



**THE EFFECTIVENESS AND METHODS OF DEVELOPING THE TECHNIQUE OF PLAYING YOUNG BASKETBALL PLAYERS THROUGH SPECIAL EXERCISES**

**Ziyayev Abduraxmon Abdullayevich**  
Kokand State Pedagogical Institute

**Annotation.** This article describes theoretical information about the importance of special exercises in the development of playing techniques for young basketball players.

**Keywords:** Sports Training, special exercises, physical training, physical qualities agility, speed.

After the independence of the Republic of Uzbekistan, great attention was paid to the development of physical education and sports. Great reforms in the field of sports and high results achieved president of our country .It is a product of the rational state policy pursued by Sh . Mirziyoyev.

Approved by the decree of our president of February 7, 2017. In 2017-2021 ,the so-called improvement of the state youth policy of the strategy of action in the five priority areas of development of Uzbekistan ,the paragraph “physically healthy, mentally and intelectally developed, independently thinking, has a strict life perspective, the decree of the head of State dated January 24, 2020 No. 5924 “on further improvement and popularization of physical education and sports in the Republic of Uzbekistan” indicates the importance At the same time, the further development of the field of physical education and sports is also a priority issue. The technique presented in this topic and the importance of its development cannot be considered as the basis for the fact that an athlete will achieve a high result, since basketball sports are based on agility. In the process of sports training, many training methods are used in the training of athletes.

Of course each method has its own aspect. One of the methods familiar to us is the competition method. This method is used in sports training when teaching a particular game or movement technique. The uniqueness of the competition method is that through it, the technique of the game is achieved by basketball players to achieve maximum non-profit. The main reason for this is mutual competition. When we talk about private methods of physical education and sports, we will definitely remember the following methods. The competition method is mainly used after mastering a new game technique in training, as a result of which basketball players are even more able to consolidate these actions by organizing a small competition between each other teams. 13-14-year-old basketball players are required to be more reliable in their training. Because at this age, the growing development of children is accelerated, and instability in their behavior, character also begins to occur. In such a situation, it is much more important to know the educational method and types of physical training for the development of physical fitness of students.

Many pay special attention to general and special physical training when conducting certain sports activities. These types of preparations perform specific tasks. Manashu arises the requirement to relate the specificity to each other, that is, how to help the student's preparation process, without

<b>123</b>	<b>ISSN 2319-2836 (online), Published by ASIA PACIFIC JOURNAL OF MARKETING &amp; MANAGEMENT REVIEW., under Volume: 11 Issue: 12 in December-2022 <a href="https://www.gejournal.net/index.php/APJMMR">https://www.gejournal.net/index.php/APJMMR</a></b>
	<b>Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a></b>

going directly from general physical training to special physical training. To carry out such assistance, I consider it a very urgent matter that every basketball sports club coach knows maskhus and auxiliary physical training, and the training task is qualified to selectively apply suitable special physical training exercises. The main goal of this work: to identify special exercises and aspects of its specificity in the training of young basketball players. Tasks for solving our work are also formulated based on the goal. They are:

1) to study the types of training in basketball training.

2) to determine the importance of auxiliary physical training exercises for young basketball players when entering special training exercises. Before talking about this type of preparation, let's briefly talk about the above two types of physical preparation and their specificity. Basketball sports training is understood to develop the qualities of movement(physical) in physical fitness: strength, speed, endurance, flexibility, agility. In sports, General, auxiliary and special physical training are distinguished, which are the means that prepare the athlete for the competition. The indicator of the assessment of the development of the athlete's physical fitness is the quantitative and qualitative indicator of the neuromuscular apparatus. At the stages of perennial training of an athlete, the means of training change depending on the degree of adaptation of the growing organism of the athlete. Types of physical fitness.

1. General physical fitness helps the figure to be correct, to achieve a general development of all muscle groups and qualities of posture, that is, to achieve high sports results. General physical fitness serves as a means of recovery in the Prevention of occupational diseases and in sports.

2. Auxiliary physical fitness is the first step in special physical fitness and is aimed at developing special movement qualities, increasing neuromuscular coordination in the performance of functionality and competition loads, and recovery after them.

3. Special physical training develops special movement qualities that are necessary in competition activities. The main criterion for the comprehensive training of 24 Basketball Players is the results of their competition activities. In each type of sport, general and auxiliary training is related to the sports specialty, which is aimed at helping the athlete achieve physical movement accuracy. The importance of some movement qualities, the improvement of each of them requires a method. For example:

1) in runners:

\* absolute speed increase;

\* start execution speed;

\* improvement of elementary forms of speed (reaction time, time of execution of certain actions, pace of movement).

2) in basketball sports:

- attention to the unexpected actions of the opponent;
- \* display of speed qualities when using separate technical methods;
- target acquisition and decision-making speed;
- speed of movement in attack and defense movements, in conditions of low time and halal by the opponent;
- the complexity of interacting in groups with partners and opponents can be seen.

Each sport has its own specificity that we can see from the information above. In basketball sports club training, the use of auxiliary physical training as a binder of general and special physical training in the development of physical fitness of students is highly effective. Conclusion in the upbringing of young basketball players and the development of their physical fitness, first of all, the requirement arises of a regular Organization of training. To fulfill this requirement, it is very important to ensure that young basketball players perform exercises with enthusiasm without being disturbed by training requirements. Taking into account the information that the above-mentioned auxiliary physical training will have a much higher effect in the implementation of this task, rational and targeted benefit from the types of training will serve as the most necessary tool. In addition, we believe that the sport serves as a health-improving and developing physical fitness in solving the main goal of conducting club training.

## REFERENCES

1. A.Abdullayev, Sh.Kh.Khonkeldiyev Theory and methodology of physical culture. Textbook for undergraduate students. - T. 2016. -410. p
2. F.A. Kerimov "Scientific research in the field of sports". Tashkent. "Zar Kalam" -2004.-447.p.
3. Fakhridin Khojayev "Basketball" methodological manual Tafakkur publishing house Tashkent 2015 year 96 b 122
4. R.S. Salomov. Theory and methodology of physical education. Textbook - Tashkent 2014 p. 284
5. Morphology cheloveka, pod. ed. B.A. Nikityuk and V.P. Chtetsova, three. pos., 2-e izd., izdatelstvo MGU, 1990, str. 67-68.
6. Mirziyoyev Sh.M. Critical analysis, discipline and personal responsibility should be the daily rule of every leader's activity. Speech of the President of the Republic of Uzbekistan at the meeting of the Cabinet of Ministers of the Republic of Uzbekistan dedicated to the results of 2016 and prospects for 2017. // People's word newspaper. January 16, 2017, No. 11.
7. MirziyoevSh.M. Public service, ensuring people's interests is the main criterion of leaders' activity. -// Khalksozi, April 13, 2017, No. 73 (6767).