

HISTORY OF DEVELOPMENT OF BASKETBALL SPORT IN UZBEKISTAN AND SPECIFIC ASPECTS

Normakhmatov Ilhom Zayniddinovich

Samarkand State Medical University, Teacher of Physical Education

Uljayeva Hilola

Student of the 302nd Group of Samarkand State Medical University

ANNOTATION

Today, physical education and sports create the basis for the formation of the nation's gene pool. This article talks about the history of basketball, its development, and its characteristics.

Keywords: Game creators, basketball, methodological tasks, tribe, trainer, basketball federation, captain of the team.

INTRODUCTION

From the day Uzbekistan gained its independence, basketball, one of the most popular sports in our country, began to develop in its own content and direction. To solve the organizational, scientific, methodological and practical task of searching for ways to raise Uzbek basketball to the international stage for independent development in front of the experts-leaders who have been working in the field at that time, the Republican Basketball Federation and trainers problems occurred.

The first information about a game similar to basketball dates back to the 7th century BC. The Indians, who belonged to the first tribe in Mexico, used to play a game called pok-to-pok. The whole essence of this game is that players use a round ball made of rubber instead of a ball, which is to drop the ball into the hoop. If we add to this the fact that the hoop is placed at a high place and it is perpendicular to the ground, then one ball dropped into the hoop must have decided the fate of the whole game. Much later, in the 16th century, Mexican basketball players perfected this game. The creators of the game intended to pass a heavy rubber ball through a stone ring installed on the wall.

The player who made a successful attempt to drop the ball into the ring would have the right to take the dress of any one of the spectators. The captain of the winning team was often sentenced to cruel punishment, his head was cut off from his body. An engraving made by Brewis in 1603 shows a basketball-like game, and Vet's Encyclopaedia of Sports (1818) describes a popular Florida game: whoever puts the most in the basket wins. counted, and the basket was firmly fixed at the very end of the tall pole.

LITERATURE ANALYSIS AND METHODOLOGY

The homeland of basketball is the USA, and its "father" is James Naismith. The game appeared at the end of the 19th century. James Naismith (born 1861, died 1932), a physical education teacher at the Springfield International Training School, once a great rugby player and gymnast, invented a new indoor ball game to give students more physical exercise during the winter. He asked the guard to bring two empty boxes to test the students'

marksmanship by throwing the ball. Unable to find the box, the guard brought a fruit basket. He placed the baskets on the balcony on both sides of the 3.05 m high hall. This is how basketball was born. Naismith developed the rules of the new game, and on December 21, 1891, the first basketball game was held in the Springfield school hall. There were 18 students in the group. 2 teams of 9 people each took part in the home. The original rules of basketball consisted of 13 parts, and some of them are still preserved, but the baskets were replaced by a net and an iron circle. After 2 years, another change was introduced, this change was the number of participants in the teams. Each team had 5 players.

RESULTS

Basketball tactics are rich in many methods and systems used in conducting the game. Teams organize attack or defense using individual, group and team tactical movements. Basketball players of the front line mainly organize and complete an attack from close and middle positions relative to the ball, and resist the opponent from these positions. Basketball players of the back line, i.e. defenders, attack the basket from a long distance and break through the opponent's basket, as well as play combination games and their own basket.

they organize to disrupt the opponent's attack relatively far away. Tactical training, first of all, requires the study of complex movements of various forms. Complex actions are actions that are learned and mutually agreed upon by all players of a group or team within the boundaries of a specific system, aimed at creating conditions for one of the basketball players to attack the basket.

DISCUSSION

A square court (size 26×14 m) or a hall (bal. 7 m) is required for basketball training and competitions. Each team consists of 12 players, and 5 players from each team are placed on the field at a time (these players can be replaced). Which team to the opponent's basket the one who drops the most balls is the winner Sidelines – These lines are located on the sides of the court and are limited in the same way as to mark the appropriate zone for play.

- Boundary Line – This line also serves to delimit the court and it forces the player to replace the ball or replace the basket during the play of the game.
- Central Line – The central line divides the field in half and defines the defensive zone and which team the attacker belongs to.
- 3 lines – The fields created behind this line should be entered in 3 points. The line is 6.75 meters from the basket.
- Free throw – Players who throw a free throw from this line will throw the ball away. Once triggered, the player cannot step on the line before touching the edge.

CONCLUSION

It is worth noting that today, physical education and sports are a means of forming the nation's gene pool and raising a healthy, well-rounded generation. However, based on the fundamental research of many specialists-scientists, it is worth noting that any physical training and sports (exercises) do not have a positive effect on physical and psychophysical capabilities. The formation of the system of physical education and sports in Uzbekistan, its popularization and

the daily needs of the population require the organization of this field on a scientific basis. Especially, raising Uzbek sports to a competitive level and bringing it to the international level can only be done through scientific research and in-depth research..

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