

**ORGANIZATIONAL AND METHODOLOGICAL ASPECTS OF FOOTBALL
COMPETITIONS AMONG STUDENTS**

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Abstract

This article analyzes the organizational and methodological aspects of effectively organizing and conducting football competitions among students. The study examines factors such as planning sports events in higher education institutions, developing competition regulations, refereeing systems, and assessing participants' preparedness. The significance of football competitions in increasing students' physical activity, enhancing interest in sports, and promoting a healthy lifestyle is substantiated. The article also provides effective methods for organizing competitions and practical recommendations for organizers and coaches. Based on the findings, proposals and conclusions have been developed to help enhance students' sports potential.

Keywords: Football competitions, student sports, competition organization, methodological approach, physical education, healthy lifestyle, sports training, higher education, competition regulations, physical activity.

Introduction

Today, as an integral part of the educational process, much attention is paid to sports in higher educational institutions, in particular, to football, which is popular among students. Football serves not only as an important tool for developing physical qualities, but also as a means of forming social activity, teamwork skills and a healthy lifestyle in students. In particular, through sports competitions, it is possible to create an atmosphere of healthy competition, develop positive qualities such as goal-setting, dedication, and willpower in young people. In this regard, the issue of effective organization of football competitions and methodological approaches to their holding is of urgent scientific and practical importance. Based on the resolutions and decrees of the President of the Republic of Uzbekistan aimed at developing the field of physical education and sports, one of the important tasks is to widely promote all areas of sports in the higher education system, especially the organization of football competitions among students. The successful holding of these competitions directly depends on the correct organization of their organizational and methodological aspects. Accordingly, it is an urgent issue to develop methodological recommendations based on a scientific approach, systematize existing experiences, and offer practical solutions to problems arising in organizing competitions. This study is aimed at meeting these needs and plays an important role in improving student sports activities.

Research Objective:

To scientifically substantiate the organizational and methodological foundations of the effective organization and holding of football competitions among students, to develop methodological recommendations that serve to increase their physical activity and sports potential.

Tasks of the topic:

- To study and analyze the current state of football competitions held among students in higher educational institutions.
- To identify effective organizational and methodological mechanisms for organizing competitions and develop scientifically based proposals for their improvement.
- To determine the role of competitions in activating students' sports activities and increasing their interest in football, and to develop practical methodological recommendations.

Literature Review

There are a number of scientific studies on the effective organization of football competitions in educational institutions, which play an important role in illuminating the theoretical and practical foundations of the topic.

In particular, S.B. Abdumuratovich et al. (2025) in their study studied the process of organizing and conducting football training in educational institutions and sports schools, emphasizing the importance of methodological approaches and planning in improving the quality of competitions. In their opinion, an effective training system significantly improves competition results. [1].

The research conducted by X.M. Khusanboy oglu (2025) sheds light on the role and impact of mass sports in human life, and scientifically demonstrates the strengthening of social activity and the desire of young people to a healthy lifestyle through football competitions. [2]. S.Y. Ergashov (2024) spoke about the social and health role of sports in the development of society, and provided solid evidence about the role of sports events among students in raising a healthy generation. [3].

One of the important studies on the issue of improving the physical fitness of football players was conducted by S.B. Abdumuratovich et al. (2025), which analyzed in detail the technologies for the formation and development of physical qualities in football players. This study includes practical recommendations that can be used in the preparation stage for football competitions among students. Similarly, the studies of E.A. Tursunkulov and co-authors provide important information about the importance of physical qualities in football training and their direct impact on results. [4].

The study conducted by I. Narzikulov and R. Ablakulova (2025) deeply analyzed the role of physical education and sports in the social life of students, and this article emphasizes that football competitions serve not only physical development, but also social integration among students. [5].

The issue of the effectiveness of using active games in organizing football competitions was covered by U. Koshkokov et al. (2025). Their study emphasized the importance of active games in mastering football elements, especially their role in the preparation process of students. This methodological approach can also be used in competitions among students. [6].

