

METHODS OF SUPERVISING THE TECHNICAL AND TACTICAL TRAINING OF QUALIFIED BASKETBALL PLAYERS

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Abstract:

The modern level of basketball development, speed is closely related to the manifestation of technical tactics and Agile involves making many changes to the process of improving methods.

Keywords: Modern basketball, top category, technique and tactics, pedagogical observation, to the basket the ball throw _ promptness and agility methods , sprinter running.

Introduction

In many countries today, the attention paid to basketball is advancing very rapidly, including the President's decision on measures to develop the sport of basketball, including the March 5, 2018 "Physical education and on measures to fundamentally improve the state management system in the field of sports" Decree No. PF-5368, Decree No. PF-5924 of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" and related to this field in other legal documents defined tasks done This article serves to increase.

In recent years, a number of measures have been implemented to take care of the health of our people, to form a spiritually and physically mature generation, and to attract the population, especially young people, to basketball, a sport that has a special place in our country.

That's it with together , today in the day in our country high to talent have was _ _ young basketball players select , sort acquisition (selection) system and basketball infrastructure more development , basketball according to _ sports schools activities new to stage lifting , field _ _ specialists preparation and them material encouragement _ _ system improvement is being carried out competitions level upgrade such as issues current from tasks one be lib _ remains _ That's it including in our country basketball more development , preparation more improve about one series affairs done to the increase witness we are _ _

Work Purpose

Basketball in the team high to the satisfaction have was _ _ athletes activities o ' yin in the process to p _ with and without the ball their movements analysis to do and pedagogical observations based on achievement and disadvantages determination .



Research Methods

Research problem according to technique and to tactics about methods scientific methodical in the literature reflection that it will analysis to do

Research results and them discussion do

Today's Today, the modern level of basketball development requires many changes to be made in the process of improving technical and tactical methods, which are closely related to the manifestation of special physical qualities and, in particular, to the level of their speed-strength training. The internal structure of the movement of highly skilled basketball players in the game is not the same according to its characteristics and size. In general, it depends on the position of the player.

Basketball the game technique one in order learning for his from classification is used. Basketball 5 parts of the game organize found different technical prioms using was conducted. This is an attack technique and protection technique each one department attack and from protection applied technical of prioms of groups organize finds _ Method groups their each different roads with fulfillment own into takes _ The legs right use to know and distraction methods both also belongs to the department . Methods some perform ways own in turn fulfillment character according to one from one difference does _ For example method one in the place standing , moving when or when jumping perform can _ On the attack applied attack technique technical to prioms the ball get and transmission , it to the ground hit take to walk , to the basket shots , distractions enters _ They are on the field movement to do stops and turns such as methods with together will be done . These methods perform the most comfortable and strong initial condition standing starts . In this legs bent , gada one little forward bent , his weight on the legs equal to distributed , hands the ball get and holding stand up for comfortable without breast in front bent to be need _ Ball wide spread out fingers with to the palms complete not smoothed without catch stands up Basketball player walk , jump , stop and turning using on the field movement does _ In this group receptions of the legs right to work is based on The reason for the great success of the sport of basketball lies in the emotion of the game, as well as its brilliance and dynamism. Basketball, which contributes to the all-round physical development of a person, does not require large financial costs and is open to everyone. The length of the running stride is 3-3.4 m in sprinters, and it is 2.1-2.3 m on average in senior basketball players. the frequency of steps is equal to 4-5.7 steps per second in sprinters. In basketball players, the frequency is slightly higher, 6 , 2 - 6 , 4 steps per second. This helps to stop quickly or turn quickly because the airborne phase is shorter.

A large number of pedagogical observations of actions of highly skilled basketball players during the competition allows to express this task by means of numbers. The internal structure of the movement and its intensity depend on the task the basketball player is performing at this or that moment of the game, and the general situation in the game. That's why run for too with the place to change spend to be time differences and the number different different _ For example , from 8 minutes 37 seconds to 9 minutes 57 seconds . Pedagogical in his observations, a basketball player game from 3 kilometers to 8 kilometers during has been the distance



pressing passes . Other moment basketball player never thing does not Almost one different in the situation all of basketball players movement activity volume one different _

Conclusion by doing to say if we There are no scientifically based recommendations related to the improvement, control and evaluation of technical - tactical skills in basketball. Also, many experts do not have a single opinion on the issue of control of the competition activity as one of the necessary conditions for effective management of the training process of basketball players. The recommended methods are usually either too labor intensive or do not fully reflect the main components of the competition.

Thus, the problem of analysis of factors that negatively affect movement activity of basketball players during the training period is currently considered an urgent problem, and we think that its solution should be more effective management of training processes of young basketball players.

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