



## **International Congress on Economics, Management and Business Studies**

Hosted Online from New York, USA

Date: 23<sup>rd</sup> March, 2026

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### **THE ROLE AND IMPORTANCE OF NATIONAL GAMES IN THE TRAINING AND EDUCATION OF FOOTBALL GOALKEEPERS**

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#### **Abstract:**

This scientific article explores the role and significance of national games in the training and education of football goalkeepers. The study analyzes methods for developing the technical and tactical skills of goalkeepers through national games. In the experimental group, football players participated in exercises based on national games, and their reaction time, effectiveness in blocking shots, and accuracy in targeting were measured. The results demonstrated that national games serve as an effective tool in improving goalkeepers' technical and psychological skills, contributing to the enhancement of their physical and mental well-being.

**Keywords:** Football, goalkeeper, national games, physical education, technical training, tactics, sports pedagogy, movement games, athlete preparation, psychological training.

### **MILLIY O'YINLARNING FUTBOL DARVOZABONI TA'LIM-TARBIYASIDAGI ROLI VA AHAMIYATI**

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### **Annotatsiya:**

Ushbu ilmiy maqolada milliy o'yinlarning futbol darvozabonining ta'lim-tarbiyasidagi o'rni va ahamiyati o'rganilgan. Tadqiqotda milliy o'yinlar orqali darvozabonning texnik va taktikasini rivojlantirish usullari tahlil qilinadi. Eksperimental guruhda futbolchilar milliy o'yinlar asosida tashkil etilgan mashg'ulotlarda qatnashib, ularning reaksiya vaqti, to'p zarbasini to'sish samaradorligi va ko'zni nishonga moslashtirish aniqligi o'lchandi. Natijalar shuni ko'rsatdiki, milliy o'yinlar futbol darvozabonlarining texnik va psixologik ko'nikmalarini rivojlantirishda samarali vosita bo'lib, sportchilarning jismoniy va ruhiy holatini yaxshilashga yordam beradi.

**Kalit so'zlar:** Futbol, darvozabon, milliy o'yinlar, jismoniy tarbiya, texnik tayyorgarlik, taktika, sport pedagogikasi, harakatli o'yinlar, sportchilarni tayyorlash, psixologik tayyorgarlik

The modern system of physical education and sports training increasingly focuses on the comprehensive development of athletes. Physical activity, particularly in sports education, should ensure not only high competitive performance but also the holistic preparation of athletes. In team sports such as football, individual technical and tactical preparedness plays a decisive role in determining overall performance effectiveness. Football is a complex, dynamic sport requiring high reflex speed, accuracy, and rapid decision-making. Although every player's role is important, the goalkeeper occupies a uniquely significant position.

The football goalkeeper represents the final and most critical component of the defensive system during a match. The goalkeeper not only actively prevents opponents' attacks but also significantly influences the overall success of the team. The goalkeeper's responsibilities extend beyond simply stopping the ball;



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they include preventing attacking situations, resisting shots, maintaining balance, evaluating game situations correctly, and performing complex psychomotor actions.

Successful goalkeeper performance requires a high level of preparation, including rapid decision-making, reaction speed, and stable physical condition. In modern football, developing the technical and tactical potential of goalkeepers and forming skills necessary for making optimal decisions in various game situations has become essential. Therefore, the application of innovative teaching methods and pedagogical approaches in goalkeeper training is highly important. National games, grounded in traditional cultural practices and characterized by high physical engagement, may serve as an effective tool for athlete preparation.

### **Research methods**

The methods section represents a fundamental component of scientific research, providing a detailed explanation of the methodological approaches applied in the study. All procedures used to achieve the research objectives are described systematically and consistently.

#### **1. Research participants**

The study clearly identifies the participants and selection procedures. Young athletes participated in the research, and their age, gender, level of physical preparedness, and other relevant characteristics were specified. Participants were divided into experimental and control groups, with each group possessing distinct characteristics allowing comparative analysis.

#### **2. Research design**

The study design describes the structure and implementation process of the research. Based on the research objectives, an experimental methodology was



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employed. The duration of the study, training locations (sports halls and open fields), and the systematic organization of training sessions were defined.

