

# METHODOLOGY OF EDUCATING THE INTEREST AND PHYSICAL QUALITIES OF GENERAL SECONDARY SCHOOL STUDENTS IN THE SPORT OF BASKETBALL

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## Abstract

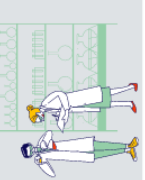
Methodical approaches to interest the students of the general secondary school in the sport of basketball and to educate their physical qualities are considered in this article. The article describes approaches based on special educational activities and game elements to form a healthy lifestyle among schoolchildren, to develop their physical qualities (speed, strength, agility, endurance and balance) by involving them in sports activities. offers. At the same time, recommendations are given on the use of pedagogical technologies, interactive methods and motivational approaches in the organization of basketball training.

**Keywords:** Physical education, basketball, sports education, sports methodologies, physical activity, teamwork, sports integration, healthy lifestyle, sports skills, leadership skills, student motivation.

## Introduction

In the Presidential Decree of the Republic of Uzbekistan No. PQ-392, dated November 15, 2024, titled "Measures for the Radical Improvement of Physical Education Teaching in General Secondary Schools and the Development of Professional Activities of Physical Education Teachers," the following tasks have been set in order to ensure the effectiveness of the continuous professional development system for physical education teachers, improve their professional and physical skills on a regular basis, and improve the teaching of physical education in general secondary schools. In particular, the main directions for organizing physical education and sports activities are set as follows:[1].

- Developing educational and methodological manuals for physical education teachers;
- Improving educational programs for enhancing the professional skills and qualifications of physical education teachers in collaboration with the Uzbekistan State University of Physical Education and Sports;
- Involving skilled athletes in the teaching staff of physical education teachers;
- Developing a new system for awarding qualification categories to physical education teachers;
- Establishing the activities of school sports clubs to ensure that students spend their free time productively;
- Developing a national assessment system to determine the knowledge level and professional skills of physical education teachers;



Implementing a ranking system to assess students' participation in sports competitions, the activities of school sports clubs, and the level of students' involvement in sports;

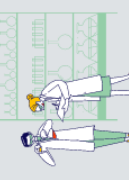
It is emphasized that one of the important tasks in ensuring the participation of teams consisting of students who have achieved good results in sports in international competitions and in regularly improving the professional and physical skills of general education school physical education teachers is to establish a system for continuous development.

Day by day, physical education and sports, including national sports and traditional games, are becoming an essential part of the daily life of our people, especially students and youth, as national values. Achieving this is of great importance. It is important to note that, alongside the development of physical education and mass sports, priority is also given to elevating the status of "major" sports. Year by year, holding prestigious international and world-class competitions has become a traditional part of events in our country. Uzbek athletes have achieved high results in Asian, World, and Olympic competitions, bringing the glory of our homeland to the world community.

#### **LITERATURE REVIEW AND METHODOLOGY**

In the works written by Uzbek authors, the role of endurance in a healthy lifestyle is widely discussed. For example, in the textbooks of A.A. Pulatov, F.V. Ganiyeva, B.M. Miradilov, D.T. Khusanova, and F.A. Pulatov, special exercises and methodologies used to improve the physical fitness of young basketball players are presented. These include the growth of muscles and strengthening of neuromuscular connections during adolescence. In the works of Ganiyeva F.V., Qdirova M.A., Khusanova D.T., and Madaminov T., effective methods for developing the technique and speed of dribbling the ball in basketball through situational exercises are outlined. The principles of gradually increasing the load during exercises, which is essential for the effective development of strength, are also discussed.

Basketball, as a sport, leads to the all-around physical development of a person. It is well known that modern basketball, with its characteristics, essence, and content, places high demands on the human body. Regular training in basketball improves all physical, technical, tactical, and psychofunctional qualities. The technical and tactical skills, performed in various directions and at different speeds for extended periods (up to 1.5-2 hours), help develop both general and special endurance in the athlete[2].



