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TECHNICAL AND TACTICAL SKILLS IN SPORTS

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ABSTRACT

All sports require technical ability, and to use these technical skills and be capable requires tactics. Be aware of the technical and tactical aspects of the athlete involved in kerak sports. Ba ' zi skills can be shared and used in all sports; these include running, jumping, shooting, and fishing. Other skills are specific to only a few sports, or even just one sport; these include volleyball.

KEYWORDS

Tactics, techniques, technical skills, sports, analysis and evaluation.

INTRODUCTION

Tactics are planned actions and strategies to achieve a common goal - in sports, this goal is mainly used to achieve victory. Tactics can depend on a number of factors, such as resistance, available players to choose from, the game, the importance of the game, and the weather. Even the best athletes in the world should have tactical awareness and take such factors into account.

As students develop their athletic abilities, it is important that they constantly assess how they can improve individually and in teams. Elite sports performers are constantly working to stay on top of their games, often conducted with the help of coaches and technology. The elite are professional athletes. In this section, students review the technical skills and tactics required in their chosen sports. It provides for: consideration of individual performers and their

abilities in areas that require sports. Students then assess their abilities in a competitive environment and at regular intervals.

Finally, students assess their progress technically and tactically, and develop a plan that will help them optimize their athletic performance in their chosen sport.

Learning outcomes

Upon completion of this section, the student must:

1 understanding the technical skills and tactics required in your chosen sports

2 be able to assess the technical and tactical abilities of an elite athlete

3 be able to evaluate your technical and tactical abilities.

Tanlangan sport turlari talab qiladigan About technical skills and tactics required in selected sports taktika haqida

Technical skills: for example, continuous (walking, jogging, swimming, rowing, skiing), sequential (high jump, triple jump, support jump, soccer dribbling, 400-meter obstacle course), discrete (swimming in golf, snooker) throw, playing golf, throwing a ball in football)

Tactics: suitable for selected sports, including, for example, positioning, selection of punches and kicks, variations, conditions, use of space.

Be able to assess the technical and tactical abilities of an elite athlete

Watch List: Performance profile such as technical skills, skill selection, skill application, tactic awareness, tactic application, defensive ability, offensive ability, strike selection.

Elite performer: for example, professional athletes, national representatives, National champions, international champions

Assessment: use of a tracking checklist or performance profiling; strengths such as special skills, special techniques, tactical awareness, fitness levels, ability to read the game; areas for improvement such as attack, speed, speed, speed, speed, etc.

defense, specific skills, specific techniques, fitness; development such as training, competition, special coaching, follow-up analysis, evaluation, technical guidance, nutrition guidance, psychological guidance, fitness guidance.

Be able to evaluate your technical and tactical abilities.

The assessment should take into account: competitive status; use of a checklist or performance profile, such as technical skills, skill selection, skill application,

tactical awareness, tactic application; strengths, such as special skills, specific techniques, tactical awareness, physical fitness levels, ability to read the game; to improve an area such as attack, defense, specific skills, unique technique, fitness

Journal: for example, a diary of special training sessions (including skills, techniques, and tactics), competition analysis (strengths and weaknesses during competitive play, coach analysis, and post-competition training), areas for improvement such as

attack, defense, special skills, specific techniques, fitness, and specific needs to identify techniques that can be used in a competitive game. they can improve its performance.

The development plan includes: SMART (accurate, measurable, achievable, realistic, time-bound) goals; improvements, technical deficiencies, and tactical awareness; resources such as physical, human, and financial resources; courses; trainers; and competitions.

Evaluation and evaluation criteria

1-Table 1

To get a passing score you must show evidence	In addition to the transition criteria to reach the activity level you must show the following. Students can:	To achieve differentiation, in addition to achieving differentiation, the passage and worthiness of Proof1 must be evaluated so that the reader can:
P1-types technical and tactical requirements in three sports vs [IE2, IE4, CT1, ct2, ct3, SM2, EP	M1 technical requirements vs three sports vs [IE2, IE4, CT1, ct2, ct3, SM2, EP M1 and compare and match their tactical requirements.	
P2 tanlangan sport turida generates a checklist by tracking the technical and		

