AMERICAN JOURNAL OF SOCIAL SCIENCE
ISSN: 2996-5306 (online) | ResearchBib (IF) = 10.67 IMPACT FACTOR
Volume-3| Issue-10| 2025 Published: |30-11-2025|

THE IMPORTANCE OF KNOWING THE NERVOUS SYSTEM AND MENTAL PROPERTIES OF 12-14 YEAR OLD FOOTBALL PLAYERS IN PREPARING THEM FOR COMPETITIONS

https://doi.org/10.5281/zenodo.17644687

Nazarov Rustam Nurali o'g'li
Uzbekistan
ALFRAGANUS UNIVERSITY
Faculty of Social Sciences
Lecturer of the Department of Psychology

Annotation

The article studies the nervous system and psychological characteristics of young football players aged 12-14. The components of the effective implementation of the activities of young football players, the nervous system and aspects that help them achieve a high level of mental state during the game, are analyzed.

Keywords

12-14 year old players, young football players, characteristics of the nervous system, mental state, training methods, movement qualities, training.

Results of the study: Today, great attention is paid to the development of children's sports in Uzbekistan. In order for the younger generation to grow up physically fit and healthy, special attention is paid to all types of sports, including football, which is a game for millions. Training young players in football academies is aimed at developing their physical qualities, mastering and improving all-round skills, and cultivating the will and moral qualities of young athletes. Of course, in the organization of educational processes, all methods are used in a comprehensive manner, taking into account the characteristics and existing capabilities of young people [1]. It is natural that, depending on individual characteristics and specific conditions, one or another method is preferred. In the general and special physical training of young football players, the main role is played by all physical qualities that reflect the level of motor abilities of the player. The idea of the functional state of the child's body is not created on the basis of studying one or several indicators, these indicators require an integral assessment of the functions that directly and indirectly condition the successful implementation of sports activities. Therefore, in order to help children achieve high results and select promising young football players, the assessment of the nervous system, cardiovascular system and respiratory system serves as one of the first selection criteria [2].

AMERICAN JOURNAL OF SOCIAL SCIENCE
ISSN: 2996-5306 (online) | ResearchBib (IF) = 10.67 IMPACT FACTOR
Volume-3| Issue-10| 2025 Published: |30-11-2025|

The purpose of our research is to increase the effectiveness of the training process of young football players aged 12-14 years, taking into account the typological characteristics of the nervous system. Based on this goal, the following tasks were performed.

– A theoretical analysis of the scientific and educational-methodical literature devoted to the characteristics of the activities of young football players during training and playing was carried out;

– The motor qualities and the level of development of the features of the nervous system of young football players were determined and the studied indicators were comparatively analyzed;

– Taking into account the characteristics of the nervous system, various game methodologies for 12-14-year-old football players were developed and experimentally substantiated.

During 2022 and 2024, the level of development of motor qualities and typological characteristics of the nervous system of young football players was determined. Two groups were formed: experimental 15 people and control 15 people. Children aged 12-14 were randomly selected into these groups. The age and sports experience of the children in both groups did not differ significantly. The results of the test characterizing the level of development of physical qualities before the start of the experiment did not differ significantly in both groups. Experimental (EG) students were conducted according to a developed experimental method, which included taking into account the typological characteristics of the nervous system. The control group did not take these characteristics into account. The effectiveness was determined by the results of physical fitness tests in both groups.

According to the results of the study, the average level of development of agility in 12-14-year-olds involved in football: The level of development of this variable in forwards is slightly higher than in defenders and midfielders in this range. A high level of agility was noted in 55.6% of young athletes who were forwards, 27.3% of midfielders, and 18.2% of defenders. Among forwards, the number of individuals with this indicator was 28.3% more than in midfielders and 37.4% more than in defenders. A low level of development of this variable was noted in 11.1% of forwards, 19.6% of midfielders, and 25.2% of defenders. Therefore, young athletes aged 12-14 who play football have the ability to quickly and accurately solve difficult and unexpected situations. The results of the study show that young players have very well-developed strength. Athletes who specialize mainly in defensive actions on the field pay more attention to strength than forwards and midfielders.

