

COMPETITION WHEN HOLDING BASKETBALL COMPETITIONS THE IMPORTANCE OF THE RULES

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Annotation:In this article, when organizing and holding basketball competitions an important competition is a questionnaire on the rules and history of the game reasonable correct information on incorrect questions that were asked when the survey was carried out given.

Keywords:Throw away, foul penalty ball, timeout, controversial ball, overtime, game time, offense.

Introduction:A number of Presidents for the development of physical education and sports decrees and resolutions were adopted. Including as of October 30, 2020 "Broad implementation of a healthy lifestyle and mass sports further decrees" on development measures" PF-6099 a clear example is this. Decrees and resolutions passed on the population improving health, physical education and sports it has been a major factor in popularization and development. Relevance. Organization of competitions in the game of basketball and complete ignorance of the rules of the game when holding the competition to a fair passage it causes various controversies by obstructing.

Literature Analysis And Methodology:The purpose of the study. Physical culture of the educational direction the level of knowledge of the rules of the competition, passing a survey of the rules of the competition among its professors, the history of the basketball game from methodological support in the elimination of exacerbations and shortcomings to. The basketball game is also popular all over and our Uzbekistan one of the sports is the sport in which lovers play in love between is. When organizing and holding basketball competitions complete ignorance of the rules of the game prevents the competition from going Fair the chirping state, taking into account the fact that it causes various disputes

professor of the Department of "physical culture" of the Pedagogical Institute fast-track on the rules and history of the basketball competition among its students poll.

Chirchik State Pedagogical Institute "Physical Culture" in the survey 10 professors and teachers of the department attended. This basketball in the poll, regarding the rules of baseball and the history of the game of basketball 10 questions were thrown in the middle and discussed.

A survey of the survey showed that the chirping state professors of the Department of "physical culture" of the Pedagogical Institute-researchers 2 professors of Question 1 (20%) yes, 8 professors (80%) answered no. Question 2 has 1 professor (10%) are yes, while 9 professors (90%) are not they replied. Question 3 8 professors (80%) Yes, 2 one faculty member (20%) answered no. Question 4 8 (80%) Yes, 2 professors (20%) responded No. Question 5 2 professors (20%) yes, 8 professors (80%) answered no. In question 6, 2 professors (20%) answered yes, 8 professors (80%) did not. Question 7 2 professors (20%) yes, 8 professors (80%) no deya replied. Question 8 1 faculty member (10%) yes, 9 one faculty member (90%) replied No. Question 9 10 professors (100%) answered yes. Last 10- to the Question 1 professor (10%) yes, 9 professors (90%) responded No.

Department of physical culture of Chirchik State Pedagogical Institute professors of basketball competition rules and basketball game 85% correct, 15% incorrect answers to the 10 questions asked by history gave. Basketball on the rules of the competition and the history of the basketball game By professors and teachers of the Department" Physical Culture" the wrong answers given are analyzed and correct to professors the answers were explained as information.

While 669 coaches and more than 12,000 athletes are currently involved with this sport, basketball cannot be considered equally developed in all regions of the Republic.

Despite the fact that the educational program of physical education of secondary schools includes the sport of basketball, and there are those who are engaged after classes, it is noted that there is insufficient attention to the formation of national teams of different ages, selection work, no worthwhile results have been achieved in the international arena over the past years, in addition, the level of competitiveness.

In all cities and districts of our country, in each educational institution there are gyms, it was recognized that these opportunities are not used enough, they cannot meet the need of those who are engaged in playgrounds in many residential themes, neighborhoods, remote villages.

The meeting also set tasks such as further development of the popularity of basketball, the need to form its spectators and sponsors, comprehensive support of the men's, women's, student and children's basketball leagues, focusing on selection work for the coaching staff of national teams of all ages, a special assessment of the activities of head coaches at the end of the year.

At the end of the meeting, the Republican Higher School of sports skills and head coaches were given important tasks to raise the national championship to the level of leading basketball leagues in Asia, Europe and other countries, improve the skills of coaches and referees, and more actively attract international experts to organize international competitions at the appropriate organizational level.