tactical abilities of the performer in the selected sport generates a checklist by tracking the technical and tactical abilities of the performer in the selected sport, and with its help can [IE1, CT1, ct2, ct3, TW1, TW2, SM1, SM2, EP1, EP2, ep3]		
using the P3 watch list, IB determines the strengths of the technical and tactical abilities of an elite performer in the selected sportning texnik va taktik qobiliyatining kuchli . it should identify areas that need to be improved. [CT1, CT4, IE1, IE4, SM2, RL1, RL5, EP2, Ep4]	M2 elite Sports performer M2 explains the strengths and areas of the selected elite sports performer tushuntiradi. Makes Technical and tactical abilities suggestions for improving technical and tactical abilities are made by the developer.	D1selected elite sports performer takomillashtirilishi kerak bo'lgan sohalar bo'yichajustifies development proposals in areas that need to be improved.
P4 uses a watch list for the selected sport to determine the strengths of its technical and tactical abilities in a competitive environment to assess improvement. [RL1, RL2, rl3, rl4, rl5, IE1, IE2, ct2, ep4]	M3 itself improves technical and tactical abilities in a competitive environment. This explains the strengths and areas.	

<p>P5 sport turidagi o'ziga xos texnik va taktik qobiliyatningcomplete a four-week magazine to identify and improve the strengths of specific technical and tactical abilities in the selected sportcomplete a four-week magazine to identify and improve the strengths of specific technical and tactical abilities haftalik jurnalni to'ldiring in the selected sport [ep3, ep4, rl4, CT1, ct2, ct3, IE3, SM1, SM2, SM3, Sm5, Sm6]</p>	<p>M4 own areas in which M4 areas of improvement M4 tanlangan sport turida texnik va explain the identified strengths of technical and tactical abilities in the selected sport, explain the identified strengths of technical and tactical abilities in the selected sport aniqqlangan kuchli tomonlarini tushuntiradi.</p>	
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Key	<p>IE-Independent Job seekers</p> <p>CT - creative thinkers</p>	<p>RL - reflective readers</p> <p>TW - team workers</p>	<p>SM-self-regulated</p> <p>EP-effective contributors</p>
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Delivery.

Ushbu bo'limni yWhen delivering this section y, mentors should work closely with trainers (if the mentor is not already an expert). coach your students

to make full use of their valuable skills and knowledge. When covering technical and tactical requirements in sports, students should be encouraged to follow different sports so that they understand the skills and tactics required in each sport. While technical inspection is carried out and tactical requirements are met, observations can be made through real-time analysis or video surveillance of sports performers in various sports in a competitive setting. Observation allows students to identify specific skills and tactics .requirements for sports.The next step in equipment delivery should be to create a watch list for player analysis.Tutors can support this by creating examples of athletic performance, analysis lists, or profiling. They can be obtained from trainers or produced by a tutor. Readers should be encouraged to perform a series of practical analyses using these examples. After making the observation list, students must choose an elite sport under the supervision of a tutor .a performer, such as a professional athlete, national representative, national champion, or international champion. Tutors must provide students with access to live competitive performances or training sessions of the selected artist; or they have access to DVDs/videos of the artist. Tutors can provide students with strategies to identify the strengths and weaknesses of performance; students can also work with your own sports coaches while completing this ishlash challenge.Bo Students are expected to complete a four-week study diary in the next part of the Lim. Tutors will be forced to

sympathize with the competition seasons and take this into account when delivering equipment. At this stage of the division , teachers should monitor the training logs to ensure that students are following them effectively and are targeting the relevant elements as indicated in the division content. Readers should be advised that they should be critical of their performance during this period.

When performing introspection, students should familiarize themselves with various methods of analysis, and then choose a method that is appropriate for the sport in which they participate. Tutors

Mass observations of each student in the group should be avoided and students should be allowed to join together.Ownanalysis from their sports coaches. These analyses can be more critical and accurate .It is designed for students ' specific sports and allows them to be more self-critical.

Finally, students can work with trainers and teachers to discuss specific techniques that can improve their performance. Students should then develop a development plan based on their analysis of performance in a competitive environment and their performance over time (exercise log).

Curriculum description

The curriculum is included in this section as a guide and includes a suggested assignment program that you can use with it.

The curriculum shows this section yway of planning delivery and evaluation.

