

# Psychological And Physiological Characteristics Of Young Football Players

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**Abstract:** This article analyzes the psychological and physiological characteristics of young athletes. It is based on the fact that the emotional state, motivation, attention and thinking processes of young athletes and the growth and development processes of the body are important factors in the planning of football.

**Keywords:** Young athletes, psychological characteristics, physiological development, sports training, motivation.

**Introduction:** Nowadays, football as a sport requires high training, not only physically, but also psychologically. Especially in the process of working with young players, taking into account their age-specific psychological and physiological characteristics is important in improving the effectiveness of training. Nowadays, football as a sport requires high training, not only physically, but also psychologically. Especially in the process of working with young players, taking into account their age-specific psychological and physiological characteristics is important in improving the effectiveness of training. The organism of young athletes is not yet fully formed, and incorrectly planned downloads can lead to negative consequences.

Scientific justification of the importance of studying the psychological and physiological characteristics of young players and taking them into account in the training process

- Analysis of the psychological characteristics of young players

- Highlighting physiological development processes

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- Development of practical recommendations for coaches

In young players, psychological processes are at the stage of active formation. Their emotional state is unstable and is characterized by a rapid susceptibility to external influences. In young players, psychological processes are at the stage of active formation. Their emotional state is unstable and is characterized by a rapid susceptibility to external influences. Especially during the competition process, situations of excitement, fear and insecurity are often observed.

Motivation is one of the main factors in the activities of young players. While in the early stages football manifests itself as a source of interest and pleasure in the game, in the following years, competition and striving for results will go to kuchaya. Motivation is one of the main factors in the activities of young players. While in the early stages football manifests itself as a source of interest and motivation is one of the main factors in the activities of young players. While in the early stages football manifests itself as a source of interest and pleasure in the game, in the following years, competition and striving for results will go to kuchaya. The positive attitude and motivation of the

coach increases the athlete's self-confidence.

The processes of attention and thinking also develop with age. At the age of 7-11 years, when the stability of attention is low, at 12-15 years, the ability to tactical thinking and assess the situation gradually begins to form.

The growth and development process in young athletes is rapid. Due to the incomplete formation of the musculoskeletal system, excessive physical exertion increases the risk of injury. The growth and development process in young athletes is rapid. Due to the incomplete formation of the musculoskeletal system, excessive physical exertion increases the risk of injury.

The cardiovascular and respiratory systems are less developed compared to adults, and there are cases of rapid fatigue. For this reason, it is advisable to use short-term, repetitive and game-character exercises in training.

The age factor plays an important role in the development of physical qualities. Speed, agility and coordination skills develop well at an early age, while strength and endurance should be gradually increased. The age factor plays an important role in the development of physical qualities. Speed, agility and coordination skills develop well at an early age, while strength and endurance should be gradually increased.

Taking into account the psychological and physiological characteristics, the age factor plays an important role in the development of physical qualities. Speed, agility and

**Purpose of the study:** to scientifically substantiate the importance of studying the psychological and physiological characteristics of young players and taking them into account during the training process.

The process of training young players is complex and multifaceted, which requires deep consideration not only of technical and tactical training, but also of the psychological and physiological development laws of athletes. The process of training young players is complex and multifaceted, which requires deep consideration not only of technical and tactical training, but also of the psychological and physiological development laws of athletes. Each age period is characterized by the specific functional capabilities, mental state and adaptation mechanisms of the organism. Therefore, knowledge of the psychological

and physiological characteristics of young players by coaches is an important factor in improving the effectiveness of training.

Substantiating the need for a scientific analysis of the psychological and physiological characteristics of young players and their consideration in the educational and training process.

The system of training young players should be organized based on the laws of sports pedagogy and young physiology. Substantiating the need for a scientific analysis of the psychological and physiological characteristics of young players and their consideration in the educational and training process.

The system of training young players should be organized based on the laws of sports pedagogy and young physiology. Each age period has morphologically, functionally and psychologically specific developmental characteristics of the organism, and the training process, organized without considering these characteristics, can lead to a decrease in efficiency, and in some cases to negative consequences.

The physiological characteristics of players 7-12 years old are the relatively stable stage of development of the child's body during this period. During this period, the bone-muscular system is not yet fully formed, and the zones of bone growth are in an active state. The physiological characteristics of players 7-12 years old are the relatively stable stage of development of the child's body during this period. During this period, the bone-mu

**Research tasks:** Analysis of the psychological characteristics of young players, highlighting the processes of physiological development, development of practical recommendations for coaches.

Physiological characteristics of young players - the processes of growth and development of the body. Analysis of the psychological characteristics of young players, highlighting the processes of physiological development, development of practical recommendations for coaches.

Physiological analysis of the psychological characteristics of young players, highlighting the processes of physiological development, development of practical recommendations for coaches.

Physiological characteristics of young players - the processes of growth and development of the body. In young players (7-16 years old), the growth and development of the organism is uneven. The bone-muscle system is not yet fully formed, and the bone growth zones are in an active state. Because of this, excessive physical loads increase the risk of injury.

