

## DEVELOPING THE ENDURANCE OF YOUNG BASKETBALL PLAYERS WITH THE HELP OF ATHLETICS

Khamrakulov Tulkin Tohirovich

Kokand State Pedagogical Institute

Senior Lecturer at the Department of Physical Education

tolkinhamrakulov@gmali.com

### ABSTRACT

This article discusses the theoretical foundations of teaching basketball players sports techniques in children's and youth sports schools and provides methodological recommendations.

**Keywords:** Children's and youth, youth sports schools, socio-economic, spiritual and moral, cultural and everyday, physical and psychofunctional, technical and tactical processes.

### INTRODUCTION

Today there are many young people who are engaged in basket fishing, day by day. Undoubtedly, this is the reason for the rule of the reforms in our country. The search for the athletes, who in the present time are talented among our young players, is one of the active tasks of today, in order to conserve on many years of training. We know that physical exercises have a positive effect on the natural and different systems of organization, elevate the soul, strengthening the health of a person. Thus, one of the main aspects is the cultivation of the endurance of the game in the achievement of good results in such a form of exercise as a basketball.

The degree of stability during physical exercise during muscular work is called the quality of endurance. In the performance of exercises in which endurance is required, the functional of a person depends, from one stage, from the degree of control of the necessary qualification of movements and technique, from the other stage, from the aeric and anaerobic (non-acidic, non-acidic) possibilities of organization. The specifics of the breath of the faithful are not relatively high, they will not depend on the form of movement, even if it is clearly expressed. Endurance is necessary for the players not only during the time of the game, but also for the performance of the training work in greater hajma. This depends on the level of preparation of the organs and the system (especially the central irregular system, the serd-codistinct, the breathing system and the muscular application), the evolutionary level of the correct technique and the economy of the execution of movements.

Endurance can be general and special. The general endurance is a part of the general physical development of any person and in the first instance is the result of serious positive changes in the central irregular system, the central system, the respiratory system and other systems.

As a result of the regular practice of walking and running in light athletics, the structure of the bones increases, the forces become movable, muscle strength increases and the exchange of materials improves.

In addition, the exercises in walking and running improve the proper formation of the caddy-room, the processes of changing things, the process of changing things, the control of breathing

and the control of breathing, as a result of which the physical condition is improved and the health is strengthened.

In light athletics, there are many light athletic exercises that help to improve the physical form of the game, but do not use exercises to extract from this maximum benefit. As we know, in easy athletics, a runner for short distances is 400 m. A Marathonian, who can stand out for a lot of copes, 1500 m.ga can turn out to be unstable in running. The special endurance in each type of light athletics is only so special that each of them has its own methodology.

Running for the first distance is characterized by a sharp increase in the consumption of acid in the first 12 minutes. At the same time, this peak reaches 168 degrees, which remains unchanged for a little while. But such a "state of health" of the amount of acid consumed is the result of the fact that it is more impossible to protect, since the organization is worn out in the niche of the consumption of acid. Thus, running to the first distance increases the need in the sour from the level of its consumption (even if the bulk has reached the physical niche), that is, the sour is a long bandage. The higher the speed of the run, the greater the load, the faster the speed. The lack of acid is negatively called on the central irregular system in the first place, since it is more sensitive to this.

Its main function in running to the next distance is to increase the special endurance, the corresponding development of the organs and thus to improve their functions, as well as to teach the organization of economy and the quality of the use of sour. With such repeated runs, a greater "acidic debt" is formed, and there is a need in organizations and systems. A runner who has been able to fight with a rapid overshoot, which occurs in the result of the fast running, will be easier to perform less work after a long work, even if the intensity lasts longer than in the training.

The general endurance is developed in a practical way by all types of physical exercises included in the annual exercise.

To increase the overall endurance of young players with a high level of training, the running distance is 3-5 km. The speed of this should not be greater. Classes with jogging will take 2 times a week, and students have 3-4 times a week.

The general endurance in the main is developed during the preparatory period and is supported only during the accumulation period. General endurance, in addition to the determination of the general work of young players and the level of their health, serves as the basis for the development of special endurance. The higher it is, the better the quality is obtained on this basis.

Endurance should be developed in a specific area. At the beginning (during the preparatory period) more attention is paid to the development of general endurance, thus (in the first period) the development of special endurance. At the same time, during the preparatory period, the ham's overall endurance will be reduced.

The main means of the development of general endurance is a continuous run of low intensity. It creates favorable conditions for increasing the functional "level" of all organizations and systems and ensures their high level of organization.

Another effective means of endurance development is the running network along the crossed place in Tozza-Khava. An effective way to develop general endurance is running for long distances, playing and short runs in one place in different variants.

The main thing to do is to develop the endurance of the game - to perform the selected light athletic exercises in many ways.

In conclusion, it should be noted that, while running at a crossed place for the first and long distances of easy athletics in the development of the quality of endurance of young players, this makes it possible to train the body, strength, strength, endurance. This is necessary and useful for the activities of the players in the game process.

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