AMERICAN JOURNAL OF SOCIAL SCIENCE
ISSN: 2996-5306 (online) | ResearchBib (IF) = 10.67 IMPACT FACTOR
Volume-3| Issue-10| 2025 Published: |30-11-2025|

Players specializing in defense have high strength by 63.6%, midfield by 27.4%, and attack by 33.3%. The average indicator is typical for most young players, but defensive line players showed a higher result by 30.3% than forwards and 36.2% than midfielders. According to the results of our study, a low level of strength development was noted in 11.2% of forwards, 18.1% of midfielders, and 9.1% of defenders. It can be concluded that young players are better able to overcome external resistance and resist it due to muscle strength. Children aged 12-14 who play football have an average level of flexibility. This is slightly higher in attackers than in midfielders and defenders. Only 44.4% of young attackers, 27.2% of midfielders and 17.2% of defenders have a high level of flexibility. The average indicator of the variable under consideration is typical for most players, but for young players specializing in playing in the attack, this indicator was 17.2% higher than for players on the middle line of the field and 26.2% higher than for defenders. A low level of flexibility was noted in 27.2% of midfielders and 27.3% of defenders. Therefore, young players have the ability to perform large amplitude movements, and according to the results of the study, we can conclude that children aged 12-14 are very well developed.

A high level of endurance development was noted in 63.6% of young athletes specializing in midfield, 44.4% in attack and 36.4% in defense. The level of the considered variable in athletes specializing in midfield is much higher than in offensive and defensive players, i.e. it is recorded in 63.6% of midfielders, 44.4% in attack and 36.4% in defense. A low level of endurance development was noted in only 11.2% of forwards, 9.1% of midfielders and 9.1% of defenders. Thus, it can be noted that 12-14-year-old players are able to resist physical fatigue for a long time during muscle activity. According to the results of the study, 66.7% of attackers, 45.5% of midfielders, and 36.5% of defenders had high speed, compared to the average speed level. Low speed was observed in 33.3% of attackers, 45.5% of midfielders, and 54.5% of defenders. Therefore, young players have the ability to perform motor movements in the minimum time interval for these conditions. Players aged 12-14 are distinguished by an average level of development of flexibility and agility, and are able to acquire above-average strength, endurance, and speed.

Each activity is mastered as a result of the development of abilities. And abilities develop in the process of activity. Achieving a certain result in sports activities is associated with the mastery of physical exercises. These exercises are considered voluntary actions. Each voluntary movement is called psychomotorics according to the definition of I.M. Sechinov [3]. According to this doctrine, movement first arises in the athlete's psyche and is then performed. As a result of

performing exercises, young football players develop the abilities necessary for their activity. Thus, the execution of each movement is carried out through the cerebral cortex. Explosive force movements can be conditionally divided into two components: explosive and power components. The explosive component is the component that provides rapid muscle contraction, and the power component is the component that is formed under the influence of nerve impulses. The manifestation of force, of course, is associated with physiological and biochemical processes. That is, along with the efferent nervous system, it manifests itself under the influence of other physiological and biochemical processes. Although these two components are considered to interact with each other, the first component is more explosive than the second. Because the explosive content is the mechanism of its activation in the manifestation of power. As a result of the decrease in the explosive time of the muscle, the intensity of the manifestation of explosive power increases in young players.

The book "Football" published under the general editorship of P.N.Kazakov, R.E.Nurimov, and R.A.Akramov gives information about explosive power and it is noted that the player is required to show power in a short time during the game [4]. They recommend the following exercises to develop explosive power: various jumping exercises, running and standing long jumps, 5-6 standing jumps, triple jumps, high jumps, jumping from a height of 70-110 cm and immediately performing subsequent movements. For this, the player is recommended to jump or simply jump immediately after landing. We also studied the movements of 12-14-year-old football players from the Pakhtakor (Tashkent city) and Bunyodkor (Tashkent city) teams in delivering the ball to different distances and directions during games. We analyzed the average indicator (X) by summing up 8 games of the Pakhtakor and Bunyodkor football teams.

The Pakhtakor team passed the ball to each other in different directions 303 times during the game, with an efficiency of 74% (225 times). The Bunyodkor team passed the ball to each other 337 times in this game, with an efficiency of 77% (261 times). However, we must admit that, unlike the Pakhtakor team, the Bunyodkor team passed the ball to the side, not forward. During the game, the results of the players in passing the ball in the main time were obtained. The teams moved by passing the ball to each other over long distances during the main time of the game. In addition, the team's players led the game by passing the ball forward over long distances. If we pay attention to the efficiency of the game, we note that the efficiency of the balls delivered over short distances is high. However, we see that the efficiency has changed when delivering the ball to the middle distance. The worst efficiency indicator was observed in the attempts to deliver the ball to the

