

THE IMPACT OF FUTSAL ON THE PHYSICAL AND PERSONAL DEVELOPMENT
OF YOUTH IN UZBEKISTAN

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Abstract:

This article provides a comprehensive analysis of the impact of futsal on the physical and personal development of young people in Uzbekistan. It examines the physiological characteristics of futsal as a sport, its impact on the body's functional systems, and the development of key motor skills (speed, coordination, speed-strength, and endurance). Particular attention is paid to the personal development of young athletes: fostering team spirit, leadership skills, discipline, responsibility, a commitment to a healthy lifestyle, and patriotic education.

Keywords: futsal, mini-football, Uzbekistan, youth, physical development, personal development, mass sports, sports infrastructure, Futsal Federation of Uzbekistan, healthy lifestyle, socialization, team sports.

Аннотация: Данная статья посвящена комплексному анализу влияния занятий футзалом на физическое и личностное развитие молодежи в Узбекистане. В работе рассматриваются физиологические особенности футзала как вида спорта, его воздействие на функциональные системы организма и развитие ключевых двигательных качеств (скоростных, координационных, скоростно-силовых, выносливости). Особое внимание уделяется личностному развитию юных спортсменов: формированию командного духа, лидерских качеств, дисциплины, ответственности, приверженности здоровому образу жизни и патриотическому воспитанию.

Ключевые слова: футзал, мини-футбол, Узбекистан, молодежь, физическое развитие, личностное развитие, массовый спорт, спортивная инфраструктура, Федерация футзала Узбекистана, здоровый образ жизни, социализация, командные виды спорта.

In Uzbekistan, where more than 60% of the population consists of young people, issues of physical education and the harmonious development of the younger generation acquire strategic importance. At the state level, sport is regarded not only as a means of strengthening public health but also as a key instrument for personality formation, prevention of antisocial behavior, and preparation of competitive human capital. In this context, futsal is of particular interest — a sport that, due to its accessibility, dynamism, and attractiveness, is gaining increasing popularity among Uzbek youth. The development of futsal in Uzbekistan has received significant momentum due to the attention of the country's leadership. As noted in official sources, under the leadership of the President of Uzbekistan, broad opportunities are being created for the development of all sectors, including sports, and for fostering a winning spirit. Special emphasis is placed on preparing young athletes capable of representing the national flag on the international stage.

A landmark event was the establishment of the independent Futsal Federation of Uzbekistan in December 2024. The decision was made following the founding assembly on December 17, 2024, and the official presentation of the new organization took place in Tashkent. The Federation elected entrepreneur and Chairman of the Supervisory Board of BMB Holding, Bekzod Mamatkulov, as President; Aziz Akbarjonov, Chairman of the Board of Uzpromstroybank, as Vice President; and Marufjon Abdullayev as General Secretary. The



creation of the Federation became a response to challenges identified after the performance of the Uzbekistan national team at the FIFA Futsal World Cup 2024, where the team finished last in its group. This outcome necessitated a revision of the development strategy for the sport and the consolidation of efforts between the Uzbekistan Football Association and the Professional Football League of Uzbekistan.

An additional stimulus was the Presidential Decree of December 4, 2024, "On Measures for the Development of Team Sports and the Improvement of the Talent Identification System for Youth." This document established a legal framework

An analysis of competitive activity in futsal makes it possible to identify the key motor qualities developed through participation in the sport:

Speed abilities. Futsal requires instantaneous starting accelerations over short distances, which develop reaction speed and the velocity of single movements. Players learn to respond as quickly as possible to changes in game situations and to execute technical actions under conditions of time pressure.

Coordination abilities. Playing in confined spaces, constant interaction with teammates and opponents, and the need to control the ball under tight marking impose high demands on movement coordination. Players develop a refined "feel for the ball," improve intermuscular coordination, and enhance vestibular stability.

Speed-strength abilities. Shooting, jumping, and physical duels require the manifestation of explosive strength. Regular participation in futsal contributes to the development of fast-twitch muscle fibers and increases the capacity to realize strength potential within minimal time.

Endurance. Despite the seemingly short duration of individual game episodes, the cumulative workload during a match is considerable. The alternation of aerobic and anaerobic activity develops special endurance, enabling players to maintain high intensity throughout the game. The problem of a sedentary lifestyle among youth is also relevant in Uzbekistan. Specialists have repeatedly emphasized the need for active measures to combat hypodynamia and to promote a rational lifestyle that includes an optimal level of physical activity based on systematic engagement in physical culture and sport.

