



COMPONENTS OF THE TECHNIQUE OF SERVING THE BALL FOR BOWLERS (SERVERS) IN CRICKET

Abdiev Bobir Botirovich (phd)

A Basic Doctoral Student at the Uzbek State University of
Physical Education and Sports Research

Annotation

Cricket is a useful and exciting game that does not require special expensive accessories and special fundamentally equipped platforms. Basis games are natural movements: running, jumping, throwing the ball, etc. cricket game promotes physical development, instills in the players a sense of collectivism, forms fighting qualities.

Keywords: Cricket, require special, bowlers, techniques, serving ball.

Introduction

Cricket is an effective means of physical education, as provides a wide opportunity for a diverse impact on those involved. This game is characterized by a high emotional coloring and a great spectacular effect. Cricket is very popular in a number of countries and it has earned its popularity thanks to entertainment and dynamic, unpredictable nature of the attack. Very important physical and tactical training, understanding the basics of the game, team behavior athletes in defense.

Despite the fact that cricket requires special equipment, the main equipment is the bat and the ball are simple and understandable items for the players. Cricket is a two-sided team game with a ball and a bat. Played by two teams of 11 Human. The players of one of them bat as far as possible and during his flight run through a specially designated part of the field from one "gate" to another. Dial more points than the opponent. A point is awarded to the attacking team for: called "running over" - a game situation in which both attacking players batman (striker) and the second batman (substitute batter) ran to the opposite gates. The number of runs directly depends on how far the batman is hit the ball he was given. The farther the ball flew, the more time the server players teams will spend to bring him back to center field, and at this time the batsman, moving from one "gate" to another, gaining those same "runs". A cricket bat must be solid wood, flat, no longer than centimeters and a width of not more than 15 centimeters. The diameter of its handle is not less than 3 cm, length - no more than 30 cm. The end of the handle has a thickening that ensures safety when hitting the ball. Each batman can use an individual with a bat corresponding to the established dimensions or use the command inventory.





Cricket is played on a large oval field 120 meters long for a maximum of men and 110 meters maximum for women and a width of 60 and 50 meters respectively. In the center of which is marked with a rectangular track, which is called the feed line (pitch). It is a rectangle 20 meters long and three meters wide. On the opposite ends of the path are gates, consisting of columns (stumps) -71 cm in height and a total width of 22 cm - with the crossbeams (bail) lying on them.

The task of the kicking player is to protect the wicket from throws with a special bat server. All 11 players of the team that serves the ball are on the field. Team opponents who bats, there are only two batters on the field, who are at opposite gates. Of the 11 people on the serving team, nine can be placed around the field as the captain decides, the 10th player - the bowler - (bowler) throws the ball on the wicket (necessarily from top to bottom with a straight arm from behind the shoulder), and the 11th wicket per (wicketkeeper) is directly behind the batsman. His task is to catch the ball behind the wicket. One team is considered the attacker, the other is the defender. After a successful hitting the ball with the bat, the attacking players try to run between the hoops the maximum number of times.

Each run gives the team 1 point. When a player is put out of bounds, next batter. Thus, the goal of one team is to make as many runs as possible. After perfect hits with a bat on the ball, where each player who has committed a full running over, earns points for his team. The goal of the other team is to prevent opponents from make runs by putting players out of bounds.

The rules provide for the following conditions for the striker to be taken out of the game:

1. The ball is caught on the fly by the athletes of the defending team;
2. The bowler's serve knocked down the wicket (the batter did not deflect the thrown ball);
3. The ball flying into the wicket hooked the striker (if the striker blocked gate
4. The gate is destroyed at the moment when the striker is running.
5. The player lost the bat while making a "jog".

After the throw limit is used up, or all attacking players are taken to out, the teams change places, and the team, which has again become the attacking team, tries to score more points than your opponent's means, methods, methods and techniques of teaching.