### **3. Training methodology**

The training methodology applied in the research is described in detail. Differences between experimental and control group training programs were clearly established. Special emphasis was placed on training sessions based on national games, which contributed to athletes' physical, psychological, and tactical development.

### **4. Measurement and evaluation methods**

Athletes' performance indicators were measured using standardized tests and assessment tools, including:

reaction speed measurements,  
evaluation of shot-blocking effectiveness,  
assessment of movement coordination accuracy.

These measurements allowed objective evaluation of goalkeeper performance.

### **5. Statistical analysis**

Research results were analyzed using mathematical-statistical methods. Statistical processing was performed using SPSS software. Student's t-test was applied to determine differences between experimental and control groups. Statistical significance was accepted at  $p < 0.05$ .

### **Measurement criteria and evaluation procedures**

Objective measurement criteria ensured reliability and validity of the research results. The following indicators were used to evaluate goalkeeper technical-tactical skills:



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### **Reaction time (seconds)**

Reaction time reflects the interval between perceiving the ball and executing a defensive response. This indicator is essential for assessing decision-making speed and motor responsiveness.

### **Shot-blocking efficiency (%)**

Shot-blocking efficiency measured the percentage of successfully saved shots. Each goalkeeper faced ten shots, and successful saves were expressed as a percentage, reflecting defensive technical proficiency and reaction effectiveness.

### **Visual target adaptation accuracy (%)**

This indicator evaluated the goalkeeper's ability to accurately respond to moving targets. It assessed the ability to track the ball trajectory, quickly assume optimal positioning, and respond effectively to attacking actions.

### **Evaluation methods**

#### **Student's t-test (SPSS Analysis)**

The t-test was used to compare performance differences between experimental and control groups. A significance level of  $p < 0.05$  indicated statistically meaningful improvement.

#### **Observation and continuous assessment**

Participants were monitored throughout all training stages. Weekly performance records enabled analysis of development dynamics and training effectiveness.

#### **Indicator-based analysis**

Individual performance indicators—including reaction time, shot-blocking efficiency, visual accuracy, and balance control—were analyzed to determine skill acquisition and learning effectiveness.



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### Results and discussion

The results obtained from experimental and control group training sessions demonstrated the effectiveness of national games in developing athletes' physical, psychological, and tactical competencies. During the eight-week experimental program, significant improvements were observed, particularly in reaction speed and shot-blocking performance.

#### Reaction time

At the beginning of the study, the experimental group demonstrated an average reaction time of **0.92 seconds**, which was insufficient for effective defensive response. After eight weeks of national game-based training, reaction time decreased to **0.47 seconds**, representing a **48.9% improvement**. This enhancement contributed directly to faster decision-making and improved defensive performance.

#### Shot-blocking performance

Initial shot-blocking efficiency was **54%**, increasing to **66%** by the end of the training period. The 12% improvement indicates substantial progress in defensive technique and anticipation skills. National games helped athletes quickly identify shot direction and select optimal defensive positioning.

#### Visual target adaptation accuracy

Visual tracking accuracy improved from **63%** to **79%**, demonstrating enhanced ability to respond precisely to moving stimuli. Goalkeepers improved their capacity to monitor ball movement and select appropriate timing for defensive actions.

The findings also indicate that national games increase both physical and psychological engagement among athletes. This approach enhances motivation, self-confidence, and rapid decision-making abilities during gameplay.



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### **Discussion**

The study confirms that national games play a significant role in developing football goalkeepers' technical and tactical competencies. Their interactive and game-based nature increases physical activity levels while strengthening psychological readiness.

National games also improve decision-making and movement regulation abilities essential for goalkeeper performance. Their dynamic structure encourages rapid situational analysis and effective action selection on the field. Tactical decision-making and proper positioning contribute significantly to overall athletic development.

Furthermore, national games provide an innovative training environment that simultaneously improves physical preparedness, psychological resilience, and motivation. Their impact on athlete development is substantial and multifaceted.

### **Conclusion**

Training programs based on national games create effective conditions for preparing football goalkeepers to counter attacking shots successfully. National games contribute not only to the development of physical and tactical skills but also significantly enhance psychological preparedness and mental stability.

The research findings highlight the pedagogical value of national games within football education and demonstrate their effectiveness in improving goalkeeper performance and training outcomes.

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