The methodology developed by M. Mirkosimov (2024) for developing the ability to maintain balance in disabled football players is noteworthy as an advanced experience in developing stability and coordination of movements in training football players of any level. This experience can also provide certain methodological foundations in the training of ordinary student football players. [7].

Also, in a study by A.A. Komilov (2023) on the training of 15-17-year-old football players, the specific aspects of training among young people were analyzed and appropriate methods for their effective development were shown. These approaches can also be useful in competitions held among students. [8].

Research methodology. In this study, a complex methodological approach was used to study the organizational and methodological aspects of organizing and holding football competitions among students. The study used scientific-analytical, empirical and statistical methods together. Using the scientific-analytical method, existing literature, legislation, government decisions, best practices, foreign and local sources were studied, and the theoretical foundations of the topic were developed.

At the empirical stage, the current state of football competitions with the participation of students in several higher educational institutions of Uzbekistan was studied. For this, observations, questionnaires, interviews and practical analysis methods were used. Analytical data were collected based on the forms of organization of competitions, the refereeing system, the level of physical fitness and the opinions of the participants. More than 150 students and more than 20 coaches and sports teachers participated in the questionnaires.

The data collected within the framework of the study were statistically processed, and the results were analyzed in the form of graphs and tables. Through this, students' interest in football, problems in holding competitions, organizational and methodological shortcomings, and proposals for their elimination were developed. Also, a methodological model for organizing competitions was experimentally tested and its effectiveness was assessed.

Research results and discussion. During the study, the organizational and methodological state of football competitions held among students in several higher educational institutions of Uzbekistan was studied. As revealed by the questionnaire and observations, although 72 percent of students expressed interest in participating in football competitions, there are cases of complete dissatisfaction with the quality and level of organization of competitions. In particular, factors such as untimely conduct of competitions, lack of impartiality in refereeing, and different levels of physical fitness of participants negatively affect their effectiveness.

Analysis of shortcomings in conducting competitions showed that in many higher educational institutions there are no tournaments organized on the basis of clear regulations and a strict plan. Competitions are more often held separately by initiative groups or physical education teachers and are not based on a common methodological approach. According to the results of the study, students' participation in effectively organized competitions was high, their attitude towards sports became more positive, and their physical activity increased.

85 percent of students who participated in a model football competition organized based on the experimental method expressed their satisfaction with the content and organizational aspects of the competition. It was proven that the methodological model developed on the basis of this experience - namely, competition planning, preparation stages, the formation of equal teams, the introduction of a neutral refereeing system, and the use of incentive mechanisms - can significantly increase the effectiveness of competitions.

During the discussion, it was found that the activity of students in sports competitions has a positive effect not only on physical development, but also on their social activity, the desire for a healthy lifestyle, and the formation of social skills. In addition, the organization of regular and systematic football competitions can serve as an important tool for strengthening the sports environment in higher educational institutions, developing healthy competition, and identifying talented young people.

Conclusion

As a result of the research, it was found that organizational and methodological aspects play an important role in the effective organization and conduct of football competitions among students. Regular and systematic holding of competitions increases students' interest in sports, increases physical activity, and helps to form a healthy lifestyle. However, at present, it has been observed that in some higher educational institutions, a clear methodological approach to organizing competitions is insufficient, and there are shortcomings in planning and coordination. Based on the results of the research, in order to increase the effectiveness of football competitions, it is necessary to establish a unified regulation for their organization, develop methodological manuals for coaches and organizers, and take measures to increase the level and scope of training of participants. In addition, student motivation can be further strengthened through a fair refereeing system of competitions and mechanisms for encouraging winners. On this basis, it can be said that the proper organization of football competitions among students contributes not only to physical development, but also to the social activity of young people and the upbringing of a harmonious generation.

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