The main tasks of sports training are:

- Mastering technology and tactics;
- Ensuring the necessary level of development of motor qualities, the capabilities of the functional systems of the body that carry the main load in this sport; □ education of proper moral and volitional qualities;
- Ensuring the necessary level of special mental preparedness;
- Acquisition of theoretical knowledge and practical experience necessary for successful training and competitive activities;
- Complex improvement and manifestation in the competitive activity of various aspects of the preparedness of an athlete.

These tasks in the most general form determine the main aspects (directions) of sports training, which have independent features: technical, tactical, physical, psychological and integral. From the content of each of these parties, specific training tasks follow. In the field of technical improvement, such tasks are: creating the necessary ideas about sports equipment, mastering the necessary skills and abilities, improving sports equipment by changing its dynamic and kinematic parameters, as well as mastering new techniques and elements, ensuring the variability of sports equipment, its adequacy to the conditions of competitive activity and functional capabilities of the athlete, ensuring the stability of the main characteristics of the technique to the action of confounding factors.

Tactical improvement involves an analysis of the features of the upcoming competitions, the composition of rivals and the development of optimal tactics for the upcoming competitions. At the same time, it is necessary to constantly improve the tactical schemes most acceptable for a particular athlete, work out the best options in training conditions by modeling the features of the upcoming competitions, the functional state of the athlete, characteristic of competitive activity. It is also necessary to ensure the variability of tactical decisions depending on the situations that have arisen, to acquire special knowledge in the field of technology and tactics of sports.

In the process of physical training, an athlete needs to increase the level of capabilities of functional systems that provide a high level of general and special fitness, develop motor qualities - strength, speed, endurance, flexibility, coordination abilities, as well as the ability to manifest physical qualities in competitive activities, their "associated » improvement and manifestation.

In the process of psychological preparation, the moral-volitional qualities and special mental functions of an athlete, the ability to manage their mental state during training and competitive activities are brought up and improved.



A separate group of tasks is associated with integration, i.e., combining qualities, abilities, skills, accumulated knowledge and experience into a single whole, mainly related to various aspects of preparedness, which is achieved in the process of integral training.

The division of the training process into relatively independent aspects (technical, tactical, physical, psychological, integral) streamlines ideas about the components of sportsmanship, allows to some extent to systematize the means and methods of their improvement, the system of control and management of the process of sports improvement.

At the same time, in training and, especially, competitive activity, none of these aspects is manifested in isolation; they are combined into a complex aimed at achieving the highest sports performance. The degree of inclusion of various elements in such a complex, their interrelation and interaction are determined by the patterns of formation of functional systems aimed at the final result, specific for each sport and component of training or competitive activity.

It should be borne in mind that each of the sides of preparedness depends on the degree of perfection of its other sides, is determined by them and determines their level. For example, the technical improvement of an athlete depends on the level of development of various motor qualities - strength, speed, flexibility, coordination abilities.

The level of manifestation of motor qualities, in particular endurance, is closely related to the efficiency of technology, the level of mental stability to overcome fatigue, the ability to implement a rational tactical scheme of competitive struggle in difficult conditions. On the other hand, tactical readiness is connected not only with the ability of an athlete to perceive and quickly process information, the ability to draw up a rational tactical plan and find effective ways to solve motor problems depending on the situation, but is also determined by the level of technical skill, functional readiness, courage, determination, purposefulness, etc.

Means of sports training - a variety of physical exercises that directly or indirectly affect the improvement of the skills of athletes. The composition of sports training means is formed taking into account the characteristics of a particular sport, which is the subject of sports specialization.

Physical exercise

Means of sports training - physical exercises - can be conditionally divided into four groups: general preparatory, auxiliary, special preparatory, competitive.

General preparatory exercises include exercises that serve the comprehensive functional development of the athlete's body. They can both correspond to the





features of the chosen sport, and be in a certain contradiction with them (when solving the problems of comprehensive and harmonious physical education).

Auxiliary (semi-special) exercises involve motor actions that create a special foundation for further improvement in a particular sports activity.

Special preparatory exercises occupy a central place in the training system of qualified athletes and cover a range of means, including elements of competitive activity and actions close to them in form, structure, and also in the nature of the manifested qualities and activity of the functional systems of the body.

