



DETERMINING THE EFFICIENCY OF 13-YEAR-OLD FOOTBALLERS' SHOTS ON GOAL IN TRAINING AND COMPETITIONS

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Annotation: The article analyzes the shots taken by 13-year-old football players during training and competitions, determines their effectiveness, and provides recommendations for eliminating shortcomings.

Key words: competition, shot on goal, with foot, with head, accurate, inaccurate, efficiency, coefficient, analysis.

13-YOSHLI FUTBOLCHILARNING MASHG‘ULOT VA MUSOBAQALARDAGI DARVOZA TOMON BERILGAN ZARBALARNING SAMARADORLIGINI ANIQLASH

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Annotatsiya: Maqolada 13-yoshli futbolchilarning **mashg‘ulot va** musobaqalardagi darvoza tomon berilgan zarbalari tahlil qilinib, samaradorligi aniqlangan va nuqsonlarni bartaraf etish bo‘yicha tavsiyalar berilgan.

Kalit so‘zlar: musobaqa, darvozaga zarba, oyoq bilan, bosh bilan, aniq, noaniq, samaradorlik, koeffitsiyent, tahlil.

Аннотация: В статье анализируются удары, наносимые 13-летними футболистами во время тренировок и соревнований, определяется их эффективность и даются рекомендации по устранению недостатков.

Ключевые слова: соревнование, удар по воротам, ногой, головой, точный, неточный, эффективность, коэффициент, анализ.

Relevance. As in all sports, the main task in football is to achieve victory over the opponent. Achieving victory depends on many factors. The comprehensive development and preparation of football players are among the main factors. The interdependence between the development of physical qualities and the technical actions performed by players has been proven by many studies. Therefore, it is advisable for coaches to remember these factors when organizing training sessions and conduct training sessions with the joint development and



improvement of both physical qualities and technical actions.

In football, along with improving all technical actions, it is necessary to improve the technique of hitting the goal. Because accurate shots at the goal can lay the foundation for the final result of the game. That is why the topic we have chosen is relevant and significant.

The purpose of the study. Determining the effectiveness of shots on goal by 13-year-old football players in training and competitions and developing practical recommendations.

Research methods. Study and analysis of scientific methodological literature, pedagogical observation, mathematical and statistical methods were used.

Research objectives.

1. Study and analysis of the effectiveness of shots on goal by 13-year-old football players in training and competitions.
2. Analysis of the effectiveness of shots on goal by 13-year-old football players in training and competitions and providing practical recommendations.

Research results and discussion. The pedagogical research was conducted among 13-year-old football players of the sports school in Chirchik city, Tashkent region (BO'SM) and among 13-year-old football players studying at the "Football" school in Tashkent region. We recruited 15 13-year-old football players from the "Football" school in the Tashkent region into the control group, and 15 13-year-old football players from the Chirchik city sports school (BO'SM) into the experimental group.

During the pedagogical experiment, shots on goal by 13-year-old football players studying at the "Football" school in Tashkent region and at the sports school in Chirchik (BO'SM) were studied. During the pedagogical observations, 10 games of 13-year-old football players were monitored and accurate and inaccurate shots on goal were analyzed. The results are shown in Tables 1-2.

Table 1

During the study, the experimental group (Chirchik sports school) analyzed shots on goal by 13-year-old football players during training and competitions

№	Total number of shots	Number of accurate and inaccurate shots		Kicks to the leg		Headbutts		Inside the penalty area		From outside the penalty area		Efficiency coefficient
		+	-	+	-	+	-	+	-	+	-	
Part I	6	3	3	2	1	1	2	2	2	1	1	50%
Part II	9	6	3	4	2	2	1	4	2	2	1	67%
During the game	15	9	6	6	3	3	3	6	4	3	2	60%

It can be seen from the table that during the study, the shots on goal by the 13-year-old football players in the experimental group during training and competitions were as follows. In the 1st half, the young football players of the experimental group made 6 shots on goal, of which 3 were accurate and 3 were inaccurate. The number of



kicks was 3, of which 2 were accurate and 1 was inaccurate, the number of head shots was 3, of which 1 was accurate and 2 were inaccurate. The efficiency coefficient in the 1st half was 50%. In the 2nd half, the total number of kicks was 9, of which 6 were accurate and 3 were inaccurate. The number of kicks was 6, of which 4 were accurate and 2 were inaccurate, the number of head shots was 3, of which 2 were accurate and 1 was inaccurate. The efficiency coefficient was 67%. During a total of 10 games, the young players of the experimental group made an average of 15 shots on goal, of which 9 were accurate and 6 were inaccurate. The overall efficiency coefficient was 60%.

Table 2

Analysis of shots on goal by the control group (Tashkent regional football school) 13-year-old players during training and competitions during the study

№	Total number of shots	Number of accurate and inaccurate shots		Kicks to the leg		Headbutts		Inside the penalty area		From outside the penalty area		Efficiency coefficient
		+	-	+	-	+	-	+	-	+	-	
Part I	7	3	4	2	2	1	2	2	3	1	1	43%
Part II	9	4	5	3	3	1	2	3	3	1	2	44%
During the game	16	7	9	5	3	2	4	5	6	2	3	44%

During the study, the shots on goal by the 13-year-old players in the control group were as follows. In the 1st half, they made a total of 7 shots on goal, of which 3 were accurate and 4 were inaccurate. The efficiency coefficient in the 1st half was 43%. In the 2nd half, they made a total of 9 shots on goal, of which 4 were accurate and 5 were inaccurate. The efficiency coefficient was 44%. In total, during 10 games, the young players in the experimental group made an average of 16 shots on goal, of which 7 were accurate and 9 were inaccurate. The overall efficiency coefficient was 44%.

Conclusion. Summarizing and analyzing the data presented in these tables, it was found that the number of shots on goal by the 13-year-old players in the control and experimental groups involved in the pedagogical study was close to each other in training and competitions. However, it was found that the efficiency of accurate shots on goal was 60% in the experimental group of 13-year-old football players, and 44% in the control group of 13-year-old football players.

As a result, during the study, it was found that the efficiency of shots on goal of 13-year-old football players in the experimental group was 16%, and the efficiency of shots on goal of 13-year-old football players in the control group was relatively good.

Practical recommendations and special exercises were recommended to the coaches of 13-year-old football players in the control group.



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