AMERICAN JOURNAL OF SOCIAL SCIENCE
ISSN: 2996-5306 (online) | ResearchBib (IF) = 10.67 IMPACT FACTOR
Volume-3| Issue-10| 2025 Published: |30-11-2025|

long distance. From the results, we note that the players of both teams delivered the ball to the front, not to the back and to the side. It was found that the efficiency indicators in such actions are not high, which affects the actions during the game. When we observed the "Pakhtakor" team, we noticed their actions in delivering the ball during the game. As we noted above, they were more likely to pass the ball forward and play with their actions in delivering the ball to the long distance. From our analysis, we can see that the members of the "Pakhtakor" team made 163 short passes during the game, 71 medium passes and 67 long passes. We saw that the efficiency indicator changed negatively with increasing distance. We found that during this game, the ball was passed backward 45 times, sideways 112 times, and forward 146 times. This is consistent with our above-mentioned opinion. The results of the "Bunyodkor" team during the game, on the contrary, were that they made 162 short-distance passes, 101 medium-distance passes, and 74 long-distance passes. Out of the 337 passes they made, 67 were backward passes, 147 were sideways passes, and 133 were forward passes. If we look at the results, we can see that our opinion was confirmed above. That is, we found that the main passes of the "Bunyodkor" team were short-distance and sideways passes. As we can see from the results obtained, the teams increased the efficiency of passing the ball to each other during the game by including exercises on the technical movements of passing the ball in the training process. Passing the ball during the game was found to be the most effective technique. The results show that there are shortcomings in the ball delivery movements. This is especially noticeable in the long-distance delivery movements. In addition, we found that they are not similar in the movements of delivering the ball in different directions. The results indicate that the players do not have sufficient speed-strength qualities, but that their nerves are not psychologically strong. Therefore, coaches working with young players are required to have the highest knowledge in the field of sports psychology [5]. This knowledge is necessary for the coach not only to organize a qualified psychological and pedagogical impact on young players, but also to plan their self-improvement and career growth. The main motivation for all activities of a football coach is the individual development of young players as one of the components of the results and game performance of his youth team. Any psychological preparation will not be successful if it is not supported by certain organizational measures or the coach's appropriate motivation for many years of work in the conditions of big sports.

In recent years, a number of works have been carried out in Uzbekistan to train pedagogical personnel in the field of psychology and support the activities of practicing psychologists. Currently, 14,272 pedagogical-psychological personnel work in the public education system. 5,717 students are studying in the areas and

specialties of "Psychology" in 10 higher educational institutions of the republic, and "Pedagogy and Psychology" in 19 higher educational institutions. However, despite the scale of the work being done, there are still a number of problems in the field that need to be urgently addressed in order to mentally prepare young football players and prevent them from becoming nervous during the game [6-7]. That is why experts believe that individualizing training will increase its effectiveness, as well as accelerate the growth of sports skills of young football players aged 12-14 and prolong their sports career. The main feature of the experimental methodology is that the typological and individual characteristics of the manifestation of the features of the nervous system were taken into account when building the process of teaching and training 12-14-year-old football players. The frequent use of the competitive method in training processes to increase the performance of athletes with a weak nervous system during control tasks and competitions can be a factor that causes their excessive nervous tension. Therefore, in some cases, it is better not to respond to failure, but to encourage it a little. The coach is advised to create a competitive situation as often as possible during training in order to motivate and mobilize young players with this feature of the nervous system.

Conclusion: In order to nurture players who will be able to play for world-class teams in the future and to shape their talents over the years, it is advisable for specialists to take into account the characteristics of their nervous system and use the necessary influencing factors when preparing 12-14-year-old players for each game.

LITERATURE:

1. Н.Н.Назаров. “Спорт ва соғлом ҳаёт фалсафаси“ Монография. Lesson press” нашриёти Тошкент.2020 йил. 236-бет

2. Керимов Ф.А Спорт сохасида илмий тадқиқотлар. Тошкент 2018 й, 334 б.

3. Сечинов И.М. Избранные произведения. Т. 1., - М.: Изд-во АН СССР,1952. -С. 516.

4. Футбол. Дарслик. // Акрамов Р.А. умумий тахрири остида. - Т.: УзДЖТИ нашриёт-матбаа булими, 2006. -189-190-б.

5. Абидов Ш. Футбол ўргатишда дастлабки тайёрлов гуруҳларида техник-тактик кўникмаларни ривожлантириш //o ‘zbekiston milliy universiteti xabarlari. – 2022. – т. 1. – №. 7., Шадриков В.Д. Психология способностей. В хрестоматии «Психология индивидуальных различий» под

общей редакцией Ю.Б.Гиппенрейтера, В.Я.Романова, 3-ое изд. - М.: Изд-во «Астрель», 2008. -С. 64-79.

6. Рустам Назаров. Спорт тараққиётида мутахассисларнинг ўрни ва аҳамияти. Жисмоний тарбия ва спорт машғулотлари назарияси ва услубиятининг замонавий муаммолари" ЎзДЖТИ Республика илмий-амалий анжумани.2015 йил 8-июн 90-92 бетлар.

7. Н.Н.Назаров, Н.М.Юсупов Философские особенности и развитие футбола в Республики Узбекистан 2012 йил, 3-сон, 93-96-бетлар.//Педагогические науки (РОССИЯ)