



FUTSAL TRAININGS INFLUENCE ON TECHNICAL SKILL DEVELOPMENT IN YOUTH FOOTBALLERS

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Abstract: The purpose of this study was to examine the effect of futsal training on the technical performance of young football players. Thirty male football players aged 14–16 years participated in a 12-week futsal training program alongside their regular football training. Technical skills such as dribbling speed, passing accuracy, and ball control were tested before and after the program. The results showed improvements in all measured skills. Dribbling speed increased, passing accuracy became higher, and the number of ball control errors decreased significantly. These findings suggest that futsal training helps young football players improve their technical abilities and can be used as an effective part of football training programs.

Keywords: futsal, football, youth players, technical skills, dribbling, passing accuracy.

The global prominence of association football necessitates continuous innovation in player development, with technical proficiency forming the bedrock of successful performance [1]. In this context, futsal, a small-sided variant of football, has gained recognition as a potent developmental tool due to its unique playing environment, which emphasizes constant ball contact, rapid decision-making, and intricate footwork [2]. Studies indicate that futsal sessions can lead to significantly more touches on the ball per player compared to traditional football training, fostering accelerated skill acquisition [3]. Many elite professional footballers attribute their foundational technical abilities to early exposure to futsal. However, the specific impact of structured futsal training programs on quantifiable technical performance metrics in association football players within the Central Asian context remains insufficiently studied.

The aim of this study was to evaluate the effect of a dedicated futsal training intervention on the technical performance of young association football players. A cohort of 30 male youth football players (aged 14-16 years) from a local sports academy participated in the empirical investigation. Participants underwent a 12-week futsal-specific training program, comprising two 60-minute sessions per week, in addition to their regular football training. Technical skills, including dribbling speed, passing accuracy, and ball control under pressure, were assessed using standardized tests both prior to and



following the intervention period.

The results demonstrated a significant improvement across all assessed technical performance indicators following the 12-week futsal training program. Dribbling speed, measured by a slalom dribble test, improved by an average of 9.2%, with mean completion times decreasing from 15.2 ± 1.1 seconds pre-intervention to 13.8 ± 0.9 seconds post-intervention ($p < 0.01$). Passing accuracy, evaluated through a target passing drill, showed a substantial increase of 15.5%, moving from $68.5 \pm 4.5\%$ successful passes to $79.1 \pm 3.8\%$ ($p < 0.001$). Furthermore, ball control under pressure, assessed by the number of errors in a confined space drill, reduced by 38.7%, from an average of 3.1 ± 0.7 errors to 1.9 ± 0.5 errors ($p < 0.01$). These improvements are likely attributable to the high frequency of ball touches, the demand for quick reactions in tight spaces, and the use of a heavier, less bouncy ball inherent to futsal, which collectively enhance proprioception and motor skill refinement. Key performance metrics are summarized in Table 1.

1-jadval. Technical Performance Metrics Pre- and Post-Futsal Training

Metric	Pre-Intervention Mean $\pm$ SD	Post-Intervention Mean $\pm$ SD	% Improvement (Reduction)
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Dribbling Speed (s)	15.2 ± 1.1	13.8 ± 0.9	9.2% reduction
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Passing Accuracy (%)	68.5 ± 4.5	79.1 ± 3.8	15.5% improvement
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Ball Control Errors (count)	3.1 ± 0.7	1.9 ± 0.5	38.7% reduction
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The findings unequivocally suggest that incorporating futsal training into the regimen of young association football players significantly enhances their technical performance. This study underscores futsal's potential as a highly effective complementary training method for developing core football skills. Future research should explore the long-term retention of these skills and investigate the optimal integration strategies for futsal within broader youth football development curricula, considering established coaching methodologies.

[SAMPLE DATA — the numerical results above (sample, means, correlations) are illustrative; replace them with your real measurements before publication]

REFERENCES

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Acquisition