## Methods for Teaching and Improving Game Skills

Development of Physical and Functional Preparation

Strengthening Health and Well-being

Development of Moral and Psychological Qualities

Development of Basic Physical Qualities (strength, speed, agility)

Formation of Essential Life Skills and Abilities (walking, running, jumping)

Development of Necessary Abilities and Special Qualities in Performing Technical and Tactical Movements

Game Skills – Development of Technical and Special Qualities

Game Skills – Mastering the Performance of Technical and Tactical Movements at a High Level

Developing Teamwork in Offense and Defense to Act Purposefully

Implementing the Effective Application of Acquired Game Skills, Abilities, and Techniques in Competitions

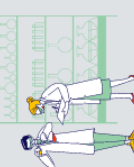
The individual, group, and team actions performed in the game demonstrate mutual support, cooperation, and a sense of solidarity. The purpose, tasks, and content of basketball training form a long-term pedagogical process aimed at teaching game skills, improving them, and mastering individual, group, and team technical and tactical movements.

### 1. Fostering Interest in Basketball

- **Promoting the benefits of the sport:** Providing information about basketball's appeal as a game, its ability to enhance teamwork, and its demand for speed and strategic thinking.
- **Organizing games and competitions:** Stimulating interest by holding games and competitions of various levels for young people.
- **Using role models:** Sharing stories about successful basketball players (such as NBA or national team athletes) and creating opportunities for young people to follow their examples.
- **Making training sessions engaging:** Enriching lessons with games and small competitions.

### 2. Methods for Developing Physical Qualities

The following physical qualities are important to develop for basketball players



- **Strength:** Necessary for rebounding, jumping, and resisting opponents during competitions.
  - Exercises: Squats, planks, pull-ups, and ball-handling exercises.
- **Speed:** Necessary for fast movement on the court and quick decision-making.
  - Exercises: Sprints, quick pivots, and reaction games.
- **Explosiveness:** Necessary for shooting the ball and blocking.
  - Exercises: Plyometric exercises (vertical jumps, box jumps).
- **Flexibility and Coordination:** Maintaining balance while performing technical movements in basketball.
  - Exercises: Stretching, balance drills with the ball.
- **Endurance:** Conserving energy and maintaining a steady performance throughout the game.
  - Exercises: Running, interval training, continuous jogging.

### 3. Planning Training Sessions

- **Step-by-step approach:** Developing technique and interest at the initial stage, followed by physical preparation and game development in subsequent stages.
- **Individual approach:** Taking into account each participant's abilities and creating exercises tailored to their needs.
- **Team training:** Teaching team movements, strategy, and fostering coordination.

### 4. Pedagogical Approach

- Adapting training to age and physical preparation levels.
- Motivating players and building their confidence.
- Conducting analysis and drawing conclusions after training, setting future goals.

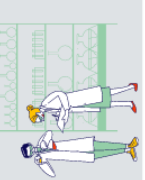
## CONCLUSION AND DISCUSSION

Below is a weekly training schedule aimed at developing physical qualities for basketball players. This schedule focuses on developing key physical qualities – strength, speed, endurance, coordination, and flexibility.

1. Focus on the technique of exercises. Each exercise should be performed with quality, emphasizing quality over quantity.
2. Maintain hydration. Don't forget to drink water during and after training sessions.
3. Perform warm-up and cool-down exercises. Warming up before and cooling down after training helps prevent injuries.
4. Adhere to individuality. Adjust the load according to the physical preparation level of the players.

When creating a training schedule for developing physical qualities for basketball players, it is important to set targeted training for each day. Below is a sample weekly training schedule. This schedule can be adjusted based on the players' age, level, and physical condition.

Below is a weekly training schedule aimed at developing physical qualities for basketball players. This schedule focuses on developing key physical qualities – strength, speed, endurance, coordination, and flexibility.



