



SPEED-STRENGTH AND POWER IN 10-11-YEAR-OLD BASKETBALL PLAYERS LEVEL OF ENDURANCE QUALITIES

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Annotation

Recognizing the same thing on the topic, it allows you to quickly-to train the qualities of strength and endurance from the initial stage will create an opportunity for more effective formation of sports skills. Along with this, it was noted that it is necessary to develop these qualities not only with the help of traditional standard exercises, but also recognized as desirable to apply all physical qualities in the game of running, so that the initial sports training will take place in general. Therefore, it is important to apply the results of pedagogical research conducted by us to the process of training young athletes in action games, which effectively form the qualities of speed and endurance.

Keywords: Method, physical education, sports, coach, competitions, agility-attributes of strength, endurance, shuttle run.

Introduction

Success in modern basketball competitions is great in athletes developed agility-strength, endurance qualities, formed emotion, attention, consciousness, requires tenacity and other qualities. Only with game technique and tactics victory is by no means possible. It is therefore common and physical in young athletes Qualified sports reserves to gradually develop the qualities consistently should be known as one of the important conditions of preparation. A place worth noting in this regard that is, the effective development of physical qualities selected exercises and other with the content and essence of the means (moving games, relays, etc.) determined.

The results of this study are presented in. As can be seen from the table, The 30m running test tests performed on the children being tested were unique to each child showed the quality of agility. Best recorded on test runs the difference between the indicator (5.0 s) and the largest indicator (6.8 s) is 1.8 s.

This difference is in terms of the physical fitness of the children who were tested indicates that it has almost the same capacity. The average of running this distance the figure was 6.1 seconds. Special speed and special endurance qualities reflective test runs (4x10m mokisimon run) performed in the opposite direction the difference between the indicators is much greater because it is more complex in terms





of maturity amount. For example, the smallest indicator recorded (i.e., a short time indicating) 8.7 seconds, the maximum (i.e. long-term indicating) being 13.0 seconds was So, the difference between these readings is 4.3 seconds.

The average rate, which represents the qualities mentioned above, is 10.5 seconds fold. The overall endurance of the children is assessed using a 1600m running test. This the smallest value on the test (best endurance) was 8.0 seconds and the largest value (maximum) bad endurance) was expressed at 10.8 seconds. The difference was 2.8 seconds. evidence that the children examined belong to the same category in terms of preparation gave. The average speed recorded on the running test for this distance was 9.4 seconds. This is the endurance of children of this age and those who have just entered the sport stated that it would be charged with an average result. It is worth noting that each When analyzing the indicators to be examined separately, another important piece of evidence emerges discarded. This is also a short time for some children to run in the right direction (30m) these guys are far from the other opposite (4x10m) or in the right direction showed very different results in distance running. For example, J. Xusainov 30m 5.4 seconds in the 4x10m and 13.0 seconds in the 4x10m. showed the result. At the same time, these guys themselves are 3.6 seconds in the 1500m run resulting in. Similar cases were observed in a number of other investigators. Note this abruptly differentiated, or in other words, abruptly changing ability maturity test is related to the complexity of the exercise and the distance probably not empty.

The difference between the smallest and largest indicators of test exercise results also confirms the above-mentioned probability.

- 1 – Running 30m;
- 2 - 4x10m mokisimon running;
- 3 - Running for 1600m.

This is another important situation based on the results shown in this diagram observed. In particular, if the inspector showed the children to run 30m The difference between the results is that they belong to the same category in terms of preparation In conclusion, according to a complex test exercise (4x10m mokisimon run) such an idea it is impossible to think. This is because the difference recorded on this test is up to 3.6 seconds increased. So it's up to the kids to run the short distance in the opposite direction, to themselves indicates that it has a unique ability. The same is true of the 3rd test exercise observed.

The observed results and the scientific probabilities or scientific conclusions made on these results the procedure for admitting presumably tested children to a basketball club is an official choice indicates that it has not been implemented on the basis of.





