level. The third group included 3 people (15%), in whom a low level of distribution of attention and the volume of transitions from one state to another was noted.

Raven's drawings were used to assess the level of logical thinking. In this case, the subjects were presented with pictures with shapes related to each other on the basis of a certain relationship. One figure is missing in the drawing, and it is placed among 6-8 figures depicted at the bottom. In this case, it is required to find and record the desired shape on the form as quickly as possible.

The first group included 11 (55%) young football players who correctly identified the missing part of the picture during the specified time. The second group includes 4 (20%) football players, who, in turn, have an average high level. The third group included 3 (15%) athletes, in whom an average level was noted. The fourth group included 2 (10%) football players, whose level of logical thinking was below average.

The observation of significant mutual differences in logical thinking in this group indicates that in this case, the specific development of intellectual qualities in them is not yet fully realized due to the presence of certain specific responsibilities in the team. At the same time, the fact that young football players engage in football spontaneously, as one of the forms of thinking, leads to an increase in the speed, intensity, and focus of attention from one state to another. This situation indicates that they can surpass their peers in maximum tempo in terms of motor skills indicators. At the same time, age and sports factors have an equal influence on motor qualities.

It was noted that there are mutual differences in the analysis of the speed of thinking among individual athletes in the studied groups. It is known that the speed of thinking is genetically determined and largely determined by the neurodynamic characteristics of the individual. The influence of football training on this mental function manifests itself in relatively later age periods.

One of the current means aimed at the development of thinking in young female football players is game exercises. In this case, the main condition is the small number of female football players participating in the exercise and the limitation of the size of the football field. It is required to create conditions for female soccer players to perform the exercise at the moment they feel a lack of time. This is the case in a small area and in a small composition (5 Ch 5; 3 C; 6 Ch 6) can be organized based on the conducted game.

Training games are a great opportunity to learn this game. In a situation where a player misses a certain game situation, the coach has the opportunity to clarify this situation and correct mistakes.

Below are some training exercises [2, 3, 17].

- 1 - 2 tangents in "square 4 squares."
2. 1 - 2 tangents in "5 Ch 5 squares."
3. In "square 4," with two balls and 2 tangents.
4. 1 in the tangent to "3 Ch 1 squares."
5. In the tangent 2 "with a neutral player in the 6th square."

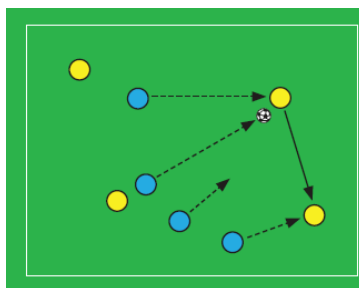


Figure 1. Working on pressing in small groups.

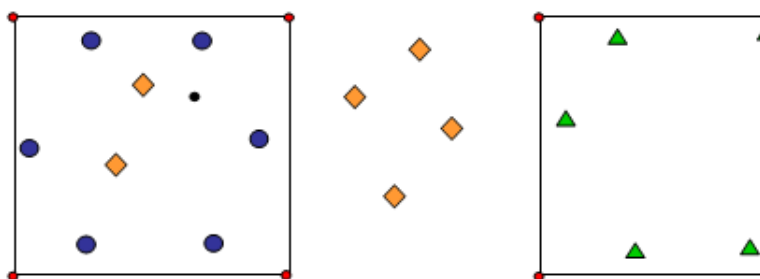


Figure 2. Three teams of 6 players. Holding the ball in a "square."

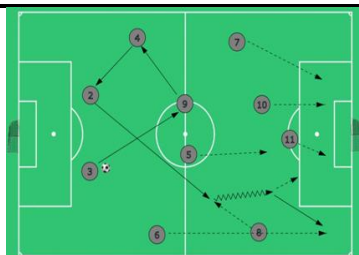


Figure 3. Development of wing attack under initial strike conditions

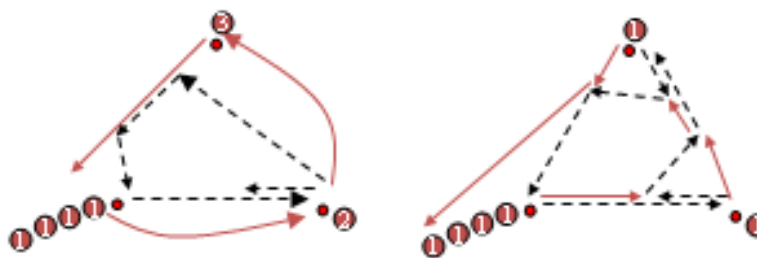


Figure 4. Passing two balls in a triangle.

The thought process is considered an independent and main function throughout a person's entire thinking process. Thinking requires detailed consideration in pedagogical and managerial activities. Thinking is a function that guides how a person behaves; how they behave reflects the true picture of the given subject's inner world. In pedagogical activity, it is necessary to take into account the psychology of age. In managerial activity, it is necessary to take into account the individuality of each person and, at the same time, their compliance with the norms established at this enterprise. The ability to think is developed differently in everyone, but it is necessary not to deviate from the established norms and traditions of behavior. The scientific and technological revolution constantly changes the structure of modern understanding, simplifies thinking operations, and brings new ideas to public judgment.

Conclusion

The results of the conducted scientific research show that the development of tactical thinking and personal-psychological qualities in female football players aged 14-15 is an important factor in increasing the effectiveness of sports training. In the research process, the presence of a close connection between the psychophysiological characteristics of adolescence, the speed of decision-making in football training, the perception of game situations, and emotional stability was scientifically substantiated.

The training methodology, consisting of special exercises, game methods, and means of psychological and pedagogical influence aimed at developing tactical thinking, developed during the study, showed its effectiveness in the experimental process. It was established that the indicators of rapid assessment of the situation, appropriate and effective decision-making, as well as the level of motivation, self-confidence, and emotional stability in female football players of the experimental group significantly improved compared to the control group.

Also, the research results confirmed that the organization of tactical training in integration with personal-psychological qualities serves to ensure stability in the competitive activity of young female football players, the full manifestation of their individual capabilities, and the gradual improvement of sports mastery. The obtained scientific conclusions correspond to the requirements of the state policy aimed at the development and popularization of football in the

Republic of Uzbekistan and are of practical importance in improving the system of training young female football players.

The methodological recommendations developed based on the results of this study are recommended for use in the more effective organization of the training process in children's and youth sports schools, specialized football academies, and sports clubs at general education institutions.

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