

10-12 YEAR OLD BASKETBALL PLAYERS METHODS AND EFFECTIVENESS OF IMPROVING TECHNICAL AND TACTICAL TRAINING OF THE GAME

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Annotation: Action of young basketball players in this article methods of development of agility and solving tasks children's and youth sports schools, including in the basketball players of the initial preparatory stage movement in a complex reaction in unexpected situations, developing balance in sharp movements from training exercises that develop speed developing the speed of movement using problems learning is aimed at increasing the speed of movement anthropometric, morphofunctional as well as psychological states in basketball players in training Scientific on the main stages of determining dependence and research work based on practical experiments ways of scientific inquiry into the implementation are shown.

Keywords: basketball, basketball tools, young athletes, training process, Education, Training, individual opportunities, physical and moral with upbringing, professional skills, agility, personal quality.

Introduction

Today, young athletes who are engaged in basketball at the global level issues of effective organization of the training process on the basis of an innovative approach one of the important tasks facing industry scientists. Young basketball players in this regard improving physical capabilities and qualities, the basics of individual and team training by carrying out such works as development, development of the basics of preparation based on the characteristics of the somatotype, the formation of skills for the use of training tools are coming. However, exercises that increase the individual capabilities of young basketball players speed of movement by developing a complex and improving it the issue of development has not been studied as a separate research topic. Currently Special attention to the development of sports in each region of the Republic is paid. In particular, to increase and realize the creative and intellectual potential of the younger generation release, the formation of a healthy lifestyle between children and young people, making them physically wide involvement in upbringing and sports is gaining importance. Children in these processes and the responsibility for junior sports schools is growing even more. After all, children-teenagers sports schools include student-youth involvement in sports and their physical activity it should serve as a kind of school in increasing.

Basketball sports-physical education and individual health in the present day in our country becoming one of the effective and versatile tools. Regular with basketball sports dealing effectively affects many important systems of the body and makes them serves to develop at a high level. For these reasons, there are many sports games it has a significant place in the physical education system of countries. Physical education of secondary schools, higher educational institutions, integrated into sports games the program included the sport of basketball. Physical Culture teams play sports sections and in military units, sports are regularly practiced. Basketball sports active recreation at many mass-sporting events on indoor and outdoor sports

fields and it is used as a means of recreation, which has a low-movement lifestyle gives pleasure to people.

Basketball sports are practiced by young children to many functions of the body and it has an effective effect on individual qualities, including:

- important physical qualities based on basketball training: jumping, strength, speed, agility, endurance qualities develop flexibility, agility, conditioning and so on similar skills are formed;

- intellectual abilities of young children develop, sensory organs, most psychic cases improve. Positive signs in this regard are good for the formation of such as: hard work, purposefulness, determination, confidence in victory, sense of community is a test field;

- on the full usefulness of playing basketball, like in other sports to draw conclusions, of course, will be a slight exaggeration. Any living organism can only taking into account their improvement in the process of exercises, their amount, as well as the norm not to be overlooked. From the past centuries, healers are anything (our in the case - exercise) can be a medicine or poison for the body – to the norm of all work it has been argued that it will be related. In particular, in the sport of basketball too tense training makes the athlete healthier in rare cases. Many injuries, physical and mental exertion ultimately lead to the health of professional athletes has a negative effect;

- it is necessary to organize training with basketball in such a way that these exercises are aimed at Sports to be interested, to have a profession, to be healthy, to work effectively, to have family problems let the heart not hurt the solution, but help. Only then with basketball sports engagement gives a touch to the lives of the students of the higher education institution. This fun and a useful sport leads to strong emotional experiences, and also as a result of exercise it is possible to feel that the functional systems of the organism have improved, and the basketball player many positive adjectives are formed.

Development of physical education and sports in a number of studies, technical and Tactical of athletes improving training and training of highly qualified basketball players more attention is paid to the separate study of the system. But, children-youth sports school initial preparatory stage in the development of movement agility of basketball players ways to use their special exercises have hardly been researched.

Analysis of theoretical literature, pedagogical observation, physical training in this study pedagogical testing, pedagogical experience, psychophysiological methods, analysis of documentary materials, question and answer and survey, methods of mathematical statistics were used.

Recommendations of leading scientists and experts in the field of basketball theory and methodology materials of preliminary research special physical and technical for the educational years process to develop a comprehensive program of preparation and scientific in the main experiment allowed justification.

At the initial preparatory stage, selected by us, " the speed of movement 8 types of control in young basketball players according to the " complex of developmental exercises on the basis of his exercises, the quality of speed was developed. In this case, the exercises are based on the unit of measurement calculated, the exercise repetition is based on the most results, the duration

of the exercise is the least calculated on the basis of the indicator. According to the evaluation criteria of the exercises according to the age level importance was also paid. Control exercises were classified in 3 directions. That is, the first reaching the speed of movement when the direction is moving with the ball, the second direction increasing the speed of movement in overcoming the opponent's resistance, from the third direction tie in the escape, a complex of exercises was used, aimed at the development of movement agility.

Initial preparatory stage physical development of 10-12-year-old basketball players analysis of the results: according to the results of pedagogical experiment, 10 of the experimental and control groups in Tests to determine physical development among older boys statistical differences were not observed. Body of boys 11-12 years old at the end of pedagogical experience statistical differences were observed in Tests to determine length, body weight, chest circumference width, breathing frequency, lung viability. 10 in experience and control groups from 5 control tests when the level of physical development of young boys is studied used. No statistical differences were observed between levels of physical development. Of experience at the end, the degree of reliability between the experiment and the control group [$P<0.05$] is observed.

Experience and when the control group studied the level of physical development among boys aged 11 years in boys in the experimental group, it is more noticeable than in children in the control group it turns out that there are changes. Experiment on physical development conducted at the end of the experiment and differences between control groups statistical differences in body length, body weight, chest circumference, breathing frequency, lung capacity determination tests observed [$P<0.01$]. Experience and control group physical among 12-year-old boys experience at the end of the experiment with respect to the result at the beginning of the experiment when the degree of development is studied significant changes in boys in the group compared to children in the control group observed. In particular, the differences between experimental and control groups include body length, posture by weight, chest circumference, number of breaths and lung capacity tests it was found that there were statistical differences.

Experience and control at the beginning of pedagogical experience statistics on physical development tests among 10-year-old girls of their groups differences were not observed. Body length in girls 11-12 years old at the end of pedagogical experience, posture tests of weight, chest circumference, respiratory frequency and lung viability statistical differences were found in terms of. 10-year-old girls in experimental and control groups statistical differences over 5 different control tests when the level of physical development is studied not observed. The level of reliability between the experiment and the control group at the end of the experiment [$P<0.05$] observed. Experience and control group physical development of 11-year-old female children girl in the experimental group at the end of the experiment compared to the result at the beginning of the experiment when the level was studied significant changes in children compared to girls in the control group determined. Specifically, body length between experimental and control groups, body weight, chest statistical difference in cage circumference, breathing frequency, lung strain capacity tests determined.

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