Selection and selection of this event is the norm was organized on the basis of test-exercises, the difference between the obtained indicators is considerable would have formed a small amount. The results obtained show that speed before pedagogical research qualities were almost indistinguishable from both the control group and the research group. In particular, the 30m run time was 5.8 ± 0.5 seconds for the children in the control group in children in the study group, the figure was 6.0 ± 0.3 seconds. In children engaged in both groups after the completion of the pedagogical study the degree of agility qualities varied and ended with a sharp difference from each other. For example, in the control group, running 30m improved by 5.6 seconds, which is the same figure improved from 6.0 seconds to 5.2 seconds in the research group. The difference in change in the first group 0.2 seconds, the difference in the second group was 0.8 seconds. 10.4 seconds to 10.1 seconds in the control group during the 4x10m moxibustion run changed, in the study group, the figure ranged from 11.2 seconds to 9.8 seconds. In other words that is, the speed quality rated on this test improved by 1.4 seconds.

Noted the results suggest that supervision is sometimes within the scope of pedagogical research was to improve the agility quality of the simple (traditional) exercises used the effect is not much. The agility quality of the action games used for 9 months in the research group caused a significant difference. So, in training young basketball players, especially action games that develop speed from the initial training stage that regular application is a convenient and effective tool in developing this quality found proof. Similar studies have been conducted and obtained in the past scientific literature has been noted.

However, the speed of 10-11 year old basketball players and endurance of action games such as "Chase" and "Ducks and Hunters" focused on looking for enhancement options using sophisticated options it is known that scientific research is almost non-existent. Therefore, the results of pedagogical research conducted by us, age of action games that effectively shape the qualities of speed and endurance it is important to apply it to the training process of athletes. At the highest level of endurance quality in the training of qualified basketball players It is important to be formed. Because to achieve high sports results directly depends on the quality of durability. Endurance depends on the age of the athletes, their physical and functional should be brought up according to their readiness and sports skills. There are different movements in this games, sports games, relays, cross country, swimming and other similar activities

The use will be the same period. Endurance - is divided into general and special endurance. Overall resilience is the ability to maintain effective performance in the long run. Special endurance has taken into account the characteristics of a particular





sport quality. For example, special speed endurance in boxing brings strength endurance and combat endurance to go is part of a special effort. In young athletes, especially in the early stages of their training in sports skills, This is when the development of endurance quality is done using action games The effectiveness of the process has been acknowledged by many researchers. Therefore for 10-11 year olds who have just started playing basketball in their dissertation the use of the aforementioned action games in increasing endurance aimed at determining the effect. The 4x10m moxibustion running test exercise used during the study is just that was designed to assess the quality of agility (special agility), but age was also aimed at determining the special endurance of basketball players. From the table as can be seen in the specific endurance control group determined on the basis of this test the duration of the study, if expressed at the level of 10.4 ± 0.7 seconds before the pedagogical study after completion, this figure improved slightly and was 10.1 ± 0.9 seconds.

The total endurance (running at 1600m) was 9.6 ± 0.6 seconds at the start of the study will remain almost unchanged after the study period (9.8 ± 0.7 s) In the study group, the above indicators were as follows: 4x10m moxibustion run - before the study - 11.2 s, after the study - 9.8 s; 1600m Running: 9.3 s and 8.2 s. Hence, the increase in running speed on the first test was 1.4 s on the second test - 1.1 s.

It can be seen that the specific and general endurance in the control group was 9 months also almost did not change for the better. It can be said that the training is an ongoing program based organization, i.e. a simple standard used to increase endurance exercise does not have the "power" to effectively form these qualities. Differences in results were noted in the control and research groups the degree of change in specific and general endurance indicators is shown in Figure 3-4 reflected. In the 4x10m moxibustion running control group according to the diagram if increased by only 0.3 seconds, a run to 1600m is even negative at 0.2 seconds changed direction. In the research group, on the contrary, the endurance qualities studied were will have a significantly positive appearance.

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