



THE MECHANISM OF IMPROVING THE PRIMARY TRAINING METHODS OF BASKETBALL SPORTS, TRAINING SKILLED BASKETBALL PLAYERS

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Annotation

Technical and tactical improvement of modern basketball, speed of individual movements, high level of physical fitness, increased ability to work during the competition and the stability of willpower show more and more responsibility of basketball players requires that.

Keywords: basketball players, general, special, physical, skills, training, preparation, walking, transmission, stops, turns.

Introdcution

Modern basketball players develop high-speed recovery, strength, high-speed movement techniques, improve results in effective interactions, maintain high intensity, train players in modern conditions, half of the game led to the tiber itself. One of the peculiarities of this sport, the complexity and content of their actions, as well as the conditions for their implementation, in many respects determine the level of individual training of players and teams. The movements of basketball players are varied and complex throughout the game, due to the high intensity of the work of the musculoskeletal system and muscles. Movement with the ball, which is one of the main movements, involves carrying the ball, stopping, turning, losing from different movements, different movement movements in different directions across the field, running, moving with speed. 'A number of other tools, like basketball, place high demands on each basketball player's preparation process, as well as forcing him to play in contact with the opponent, analyzing the opponent's strengths and weaknesses and tackling the problems that trigger tactical processes against him. Improving the sports skills of basketball players is a long-term, systematic plan, in which the initial training process serves as a key bridge. The main tasks of the initial stage of preparation are as follows. Selection of children who can play basketball, constantly increase their interest in training, comprehensive development of physical abilities, strengthening health, increasing the body's endurance, special skills (flexibility,





speed, agility, strength) training, teaching the basic techniques of game techniques, the formation of skills to strictly follow the rules of the game. To determine the readiness of basketball players for competitions, it is recommended to conduct a comprehensive test during the game season, which assesses their general, special and physical, as well as technical readiness. It is recommended to provide the following loads to increase their technical readiness:

- General physical training - running 20-30 meters, side jumps;
- Special physical training from one place to the length and up, consecutive jumps, squats, distances $2 * 30$, $2 * 40.3 * 10m$, defensive movements;
- Technical training to work with the ball at high speed, to carry it, to pass the ball to various medium, long and short distances;
- The use of differential aerobic complexes, which include different areas for the development of physical qualities, gives good results.

Experience has shown that a well-trained basketball player will not be able to achieve a full-fledged result in a game if his physical fitness, such as speed and strength, is poor and he does not have time to respond to the movements of opposing team players. Demonstration of strength and speed by young basketball players during the game will help them to fully realize their skills and abilities, as well as allow them to overcome the opponent's technique. Tasks of the initial preparatory stage

1. Choose kids who can play basketball.
2. Develop a constant interest in lessons.
3. Ability to develop all-round harmonious physical development, strengthen health, increase body endurance
4. Games to develop special skills (flexibility, speed, agility) for successful acquisition of skills.
5. Teach basic techniques, movements, and other actions.
6. Inculcating competitive skills involves learning to follow the rules of basketball.

Primary specialization (i.e. basketball) tasks (boys and girls of higher education)

1. Training of physical qualities: speed, flexibility, agility and endurance of special training.
2. Learning game techniques, improving them in tactical moves.
3. Teach tactical movements (mainly individual and group) and improve them during the game. Basketball players perform different functions together. It is not clear who will play in which position.
4. Competition period. At this stage, multidisciplinary physical education and the chosen sport - physical education and health work aimed at mastering the basics of





basketball technique, the implementation of control standards for the selection of sports specialties and admission to the educational stage is performed.

The competition in the youth sports school is a multi-year one, and the multi-stage process of implementing a set of measures aimed at assessing the prospects of young people includes basketball players, their activities aimed at sports, training groups and game teams. solves tasks such as training, mastering sports and training athletes in national teams. Almost everyone is accepted into the group, as required by the psychological laws of pedagogical ethics and sports orientation. For the first two months, the coach monitors the children's behavior and activities while performing various exercises and participating in outdoor games. Based on these observations, preliminary conclusions can be drawn about whether students meet the basic requirements of basketball. It is politely stated that parents are not recommended to play basketball with their children if there are clear contraindications [8]. adoption is based on a visual assessment of children's growth and some morphofunctional characteristics. The next process is done in 3 steps

In step 1, an expert group is formed and the coach organizes the review of students in the form of exams, games and competitions. The examination takes into account: height, weight, arm-length body length, leg size, parents' height and body constitution, and children's ability to move in complex coordination exercises. A variety of relay races are held in the form of games, during which children's motor skills are assessed. Control standards in the form of competitions are accepted for the following tests: 20 m run, jumping height, long jump from the ground.