Competitive exercises involve the implementation of a set of motor actions that are the subject of sports specialization, in accordance with the existing rules of the competition. Competitive exercises are characterized by a number of features. Firstly, when they are carried out, high and record results are achieved; the limiting level of the athlete's adaptive capabilities is determined, which he achieves as a result of the use of general preparatory, auxiliary and special preparatory exercises in his training. Secondly, the competitive exercises themselves can be considered as the most convenient and objective visual models of the athlete's reserve capabilities.

Means of sports training are also divided according to the direction of impact. It is possible to allocate funds that are mainly related to the improvement of various aspects of readiness - technical, tactical, etc., as well as aimed at developing various motor qualities, increasing the functional capabilities of individual organs and body systems. The system of analysis, detection of errors and evaluation of the technical readiness of an athlete. The system of control and test requirements for transfer to the next stage of training is an integral part of the training of figure skaters and one of the functions of managing the training process.

Objective information about the state of skaters in the course of training and competitive activities allows the coach to analyze the received data and make appropriate adjustments to the process of sports training.

Types of control:

- Milestone
- Current
- Operational.

Staged control includes the state of the athlete's body and his physical fitness.

The stage control program includes:

- Testing the level of physical fitness;
- Testing of technical and tactical readiness;
- Calculation and analysis of the training load for the past stage;





- Analysis of individual and group competitive actions.

Current control is carried out to obtain information about the state of the skater after a series of classes and competitions in order to make appropriate corrections in training and competitive activities.

His program includes:

- Volume and efficiency of competitive activity;
- Volume of training loads and the quality of training tasks. Operational control is aimed at:
- Obtaining urgent information about the tolerance of training loads and assessing the urgent training effect of a particular exercise or a series of exercises.

For this purpose, observations are made over the course of the lesson with the registration of heart rate, before the exercise and the last control of the level of preparedness of the skaters (assessment of physical fitness and the level of tactical skill techniques).

Competitive activity control (assessment of competitive loads and effectiveness of competitive activity).control of training activity (assessment of training loads and effectiveness of training activity).The criteria for evaluating those involved in the stages of sports training are the state of health, the level of general and special physical fitness, sports and technical indicators, the fulfillment of the discharge standards of the Unified All-Russian Sports Classifier, mastering the volume of training loads in accordance with program requirements, mastering the theoretical section of the program, participation in competitions. In case of non-compliance with the control-transfer standards and category requirements at the stages of sports training, according to the program, those involved remain for the second year.Careful programming of the process of many years of preparation gives the desired effect only if there is an equally thorough system of control over the course of preparation.After the end of the initial training stage, conclusions are made regarding the prospects in Russian bast shoes for those who have completed the initial course, their capabilities in terms of mastering the technique and tactics of playing cricket to perfection at the subsequent stage.After the end of the training stage, based on the results of the graduation requirements, the potential opportunities involved in mastering a high level of sportsmanship in Russian bast shoes and the compliance of their preparedness levels with the requirements of the stage of sports improvement are judged.At the end of the stage of sports improvement, the lapta player must meet the requirements for athletes in teams of the highest ranks.At the end of each year of study, within each stage (category of study groups), the standards are such that, by





their implementation, one can judge the possibility of each student to master the program material of the next year of study. The admission requirements at the training stage are higher than the graduation requirements than at the initial training stage, and the admission requirements at the stage of sports improvement are higher than the graduation requirements of the training stage.

Literature

1. Asatova G.R., Isroilov Sh.Kh. Uzbek State Institute of Physical Culture: milestones of history, new realities // Science and sport: modern trends. - 2015.
2. Ismailov R I Secondary and higher physical education in Uzbekistan. Uzbekistan. Tashkent: Fan. 1968.
3. A K. Khamrakulov. History of the Uzbek state Institute of physical culture / Tashkent: Publishing Department UzSiPC, 2007,
4. The website of the National Agency of Uzbekistan, <http://liza.uz>.
5. <https://www.gazeta.uz/ru/2017/08/11/institute/>

