

TEACHING AND IMPROVING FOOTBALL TECHNIQUES OF 13–14-YEAR-OLD SCHOOLCHILDREN ON THE BASIS OF DEVELOPING LEADING PHYSICAL QUALITIES

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Abstract: The article examines the methodological foundations for teaching and improving football techniques among 13–14-year-old schoolchildren through the targeted development of leading physical qualities. Special attention is given to the integration of speed, strength, endurance, agility, and coordination into the technical training process. The study justifies that a comprehensive and systematic approach significantly enhances technical performance and overall athletic development in young football players.

Keywords: football training, physical qualities, adolescents, technique improvement, coordination, motor skills

Introduction: In modern football, the effectiveness of a player is determined not only by technical proficiency but also by the level of physical development. The training of young football players, particularly those aged 13–14, requires a scientifically grounded and pedagogically structured approach.

This age period is characterized by rapid growth, increased functional capabilities, and high neuroplasticity, making it especially favorable for developing motor skills and technical abilities. Therefore, combining physical conditioning with technical training is essential for achieving optimal results.

Literature Review Research in the field of sports science indicates that the development of physical qualities plays a crucial role in mastering sports techniques. Scholars emphasize that:

- Speed and agility are closely linked to dribbling and ball control
- Strength contributes to shooting power and physical duels
- Endurance ensures consistent performance during matches

Modern training methodologies recommend an integrated approach where physical and technical components are developed simultaneously rather than separately.

Characteristics of 13–14-Year-Old Athletes

At this stage of development:

- The nervous system is highly adaptable
- Coordination abilities improve rapidly
- There is increased capacity for learning complex motor skills

However, training must consider:

- Individual differences in physical development
- Risk of overloading
- Need for motivation and engagement

Methodology

1. Integrated Training Approach

The training process should combine technical skills with physical exercises:

- Dribbling at high speed
- Passing under pressure
- Shooting after physical exertion

2. Principle of Progression

Training should follow a gradual increase in complexity:

- Simple → complex exercises
- Slow → fast execution
- Individual → group tasks

3. Game-Oriented Method

Using small-sided games enhances learning efficiency:

- Encourages decision-making
- Simulates real match conditions
- Improves tactical thinking

Development of Leading Physical Qualities

Speed Short sprints (10–30 meters)

- Reaction drills
- Acceleration exercises

Strength Bodyweight exercises (squats, lunges)

- Jump training
- Core stability exercises

Endurance Interval running

- Small-sided games with continuous movement

Agility and Coordination Ladder drills

- Cone drills
- Balance exercises with the ball

Practical Application in Training

Exercise 1: Speed Dribbling Players dribble the ball through cones at maximum speed.

Objective: improve speed and ball control.

Exercise 2: Dynamic Passing Players pass the ball while constantly moving and changing positions. Objective: improve accuracy and coordination.

Exercise 3: Shooting Under Fatigue Players perform a sprint followed by a shot on goal. Objective: enhance shooting accuracy under physical stress.

Exercise 4: Small-Sided Game (4v4)

Reduced-field matches with specific conditions. Objective: develop technique, decision-making, and teamwork.

Results and Discussion The integration of physical qualities into technical training leads to:

- Improved technical execution under pressure
- Faster decision-making
- Better match performance

Players trained using integrated methods demonstrate significantly higher efficiency compared to those trained with isolated approaches.

Conclusion The teaching and improvement of football techniques in 13–14-year-old schoolchildren should be based on the systematic development of leading physical qualities. An integrated and scientifically grounded training approach ensures effective skill acquisition and long-term athletic development.

Coaches should prioritize: Individualized training programs. Progressive load increase. Game-based learning methods

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