3x3 basketball owes its origin to street basketball. Nevertheless, street basketball and 3x3 basketball have a number of differences according to the rules of the game (the drawing of the ball after scoring, the interpretation of fouls, the number of team fouls, etc.). 3x3 basketball is a more dynamic sport than street basketball, which is related to the rules of the game.

Previously, a large number of authors were engaged in the analysis of the competitive activity of 3x3 basketball [5, 6, 8], but all studies were conducted on highly qualified basketball players. At the same time, these players are, most often, basketball players who combine performances at the professional level in classic basketball and 3x3 basketball. For this reason, we see the high relevance of conducting an analysis of competitive activity among basketball players of mass categories, who in the future will be able to become professional 3x3 basketball players.

Thus, we can form a research problem, which consists in insufficient knowledge of the features of competitive activity and the specifics of game indicators in 3x3 basketball among qualified athletes. The purpose of the study: to study the features of competitive activity in 3x3 basketball among qualified athletes.

Research objectives:

1. To analyze the game indicators and features of competitive activity in 3x3 basketball among qualified athletes.
2. To determine the dependence of the game indicators of competitive activity in 3x3 basketball among qualified athletes on the final result of the teams' performance.
3. To offer practical recommendations for improving the training process of athletes in 3x3 basketball.

The process of athletes in 3x3 basketball. In her work, E.A. Kolesnikova (2019) says that 3x3 basketball is a sports game that places high demands on the physical fitness of athletes. This sports game takes place in a mixed energy supply zone (aerobic-anaerobic). It is also noted that in the preparation of athletes in classical basketball, training games are used according to the rules of 3x3 basketball. This fact is associated with the greater dynamism of this game.

A large number of authors [4] note that in the training process in 3x3 basketball, more attention should be paid to the throwing training of athletes, since the opportunity to create conditions for

throwing is much higher. At this stage of the development of our chosen sports game, there is an increase in the number of attacking actions from a long distance. So at the 2018 World Cup, the number of long-range attacks was almost equal to the number of short-range attacks: 45% - three-point shots, 55% - two-point shots.

Another trend in the development of 3x3 basketball is the universalization of the team's players. Teams equipped with pronounced center players with poor distance shooting and slow defensive movements most often lose to teams without center players. Also, teams with short players (below 180 cm) most often lose their meetings due to the inability of "small" players to defend against an opponent near the ring.

When studying the competitive activity of elite 3x3 basketball players at the 2017 World Championship, P.G. Montgomery (2018) determined that the average heart rate during a 3x3 basketball match for men is 165 ± 18 , and for women 164 ± 12 beats per minute (beats/min). At the same time, the author provides data that in the game, men's heart rate ranges from 112 to 211 beats per minute. In women, these indicators range from 105 to 198 beats per minute.

P. G. Montgomery (2018) also points out in his work that two phases are distinguished in a 3x3 basketball match – the phase of active gaming activity and the phase of passive actions of all players. This explains such a high difference in heart rate indicators. We would like to point out that, depending on the readiness of the players, the team must individually determine the variability of these phases of the game for each meeting.

To create a scientific basis for this sport, it is necessary to study 3x3 basketball using various methodological approaches. As a tool for working in this direction, we propose to use the registration of quantitative indicators of competitive activity and video analysis of game situations to assess the qualitative indicators of the 3x3 game.

In the course of the study, we conducted registration and analysis of quantitative indicators of the effectiveness of competitive activities in 3x3 basketball. The platform To conduct the study, the competitions of the Omsk 3x3 summer basketball league among men's teams were held. The performance indicators of 48 matches of these competitions were studied, which were recorded in statistical protocols. The following indicators were entered into these protocols: the number of shots made from three-point and two-point range, the number of rebounds in defense and offense, the number of fouls, the percentage of shots made, assists, interceptions, block shots, losses.

When analyzing the indicators of offensive rebounds and ball losses, it was possible to establish the reverse effect of these indicators on the successful performance of the team. I would like to note that the number of losses in the game affects the number of team possessions and ultimately has a strong impact on the final result (0.85 is a high correlation). At the same time, another important indicator of playing activity in basketball 3x3 as the selection of the ball in attack also has an inverse relationship with the success of the team's performance (0.95 is a very high relationship). This fact can be explained a higher percentage of hits by teams occupying higher places and a higher desire of teams losing in the score to get the opportunity to score second chance points.

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