Cardiovascular and respiratory system-young players have a small heart size, a high number of heart contractions. Prolonged high-intensity loads cause rapid fatigue due to insufficient development of the respiratory system. Cardiovascular and respiratory system-young players have a small heart size, a high number of heart contractions. Prolonged high-intensity loads cause rapid fatigue due to insufficient development of the respiratory system. Therefore, the volume and intensity of training should be increased in accordance with age.

Features of the nervous system-the central nervous system is characterized by high excitability. Young players get excited quickly, but also have the ability to recover quickly. This condition creates favorable conditions for the development of their agility, agility and coordination abilities.

Psychological characteristics of young players-attention and perception in young players, attention is limited in size and quickly becomes distracted. Therefore, in the process of training, exercises should be organized in a short, understandable and interesting form. Psychological characteristics of young players-attention and perception in young players, attention is limited in size and quickly becomes distracted. Therefore, in the process of training, exercises should be organized in a short, understandable and interesting form. Training conducted in a playful manner yields more effective results.

Emotional state-young athletes become emotionally unstable and react sharply to success or failure. The creation of support, stimulation and a positive environment by the coach is important in the formation of psychological stability. Emotional state-young athletes become emotionally unstable and react sharply to success or failure. The creation of support, stimulation and a positive environment by the coach is important in the formation of emotional state-young athletes become emotionally unstable and react

sharply to success or failure. The creation of support, stimulation and a positive environment by the coach is important in the formation of psychological stability.

Motivation and interest - the interest of young players in sports often depends on external factors. Feeling success in the playing process, finding a place in the team and coach recognition increase motivation. Therefore, training should be varied in content.

Organization of training taking into account psychological and physiological characteristics when working with these young players:

- that the Downloads are suitable for age and individual capabilities;
  - the organization of training in the game character
- Organization of training taking into account psychological and physiological characteristics when working with these young players:
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  - the organiz

## **RESULTS AND DISCUSSION**

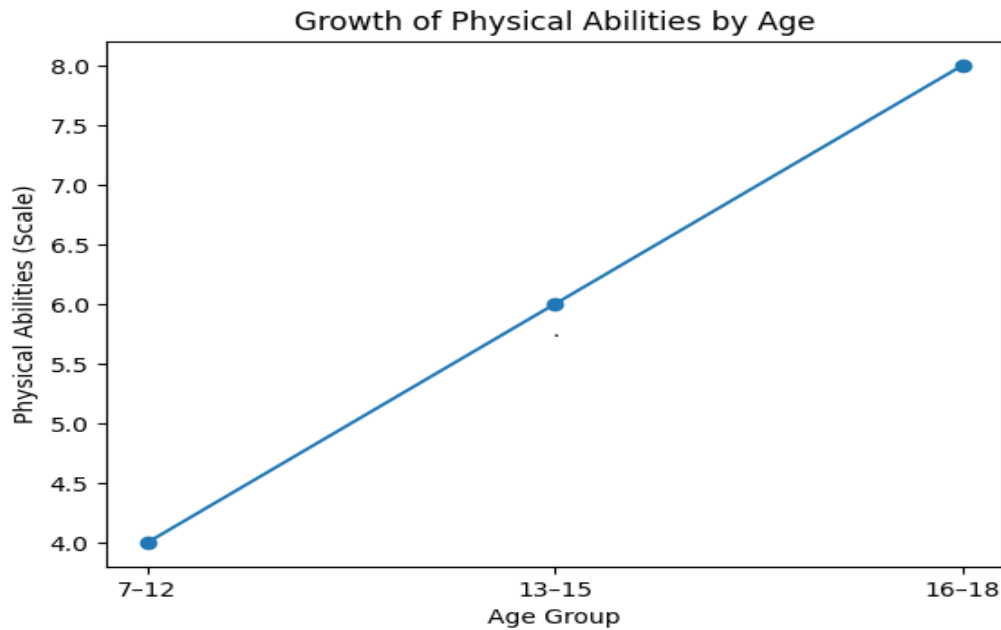
Prolonged and high-intensity loading is not recommended as the cardiovascular and respiratory systems are not yet sufficiently developed. However, young players have the property of rapid recovery, and short-term active exercises are considered effective.

Psychological characteristics-in this age period, children's attention is limited in size and quickly become distracted. The emotional state is unstable, and a sharp attitude towards success and failure is observed. Psychological characteristics-in this age period, children's attention is limited in size and quickly become distracted. The emotional state is unstable, and a sharp attitude towards success and failure is observed. The motivation for sports activities is mainly related to the process of play and stimulation.