- Step 2 (three months after Phase 1. During this period, the growth, morphological and functional characteristics and manifestations of mobility are assessed by an expert (growth rate compared to Phase 1). The above three tests in the form of competitions, open games ("Scouts", "Hunters and ducks", "Who is smart", "Home basketball" "Ball neighbor" "Runners") and basketball games carried out.

Step 3 (two months after Phase 2). There will be control exams for general and special physical training of students (1 * 3, 5 * 6 and mixed game process), basketball tournament. According to the results of the 3rd stage, the best young basketball players will be selected to go to the summer sports and health camp.

The main focus of the training is on the development of the educational process to improve the skills of young basketball players and improve the efficiency and quality of education. It is recommended to use high speed mainly to solve the problem of developing physical qualities, as well as to increase the speed and strength exercises performed during the training from the optimal to the maximum level. The given load should be dosed to 60-80% of the maximum (performance of one action is repeated





8-19 times). When doing cyclic exercises for short periods of time, the speed of movement should be determined by the age of the participants. We recommend that you build your training structure around generally accepted components:

- Entrance;

- Main;

- Final parts. Basically, the introductory part of the session lasts 25-30 minutes. Students perform exercises aimed at developing stato-kinetic stability in this process. The duration of each exercise should be 15-17-20 seconds, the number of performances should be 8-14, and the rest interval should be 35-40 seconds. Exercises to increase the mobility and strength of the joint muscles and abdominal muscles should be performed in 6-8 minutes at the entrance for 35-40 seconds. At the beginning of the main part of the basketball training, especially in the training groups, we recommend taking 12-15 minutes to develop speed and strength. Elements of basic motor skills of basketball players are held for 15-20 minutes between the main parts of the training session. should be set aside for the study, correction, and repetition of elements of motor movement, and at the end 20-25 min. they work best when organized in the form of outdoor games and relay races that develop motor skills. However, the first 9 to 10 minutes should be devoted to speed and strength training. The duration of a single load should be 15-20 seconds. Exercises should be repeated 3-5 times at intervals of 60-70 seconds. It is necessary to increase the rest time before doing 3-5 exercises. Examples include: 10x8 m, 10x10 m sprint; running back; Running with 90 ° turns and circles; running with 2-3 stuffed balls in the hand, each weighing 1 kg; jump forward while lying down with push-ups with arms and legs at the same time; back, running with a partner on the shoulder; moving the legs with the help of the partner in the arms, jumping on 2-3 projectiles with the base leg, jumping back and forth, etc. The next 10-15 minutes should be followed by strength training and speed training. We recommend choosing a load (resistance) value when performing strength exercises. Then young basketball players can repeat this exercise 8-10 times in one approach with great tension, when using weights - the duration of the exercise should be up to 30 seconds. Rest between sessions should be 50-60 seconds. A total of 4-5 exercises are recommended. It is advisable to use group and frontal methods when performing exercises. In the early stages of preparation, it is important to determine the morphological features of the exercise. According to the specific requirements of the training, the development of the basic physical qualities of the trainee, the ability to learn, the frequency of different exercises, typological features the nervous system and the temperament of basketball players. The effectiveness of the learning process can be ensured on the basis of a certain structure,





which is a relatively stable order of integration of components of the learning process, their overall sequence and regular correlation with each other. Depending on the above factors, the stage of preparation, the correct choice of various organizational forms of training, ie group, individual, frontal, as well as independent learning in the organization of the training process on the program "Basketball" The concept of training is the basis of the methodology of physical education, as a science-based control theory, the consideration of students' physical capabilities must also be properly organized. Only then can we achieve this by training highly skilled basketball players, developing their skills, raising their overall and physical performance through training, and implementing a targeted process to adapt them to the required size and adequate motor skills.

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