In this context, futsal serves as an effective means of preventing physical inactivity. The accessibility of the sport, the possibility of year-round participation in indoor facilities, and the absence of a need for expensive equipment make futsal attractive to young people. Research indicates that mini-football is currently one of the most popular forms of physical education among youth.

Futsal is a team sport, which determines its strong socializing potential. During training sessions and competitions, young people learn to cooperate, understand their teammates, and subordinate personal interests to collective goals. As emphasized in materials of the SQB Futsal Club, futsal is not only a sport but also a school of courage, discipline, team thinking, and rapid decision-making.

Team sport represents not merely physical activity or victory in competitions, but also a powerful unifying force that shapes a culture of teamwork, strengthens willpower, and develops resilience. These qualities directly translate into everyday life, helping young people interact successfully in educational environments and, in the future, in professional teams. Futsal provides broad opportunities for the development of leadership qualities. Team captains and on-court leaders assume responsibility for results, organize teammates, and make critical decisions in decisive moments. Even players who are not formal leaders learn to take responsibility for their actions, understanding that one mistake may affect the outcome for the entire team.



At the SQB Futsal Club, it is emphasized that members aim to achieve success not only in sport but also in life. This represents an important educational aspect: sport fosters a mindset oriented toward success, determination, and perseverance in achieving goals. Regular training, adherence to discipline, and compliance with coaching requirements cultivate self-discipline and self-organization. Young athletes learn to manage their time effectively, balancing education and training, setting priorities, and taking responsibility for their commitments.

As noted in materials of the Futsal Federation of Uzbekistan, special attention is given to preparing young athletes capable of representing the country on the international stage. This imposes additional responsibility and requires a high level of self-discipline.

Participation in futsal naturally promotes commitment to a healthy lifestyle. Athletes recognize the value of health, proper nutrition, and avoidance of harmful habits. This is particularly important in youth environments, where the risk of involvement in antisocial practices remains significant.

Representatives of the Federation emphasize that the new organization plans to actively promote futsal, engage young people, and advance healthy lifestyle values. Thus, futsal becomes not merely a sport but an instrument for building a healthy nation. The opportunity to represent the country at international competitions serves as a powerful factor of patriotic education. In Uzbekistan, particular attention is paid to preparing athletes capable of raising the national flag on the global stage. Examples of successful Uzbek futsal professionals — such as national team head coach Nodir Eliboev, goalkeeping coach Rustam Umarov, and national team player Ravshan Eliboev, who developed within the SQB team — serve as inspiring role models for youth. Young athletes see a direct connection between diligent training and the opportunity to represent their country, fostering a healthy sense of patriotism and national pride.

The development of futsal opens opportunities for international contacts and cultural exchange. An example is the participation of two young Uzbek players — Ramzan Makhmurov and Abdurakhim Rahimjonov — in the Manchester International Experience program at the Manchester Futsal Academy. During the week-long program, the young Uzbek athletes were fully immersed in Manchester's futsal and football culture. They trained according to individualized programs, participated in joint training sessions with academy players, observed the first team's matches, visited the Etihad Stadium, and met rising Uzbekistan national team star Abdukodir Khusanov.

As noted by Academy Director Ilya Ovechkin, such experiences genuinely bring countries closer together, allowing players to test themselves and understand the required performance level. These programs not only improve sporting mastery but also broaden young people's horizons and develop intercultural competencies that are highly valued in today's globalized world.

Despite positive progress, the development of youth futsal faces certain challenges. Research conducted among physical education teachers and sports organization staff identifies several factors reducing organizational effectiveness.

The main problems include:

- a formal approach by local authorities to organizing competitions;**
- insufficient promotion of student futsal in the mass media;**
- limited interest in development from certain local federations.**

These issues are also characteristic of Uzbekistan, particularly at the initial stage of institutional development of futsal as an independent sport. Effective development of futsal requires the implementation of scientifically grounded training programs. Research on scientific aspects of football development in Uzbekistan emphasizes the importance of innovative methods, including



video analysis systems, sensor technologies, motivational strategies, and team-oriented education as tools for enhancing young athletes' potential.

These approaches can be successfully adapted to futsal. The creation of a scientific and methodological foundation that accounts for the specific characteristics of the sport will increase the effectiveness of youth training. The prospects for futsal development in Uzbekistan appear promising. The establishment of an independent Federation, state-level support, and modern infrastructure create a solid foundation for further growth.

Key directions for development should include:

**expansion of regional branches of the Federation;
an increase in regular competitions for various age groups;**

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