Therefore, training with 7-12-year-old players should be in the nature of the game, interesting and not oriented towards a mandatory result,

What the coach should do-training must be of a game character, pay attention to the process, not the result as well as complex tactics and large downloads are strictly not recommended. hat the coach should do-training must be of a game character, pay attention to the process, not the result as well as complex tactics

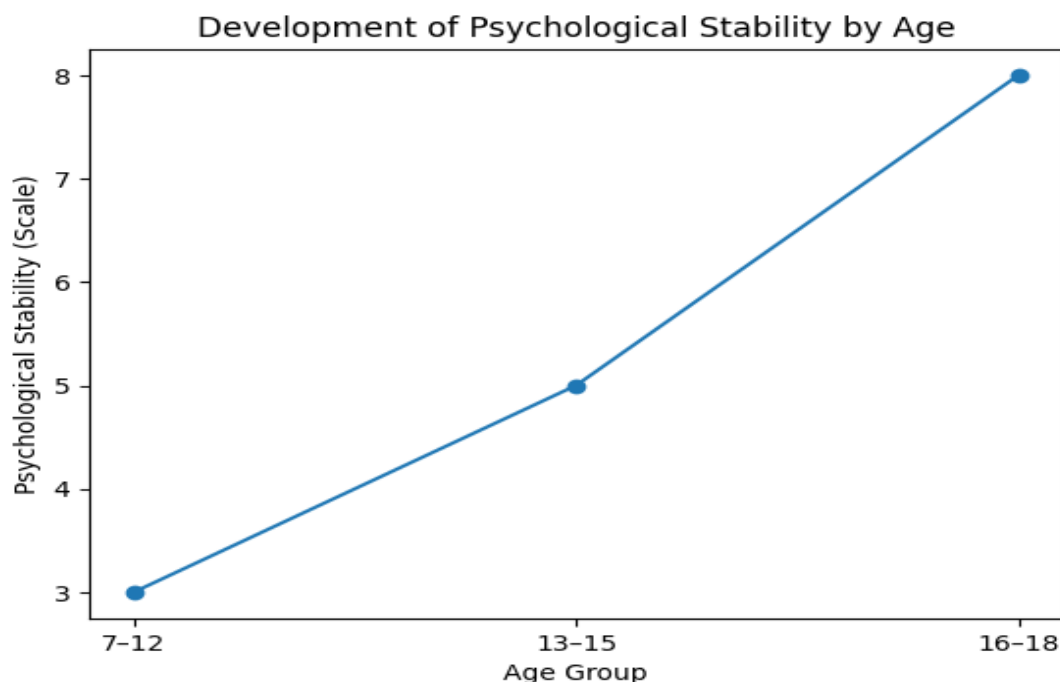
and large downloads are strictly not recommended. The coach must be extroverted when giving a load.



Physiological characteristics of 13-15 - year-old players (adolescence) this age period is adolescence, characterized by sharp morphological and functional changes in the body. Physiological characteristics of 13-15 - year-old players (adolescence) this age period is adolescence, characterized by sharp morphological and functional changes in the body. During this period, a rapid increase in height, an increase in muscle mass and hormonal changes are observed. As a result, a decrease in the conformity of temporary action, cases of rapid fatigue may occur.

The cardiovascular system is sensitive to loading, and

there is a possibility that excessive strain can lead to negative health consequences. Therefore, the volume and intensity of downloads are required to be strictly controlled. The cardiovascular system is sensitive to loading, and there is a possibility that excessive strain can lead to negative health consequences. Therefore, the volume and intensity of downloads are required to be strictly controlled.



Psychological characteristics-during this age period, emotional instability increases, the process of self-assessment is complicated. Peer opinion, role in the team and coach assessment are of great importance. At the same time, the ability to think and analyze independently begins to form.

The wrong pedagogical approach by the coach can reduce the motivation of the athlete. For this reason, psychological support, positive communication and an individual approach are considered important. The wrong pedagogical approach by the coach can reduce the motivation of the athlete. For this reason, psychological support, positive communication and an individual approach aThe wrong pedagogical approach by the coach can reduce the motivation of the athlete. For this reason, psychological support, positive communication and an individual approach are considered important.

Graph 1: cited that physical capacity increases linearly with increasing age

Graph 2: in this, psychological stability reaches a sharply higher level at the age of 16-18 years.

These circumstances confirm the correctness of the principle of step-by-step in working with young players.

Organization of the training process taking into account the psychological and physiological characteristics of young players

When organizing training with young players:

- age-appropriate downloads;

-the principle of step-by-step Organization of the training process taking into account the psychological and physiological characteristics of young players

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- age-appropriate do

## CONCLUSION

Analysis of sources of literature shows that the psychological and physiological characteristics of young players are decisive in the effective organization of their sports activities. onclusion: analysis of sources of literature shows that the psychological and physiological characteristics of young players are decisive in the effective organization of their sports activities. By onclusion: analysis of sources of literature shows that the psychological and physiological

characteristics of young players are decisive in the effective organization of their sports activities. By adopting a pedagogical and methodological approach appropriate to each age stage, players have a significant increase in healthy development, interest in sports and opportunities for high results. Taking into account the psychological and physiological characteristics of young players is one of the important conditions that determine the effectiveness of the training process. While coaches organize training with deep knowledge of the laws of age-specific development, the physical, mental and sports skills of players develop harmoniously. The psychological and physiological characteristics of young players differ dramatically depending on the age periods. hile coaches organize training with deep knowledge of the laws of age-specific development, the physical, mental and sports skills of players develop harmoniously. The psychological and physiological characteristics of young players differ drama

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