### The weekly training schedule

Day	Type of training	Exercises	Duration
Monday	Strength and Endurance	1. Squat (with ball or weights) – 3×12 2. Push-ups – 3×15 3. Plank (front and side) – 3×30 seconds 4. Running (10 minutes)	60 minute
Tuesday	Speed and Coordination	1. Sprint (20–30 meters) – 6×2 2. Zig-zag running on the court – 3×1 minute 3. Agility ladder drills – 3×1 minute	50 minute
Wednesday	Flexibility and Explosiveness	1. Sprint (20–30 meters) – 6×2 2. Zig-zag running on the court – 3×1 minute 3. Agility ladder drills – 3×1 minute	60 minute
Thursday	Coordination and Strength	1. Dribbling while running – 3×3 minutes 2. Box jumps – 3×12 3. High knee running – 4×1 minute	55 minute
Friday	Endurance and Speed	1. Dribbling while running – 3×3 minutes 2. Box jumps – 3×12 3. High knee running – 4×1 minute	60 minute
Saturday	Team Play and Strategy Drills	1. Team play (2×10 minutes) 2. Defensive and offensive techniques – 30 minutes 3. Numerical game (quick decision-making under pressure) – 15 minutes	75 minute
Sunday	Rest and Recovery	1. Light jogging – 10 minutes 2. Stretching and deep breathing exercises – 20 minutes	30 minute

#### Recommendations:

- Focus on the technique of exercises.** Each exercise should be performed with quality, emphasizing quality over quantity.
- Maintain hydration.** Don't forget to drink water during and after training.
- Perform warm-up and cool-down exercises.** Warming up before and cooling down after training helps prevent injuries.
- Adhere to individuality.** Adjust the load according to the physical preparation level of the players.

Certainly, when creating a training schedule for developing physical qualities for basketball players, it is important to set targeted training for each day. Below is a sample weekly training schedule. This schedule can be adjusted based on the players' age, level, and physical condition.

## Weekly Training Schedule

Day	Type of training	Set of Exercises to Be Performed
Monday	Developing Strength and Power	<p>Warm-up: 10 minutes of jogging and dynamic stretching</p> <p>Main Training:</p> <ul style="list-style-type: none"> <li>- Squat: 4 sets × 8-10 reps</li> <li>- Deadlift: 3 sets × 8 reps</li> <li>- Bench Press: 4 sets × 8 reps</li> <li>- Pull-up: 3 sets × max reps</li> </ul> <p>Cool-down: 10 minutes of static stretching</p>
Tuesday	Speed and Accuracy	<p>Warm-up: 10 minutes of brisk walking and stretching</p> <p>Main Training:</p> <ul style="list-style-type: none"> <li>- Sprints: 6 × 40 meters</li> <li>- Agility ladder drills: 4 types</li> <li>- Plyometric jumps: 3 sets × 10 reps</li> <li>- Reaction games: 15 minutes</li> </ul> <p>Cool-down: 10 minutes of stretching</p>
Wednesday	Rest or Active Recovery	<p>Active Recovery: Light jogging or swimming, yoga or pilates session</p> <p>Mobility: 15 minutes of stretching and mobility exercises</p>
Thursday	Flexibility and Coordination	<p>Warm-up: 10 minutes of warm-up and dynamic movements</p> <p>Main Training:</p> <ul style="list-style-type: none"> <li>- Ball balance exercises: 3 sets × 15 reps</li> <li>- Coordination drills with cones: 4 rounds</li> <li>- Plyometric exercises: 3 sets × 10 reps</li> <li>- Stepping exercises: 3 sets × 12 reps</li> </ul> <p>Cool-down: 10 minutes of stretching</p>
Friday	Endurance and General Physical Preparation	<p>Warm-up: 10 minutes of jogging and dynamic stretching</p> <p>Main Training:</p> <ul style="list-style-type: none"> <li>- Interval training: 5 × 3 minutes at high intensity, 2 minutes rest</li> <li>- Circuit training: 4 rounds (Push-ups, Squats, Lunges, Burpees)</li> </ul>
Saturday	Team Training and Techniques	<p>Warm-up: 10 minutes of light jogging and stretching</p> <p>Main Training:</p> <ul style="list-style-type: none"> <li>- Dribbling and passing drills</li> <li>- Game situations and small-sided games</li> <li>- Strategy and team tactics</li> </ul> <p>Cool-down: 10 minutes of static stretching</p>
Sunday	Rest	Complete Rest: Time for physical recovery

