

## PEDAGOGICAL PRINCIPLES OF PREPARING YOUNG BASKETBALL PLAYERS FOR THE COMPETITION

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### ABSTRACT

The article notes that modern basketball makes high demands on motor skills and functional capabilities of athletes, but this is a small part of training basketball players, the basis of everything is technical and tactical training. Also, it is mentioned that successful passing of game battle, strategy of quick transition from one game situation to another, good defense and effective attack at lightning speed - this is the essence of basketball game.

**Keywords:** competition, opportunity, development, pedagogical skill, education, physical education.

Basketball is one of the most popular and favorite games in many countries of the world. This game helps in all-round physical development of a person. Mastering game techniques and tactics, acquisition of special knowledge is carried out in the process of technical and tactical training, it occupies one of the central places in the general structure of the educational and training process. Technical-tactical training is the process of mastering special movement skills, developing tactical thinking and creative abilities.

Basketball technique includes techniques, methods and their varieties developed during the development of the sport, which allow to solve certain problems most successfully.

The term "technique" refers to a system of actions that are similar in structure and aimed at solving approximately the same game problem. The variety of conditions of application of this or that technique encourages the formation and improvement of its implementation methods. At different stages of basketball development, the number of techniques, their implementation methods and evaluation criteria have changed and improved. Arsenal's restructuring was influenced by changing the rules of the game, enriching its tactics and increasing the level of training of other types of players.

At each stage of development, the athlete's technique is the most effective, practice-tested tool that allows the player to successfully act in difficult combat conditions within the rules. In order to achieve the best results in instantly developing game positions, a basketball player must master the whole wealth of different technical methods and perform them quickly and accurately.

With the current development of sports achievements, excellent results are possible only as a result of the correct all-round technical training of players, for which the following are necessary:

"Tactics" - studies the development laws of the game, fighting tools, methods and forms and their rational use against a specific opponent.

Basketball tactics determine what the team in possession of the ball should do and what the team should do when the opponents have the ball.

The team in possession of the ball organizes the attack through individual actions of the players, group actions or collective actions. The attacking team will have to disrupt the defensive game of the opponents and throw the ball into the basket. The defensive team, on the other hand, has the task of preventing the attacker from attacking the basket from a favorable position.

By the team's tactical actions, we understand the nature of certain structures, functions and actions of players in the ongoing tactical system of an offensive or defensive game. Group action is a game where several basketball players solve a single tactical problem. Individual tactical actions are decided by individual players:

- The main characteristics of the tactic, characterized by the simplicity, expediency and rationality of actions, are as follows:
- The speed of attack movements, which requires good preparation, orientation and the ability to interact with a partner at high speed;
- Simplicity of the combinatory game style based on the use of high individual technique;

Passing the ball is a technique in which a player directs the ball to a partner to continue the attack. If the players of the team do not master the passing of the ball well enough, then neither a single game system, nor a combination, nor an attack will bring success. The success of the basketball team is precisely in timely, accurate and fast passing of the ball. The ability to pass the ball correctly and accurately is the basis for accurate, purposeful interaction of basketball players in the game. Passing the ball, as it were, unites partners, unites five players into a single ensemble and creates a team game. There are different ways to pass the ball. They are used depending on the specific game situation, the distance to send the ball, the location or direction of movement of the partner, the nature and methods of opposing the opponents.

All known techniques and all methods of their execution are mastered equally. This need arises because the game of the strongest basketball players is characterized by active movements and the ability to make sudden moves at any time. It goes on very fast, the situation is constantly changing. In order to solve specific problems at any given time, you must master all the basic techniques of the game. There are not many basic techniques in basketball, but techniques are not used in isolation. All actions performed by a basketball player in the game consist of a complex of techniques combined in different ways. These are called game moves. Such game actions are very diverse and allow to play the game flexibly, taking into account the specific situation. The richer and more diverse their complex, the faster and more efficiently a basketball player can solve the problems that arise in the game. Mastering the technique and the technique of game movements consisting of them is the basis of the technical skills of athletes. Skills in technique and game movements are not enough for true technical mastery. In the sharp combination game, the individual characteristics of each player are used to the maximum: height, mobility, speed, jumping ability and other qualities. Therefore, the technical training of each player includes the mandatory acquisition of a set of special techniques that this player should use more often in the game than others.

Such a complex of techniques can be improved only after the athlete has mastered the basic techniques, how effectively he can use his individual qualities when working on a complex of special techniques. The narrowness of technical training leads to the limitation of the set of individual techniques that the player has, the decrease of tactical possibilities and activity in

the game. Correct initial technique, as well as comprehensive physical training, is the basis for achieving high sports results. Mastery of game technique usually ends in adolescence.

Of course, playing basketball is infinitely more interesting than doing training exercises. If it was possible to teach a basketball player technical methods in the game, the coaches would not have to worry. But the thing is, playing alone does not make you a good basketball player. At the meeting, the athlete performs only the technique he has mastered well. That's why we have to turn to boring but necessary training, where the basketball player repeats the technique he is learning hundreds of times and strengthens new skills.

All techniques should be repeated with the children in each lesson. The fact is that young basketball players have fine skills. After a 10-15 day break from training, a young basketball player has to start all over again.

Basketball, unlike many other sports, is infinitely rich in various technical methods. The higher the category of the basketball player, the more technical methods he uses in the game and not individually, but in various combinations. If all techniques are learned in isolation, it will be very difficult to apply them in a game environment. Therefore, it is advisable to learn all the techniques in a game situation. In other words, it is appropriate for the coach to choose exercises for the game and to improve the technical technique, taking into account the game system of the team, to base this system on the individual actions of the player.

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