Topic and recommended tasks / activities and / evaluation about the division introduction and overview
Task 1: technical and tactical requirements of three sports (P1, M1). The teacher introduces you.
Summary of the task.
Learn a variety of technical skills related to different sports.
Learn the tactics used in sports and observe the different forms of tactics in actions.
Learn the technical requirements of three different sports through observation and investigation.
Kuzatish va Learning the tactical requirements of three different sports by observing and investigating taktik talablarini o'rganish.
Task 2: technical and tactical analysis of an elite sports performer (P2, P3, m2, D1). The tutor introduces you to a brief summary of the task.
Methods for assessing technical and tactical requirements.
Alohida sportchining Watch list requirements for performing an individual athlete's performance profile.
Complete a watch list that you can use to evaluate your athletic performance in sports. Includes time allocated for individual training of students.
Make a watch list for an elite athlete on the move.
Harakatdagi elita Conduct a follow-up analysis of an elite athlete in motion.
Tanlanganlarning kuchli Conduct a summary of observations, identifying the strengths and areas of improvement of the selected

sports performer.
Develop a development plan for actions needed to improve the performance of an elite sports performer, including; nutrition guidance, psychological guidance, technical guidance, and fitness guidance.
Task 3: technical and tactical introspection (P4, M3, P5, M4, P6, M5, D2). The teacher introduces you .Tgives a brief overview of the operation.
Tracking checklist: Ishlash Profilidan Foydalangan holda o'z ish Faoliyatiit is necessary to conduct a self-analysis in your activity using the o'z-o'zini Tahlil Qilish performance profile.
Write a summary of your observation, identify your strengths, and identify areas where you can improve your performance.
Develop a plan for the development of actions necessary to improve the effectiveness of their activities,the chosen sport, including; technical weaknesses and tactical awareness. The development plan should identify ways to improve each identified vulnerable areain uchun.
To ' rt a weekly journal of technical and tactical development; students should keep a diary to record each activity involved, competitive situations; identify strengths and areas for improvementB should keep a diary.
Introduce you to the SMART concept and goal setting.
Develop a development plan that guides rejasini's areas of technical and tactical improvement that define the goals and define the goals SMART maqsadlarof maqsadlar SMART.
The unit's reflective practice should be reviewed and evaluated.

Evaluation

The P1 and M1 criteria are interrelated and can be evaluated together. The evaluation method can be formal , such as a report or presentation to the appropriate kabi audience.

For P1, students must explain the technical and tactical requirements of the three opposing sports, explain,each specific technique and tactical requirement, their importance, and the missionof ni tushunturishi kerak. HHow to correctly apply each technique and tactical requirement, with examples of elite performers,for each selected sport. The

explanation should also include the importance of applying the technique correctly.

For M1, students must compare and contrast three sports, as well as technical and tactical requirements .each. The comparison can be in the form of a table containing three similarities and differences for the selected uchun sports uchun. The table should then be explained by readers to expand on the information provided.

The p2, p3, M2, and D1 criteria require students to observe an elite performer in their chosen sport. In instant playback or on DVD / video. In this assessment, students must create a follow-up list, (P2) an assessment of the athlete's technical and tactical abilities. The checklist should be personalized to your own sport.

For P3, students must make at least one observation of a selected elite sports performer. Students should also identify the strengths of the sports performer and realistic areas for improvement. Areas in which these strengths of tshould be improved based on covalent observation should be noted.

For M2, students should explain their strengths and each area that needs to be improved, and explain how improvement can improve performance in these areas.

D1, performance success of an elite athlete or sports performeris achieved if students justify how

development in specific areas can be improved overall for improvement

For P4, students must complete an observation list for their performance in their chosen sport.

This should be done after they record their participation in a competitive situation, when the camera records the performer only during the game. Students should then produce a summary of their strengths and areas of improvement. For M3, they must explain their findings. For P5, students must keep a study diary. At the end of each four-week session, students must complete a log of their technical and tactical developments.

For M4, students must explain their technical and tactical strengths identified during the four weeks of training to understand why they think each element is strong. They should also explain why they are thinking clearly

their areas of activity require improvement or development to improve athletic performance. The final assessment stage requires students to combine all of their assessment tasks for production .Pdevelopment plan. The development plan revolves around SMART goals and the learner principle. This can be presented by the head coach in the form of a report for evaluation.

For P6, students must develop a development plan and identify their strengths and areas to improve their own technical and tactical abilities. The plan should include specific practices, courses, trainers, and competitions that they help develop SMART goals.

For M5s, students should talk about internships, courses, and how they conduct coaching and development. improves your performance in certain sports. anlangan sport turlari bo'yicha o'z ish faoliyatini oshiradi.

To complete the assessment and meet the D2 assessment criteria, students must justify the suggestions provided in this article.

CONCLUSIONS AND RECOMMENDATIONS

Providing students with knowledge of techniques and tactics before they develop their technical and tactical abilities, watching the skills of elite athletes gives a high result. The ability to identify and evaluate your own achievements and shortcomings through observation serves as a basis for comparing and creating new knowledge for yourself. The study of technical and tactical skills of different sports is the basis for creating technical and tactical techniques of their own sports.

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