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## Training Details

### 1. Warm-up

- Before each session, warm up for 10 minutes with walking, jogging, or other light cardio exercises to prepare the body and prevent injuries.

### 2. Main Training

- Each training session is focused on developing a specific physical quality, incorporating elements such as strength, speed, flexibility, and endurance.

### 3. Cool-down

- After each workout, cool down with 10 minutes of static stretching and breathing exercises to ensure proper recovery of the body.

## Additional Recommendations

- **Nutrition:** Balanced nutrition before and after workouts is essential for supporting physical activity. Ensure adequate intake of protein, carbohydrates, and healthy fats.

- **Hydration:** Drink sufficient water during and before workouts to stay hydrated.

- **Sleep:** Getting enough sleep (7-9 hours per night) is crucial for improving the recovery process.

- **Individualization:** Tailor the training sessions to each player's physical condition and goals. Each group or team can adjust the training schedule based on their specific needs. For example:

- **For young players:** More game-based drills with less emphasis on heavy weight exercises.

- **For professional players:** More complex and high-intensity training sessions, focusing on refining skills and enhancing performance.

- **For semi-professional or amateur players:** A balanced schedule aimed at developing both strength and endurance, with a focus on improving overall physical fitness and game readiness.

### 1. Warm-up

- Before each workout, warm up for 10 minutes with walking, jogging, or other light cardio exercises to prepare the body and prevent injuries.

### 2. Main Training

- Each training session is focused on developing a specific physical attribute, such as strength, speed, flexibility, and endurance.

### 3. Cool-down

- After each workout, cool down for 10 minutes with static stretching and breathing exercises to ensure proper recovery and relaxation.

## Additional Recommendations:

- **Nutrition:** Balanced nutrition before and after workouts is essential to support physical activity. Ensure adequate intake of proteins, carbohydrates, and healthy fats.

- **Hydration:** Drink sufficient water before, during, and after workouts to maintain hydration levels.

- **Sleep:** Get adequate rest (7-9 hours per night) to improve the recovery process.
- **Individualization:** Tailor workouts to each player's physical condition and goals, adjusting the intensity and focus of training as needed.

### Adjusting the Training Schedule:

Each group or team can modify the training schedule based on their specific needs. For example:

- **For young players:** Focus more on game-based exercises and fewer weight training exercises to develop fundamental skills and enjoy the game.
- **For professional players:** Implement more complex and high-intensity training sessions to improve advanced skills, strength, and endurance at a competitive level.
- **For semi-professional or amateur players:** Provide a balanced schedule that focuses on developing both strength and endurance while ensuring proper technique and conditioning for long-term progress.

### CONCLUSION:

It is necessary to regularly improve the professional and physical skills of physical education teachers in general education schools in order to form teams of students who have achieved good results in various sports and ensure their participation in international competitions.

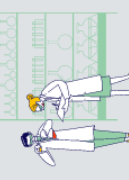
It is important to set specific training goals for each day when creating a workout schedule aimed at developing the physical qualities of basketball players.

In schools, the effectiveness of teaching basketball techniques, improving, and perfecting them is determined not only by the teaching methods and tools used but also by the specific logical sequence of pedagogical (didactic) principles applied.

When teaching basketball techniques, the use of matching, adapted, and specialized ball games such as "captain's ball," calling numbers, holding the ball until the team falls, tag games, hunters and ducks, hook games, rooster fights, and the lame crow games can enhance the effectiveness of learning and skill acquisition.

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