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## THE WHOLE WORLD AROUND ONE BALL

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### Abstract

The world's most viewed sporting event is the FIFA World Cup. The historical evolution of football as a sport, its playing methods, and the possibilities and circumstances established for Uzbek football players are all covered in this article.

**Keywords:** Tiny fields, leather balls, teamwork, football, game tactics, Eastern peoples, physical development, sports outcomes, technical approaches, and moral and volitional attributes.

### Аннотация:

Чемпионат мира по футболу — самое просматриваемое спортивное соревнование в мире. В данной статье рассказывается об истории развития футбола как вида спорта, технике игры, а также о созданных условиях и возможностях для футболистов в Узбекистане.

**Ключевые слова:** восточные народы, футбольная игра, тактика игры, командная игра, малые поля, кожаные мячи, физическое развитие, спортивные результаты, технические приёмы, нравственные и волевые качества.

### Annotatsiya:

Futbol bo'yicha jahon chempionati dunyodagi eng ko'p tomosha qilingan sport musobaqasidir. Ushbu maqolada futbol sport turining rivojlanish tarixi, o'yin texnikasi va O'zbekistondagi futbolchilarga yaratilgan yulayliklar va sharoitlar haqida hikoya qilinadi.



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**Kalit so'zlar:** Sharq xalqlari , futbol o'yini, o'yin taktikasi, jamoaviy o'yin , kichik maydonlar, charm to'plar, jismoniy rivojlantirish, sport natijalari, texnik usullar, ma'naviy, irodaviy xislatlar.

### **Introduction:**

As our President Shavkat Mirziyoyev emphasized, “We should not limit ourselves to achievements in elite sports, but also pay great attention to mass sports.” In line with this goal, a Presidential Decree (No. PQ-136, dated March 20, 2024) was adopted on measures to develop football infrastructure and expand its network in local communities.

Football is regarded as the most popular team sport worldwide. Originating from the English word, "football" means "foot ball." A rectangular field is the primary location for football games. The goal lines have to be shorter than the sidelines. The standard dimensions are: length – 90 to 120 meters, width – 45 to 90 meters. For international matches, the length ranges from 100 to 110 meters, and the width from 64 to 75 meters. The players' movement techniques on the field include walking, running, jumping, and turning. Additionally, players must master ball control techniques such as kicking with the inside, outside, and tip of the foot, as well as with the heel and the sole.

Football gained popularity during the Middle Ages. Streets and village squares often served as playing fields. Matches typically started at midday and continued until nightfall. The team that managed to drive the ball to a specific destination across the city would be declared the winner. Modern football was established in 1863 with the introduction of rules by the Football Association in England, which marked the significant separation of football from rugby. These rules mandated that the game be played predominantly with the feet and limited the use of hands. FIFA was founded in 1904, and football quickly became known as an international sport.

Football is one of the most popular and played sports globally today. Techniques, tactics, and physical conditioning in the sport have developed significantly over the years. Modern-day footballers need to possess high physical potential, game intelligence, and technical skill. Mass media, the internet, and social networks have contributed significantly to the popularity of football. Clubs sell their brands



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all over the world, and footballers do not only become sport celebrities but also become social media influencers with millions of followers.

Presently, football is no longer just a sport—it has become an international social force that has made its way to the hearts of millions of people around the globe. Thousands of football games occur daily in all corners of the world, thousands of individuals descend on the arenas, and online communities are saturated with football stories. Major competitions such as the UEFA Champions League and the FIFA World Cup garner billions of audiences.

Modern football, deeply intertwined with technology, the economy, and mass media, has become a complex system that engages not only athletes but also coaches, journalists, and businessmen. At the same time, training skilled athletes and ensuring their participation in prestigious competitions remain urgent tasks today. The National Football Association participates in all tournaments held by FIFA and the Asian Football Confederation. The main governing body of Uzbek football is the Uzbekistan Football Association, founded in 1946. The top tier of the football league system includes the Super League (Premier League) and the Pro League. The winner of the Super League earns the title of Uzbekistan Champion. Additionally, the Uzbekistan Cup, Uzbekistan Super Cup, and Uzbekistan League Cup are held among national tournaments. The top four clubs in the Super League qualify for the AFC Champions League and the AFC Cup. Teams were first established in Fergana and Kokand in 1912, and then in Andijan, Tashkent, and Samarkand. This is regarded as the beginning of football in Uzbekistan. Football in the nation started to take shape when these teams started hosting games over great distances.

In Uzbekistan, football started to take shape in the 1920s. The Uzbekistan SSR Championship was founded in 1926, while the inaugural Fergana Valley championship took place in 1914. Pakhtakor, the top football team in Uzbekistan, was established in 1956. Based in the capital city of Tashkent, Pakhtakor competes in the Uzbekistan Super League.

The high development of modern football is directly connected with the comfortable environment created for football players. The players require not only physical training but also conditions for psychological and intellectual development. The majority of professional football clubs around the world have



now modern training camps to train players at the highest possible level. There is the equipment for controlling the physical condition of athletes, rehabilitation centers, physiotherapy offices, pools, special dietary programs, and recreational areas.

In Uzbekistan as well, attention to football is increasing year by year. Several football academies operate across the country, where talented children are trained professionally from a young age. For example, football schools are affiliated with clubs such as Bunyodkor, Pakhtakor, Nasaf, and Lokomotiv. Special training camps for the national team and junior teams have also been established. The involvement of foreign specialists, participation in international training camps, and holding tournaments for players by age categories is necessary in developing sporting potential.

Sports facilities like stadiums and football fields are also being built to provide space for the development of amateur and semi-professional players. Today, Uzbek football has produced a lot of talented players who have achieved international fame. Some of them are Jaloliddin Masharipov, Eldor Shomurodov, Abbosbek Fayzullaev, Rustam Ashurmatov, and Odil Hamrobekov, who play for international clubs but belong to Uzbekistan. Their achievements encourage young generations and make people interested in playing football.

### **Conclusion:**

The most famous and famous team sport in the contemporary world is football. With time, it has grown to become part of the global culture because of its rich history, tactics, and techniques. Additionally, Uzbek football also has a long history and is thriving on international platforms today. The country's best football teams are thought to be the Super League and teams like Pakhtakor. Football is not only a sport; it is closely linked with the economy, culture and social networks, and the media is a major player in its growing popularity. The growth and development of football around the globe continue to be a priority.



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