

TEACHING THE TECHNIQUE OF BALL HANDLING IN BASKETBALL EFFECTIVENESS OF ENHANCING ACTIVITY

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Abstract

The modern level of basketball development requires a lot of changes 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-power training.

Keywords: Modern basketball, top category, technique and tactics, pedagogical observation, to the basket the ball throwing, sprinting.

Introduction

Today, we can see the decrees of the president of the Republic of Uzbekistan on measures to develop the sport of basketball. on" Decree No. PF-5924, March 5, 2018 "Physical education and on measures to fundamentally improve the state management system in the field of sports" Decree No. PF-5368 and other regulatory legal documents related to this field defined tasks done This article serves to increase.

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 modern game of basketball was invented in December 1891 by James Naismith, a physical education teacher at Springfield Training School (which later became a college) in Massachusetts, USA. He played the game so by describing given : " Basketball." to play easy, but good to play difficult ". new play _ his own activity with in players so much interest wakes up , says Naismith don't even think about it was _ Current in days while basketball with those who are involved the number millions . Basketball at first From America East countries-Japan, China , Philippines , from after _ Europe countries-Czechoslovakia , Lithuania , Estonia , Latvia , Italy , France and Finally , the South America's some countries spread _ Basketball don't think in history great event on June 18 , 1932 that's it day International basketball Federation (XBF-FIBA) is organized finds _ Eight national of federations representatives - Argentina, Greece , Italy , Latvia , Portugal , Romania, Switzerland and Czechoslovakia the first international at the convention participating in one from the voice International basketball the federation organize to be done and alternated of the rules acceptance to be done support _ will power up .

Purpose of research: B asketball the ball with executable methods technique to teach the effectiveness of increasing activity determination .



Research methods: According to the research problem about **the specificity of planning training loads**, technical analysis methods.

Basketball the game technique one in order learning for his from classification is used. Basketball game from 2 parts organize found different technical prioms using was conducted. This is an attack technique and protection technique each one section _ 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 p 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 ball get one or two supporting will be done. These actions blue crack and shoulder to the height, up (from the head tall) and below (below the knee) and rolling and from the field scattered coming the balls to ilish is separated. Average _ in height coming the ball two reading get the most main of methods is considered Basketball player one little busy _ hands flying coming to the ball against corrects. Claws half month open thumbs _ to each other looking directed, the rest while forward up looking at wide spread out will be Ball p of the fingers into touch as soon as basketball player him tight hanging takes the ball to fly speed reduces _ Next actions perform for it is convenient situation occupies and his hands bend the ball to the body brings closer. Ball p with executable methods (techniques). Ball p with executable methods the following technical qualifications: the ball hanging take, transfer, beat walking and the ball to the basket shoot own into takes _ The ball hanging get it _ of qualification using player believable respectively the ball take over get and with him next attack to his actions entry can _ The ball hanging get, later the ball by increasing give, take walking or shoot perform is also preliminary for condition is, therefore for actions own structure with next methods sure and comfortable fulfillment provide it is necessary Player _ the ball yes smile standing up, him after to where and to whom transmission to know need _ The ball two hand with hanging get _ The ball two hand with hanging get the ball take over the most simple and that's it with together reliable method is considered

Conclusion

It should be noted that currently there are no scientifically based recommendations related to monitoring and evaluation of technical skill improvement 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.

In the analysis of scientific literature, a lot of interesting information about movement activity was obtained. The analysis of recent major international competitions in the development of basketball testifies that the development of modern basketball can be seen to plan individual technical actions in advance and have a great impact on the game. 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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