

THE EFFECTIVENESS OF THE FORMATION OF THE ACCURACY OF TECHNICAL MOVEMENTS IN YOUNG BASKETBALL PLAYERS THROUGH SPECIAL EXERCISES

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Annotation. This article provides information about the effectiveness of young basketball players in the formation of accuracy of technical movements. It is revealed that it is effective for young basketball players to use special exercises designed to form the accuracy of technical movements.

Keywords. Speed, exercise, experiment group, control group, motion accuracy, sports training, young basketball players, attack, technique, ball transfers.

Relevance of the work. There is a lot of attention to the slow correct execution of the exercises given to young basketball players in the development of their technical movements in training. Today, it is important to attach importance to the accurate and quick execution of technical actions, to use exercises specific to the game situation.

The concepts of speed and accuracy are of paramount importance in human life and other processes. These abilities are inextricably linked and are part of the decisive factors in sports practice. Their connection with each other is based on the fact that usually the accuracy is reduced if the speed of movement is increased. If the movement is performed slowly and without resistance, the accuracy may be higher. According to many expert scientists, it turns out that only if the ability to maintain high accuracy in the rapid execution of an action is formed from an early age, the result can be expressed in a beneficial result. The technique performed in modern sports games is determined by tactical actions, the ability to speed and accuracy. But, although technical and tactical actions are performed extremely quickly, but such speed loses its essence if there is no accuracy in them. It has been proven that the higher the speed of technical actions, the more their accuracy falls. The result, which ended in success, rich in dramatically changing situations in sports, testifies to clarity and clear movement. Accuracy, such as speed, is also important in sports, if there is no clarity in the movements that performs, in the exercises he is learning, the movements he performs without results, the exercises he has learned remain unclear. Sport it is a type of activity where the specific objective is to move towards a specific outcome.

The careful application of the exercises performed by young basketball players in the formation of the accuracy of quick movements is one of the most basic qualities of the pedagogical process. Because, the chronic use of exercises in excess of the norm, as a large load, leads to complications of tension in the growing body. This can lead to pathological changes as time passes. On the contrary, it does not require proof that our non-standard application of the load will lead them to a decrease in the accuracy of quick actions.

The purpose of the study: the development of a special set of exercises for the formation of the accuracy of technical actions in young basketball players and the study of its effectiveness on the example of those who specialize in basketball of the children's and youth sports school was chosen as the main goal.

Tasks of pedagogical research: the study of individual, collective technical actions of young basketball players in the game.

1	<p>ISSN 2349-7793 (online), Published by INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES, under Volume: 16 Issue: 09 in September-2022 https://www.gejournal.net/index.php/IJRCEISS</p> <hr/> <p>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 https://creativecommons.org/licenses/by/4.0/</p>
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Monitoring the training process of sports schools, analysis of feedback from coaches on technical actions.

Conducting special test exercises on technical actions in young basketball players.

Development of a special set of exercises for the formation of accuracy of technical movements in young basketball players. Study of the effectiveness of the developed set of exercises on the example of young basketball players.

Object of study: Control and research groups engaged in the specialty of basketball 13-14 years old of the children's and youth sports school.

Subject of research. The use of special exercises in the formation of the accuracy of technical movements in children 13-14 years old and the study of the effect in the training process.

One of the most complex and extremely effective technical elements in modern basketball competitions is the skill of throwing a ball in a basket, which is transmitted during a quick run. Therefore, starting from the stage of initial training of this technical and tactical element, the ability to form with the help of various economized exercises creates an opportunity to master this element perfectly.

The possibility of consistently perfectly mastering such a complex technical element, in turn, is associated with the correct choice of exercises and their application in a logically correct order.

The reliability of performing technical and tactical actions is 70% in qualified basketball players, 52% in young people. This is the basis for the assessment that young basketball players have a low level of technical training.

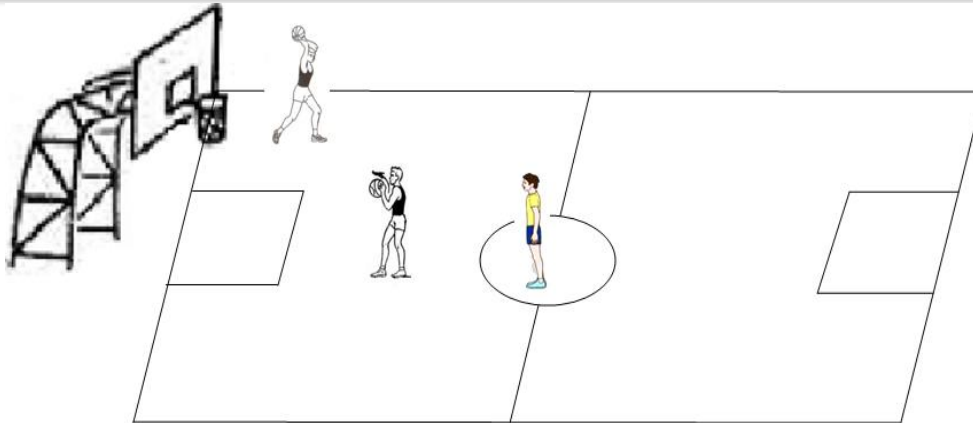
Analysis of competition activities shows that basketball players of the Namangan region children's and youth sports schools basketball circle 13-14 years old perform the technical movement of throwing balls in a basket in one game on average from 74 to 90. From it, the basket strikes of the ball were from medium distances - 44%, from a close distance-55%, from a long distance-25%. Accuracy indicator when throwing a ball in a basket, 42% in girls was 45% in boys. Errors in ball transmissions amounted to 63%.

Conducting research work

The Central Circle is a test of accurately throwing a ball from the right corner into the basket, running from the inside of the line to the penalty line. This test is repeated 3 times, and the results obtained (speed time and ball throwing accuracy) are recorded in a special account.

The test is performed in the following order: The Examiner is placed without a ball inside the line in the center of the field, as soon as an alarm is given, he quickly rushes to the penalty line; in the opposite right corner of the field, the "partner" hangs the ball that he passes and immediately throws it into the basket (fig 1); the results are divided into 3 different categories;

- 1-maximum speed and maximum accuracy -3 points (3 times accurate ball throw in 3 chances)
- 2-maximum speed and minimum accuracy -2 points



The experiment was conducted from September to February 2021 (6 months) with the participation of 13-14-year-old practitioners engaged in a high school basketball circle. 48 basketball players who participated in the experiment were divided into a control group (NG) and an experimental group (TG) of 24 people each.

NG was engaged in the usual traditional rehearsals

In addition, a complex of situational exercises was used, developed on the basis of observation and creative research, in the training sessions held at TG.

THE CHANGE IN THE ACCURACY OF THROWING THE BALL INTO THE BASKET AFTER A QUICK MOVE DURING THE EXPERIMENT IS IN BOYS

Test exercise	Group	Before the experiment	After the experiment	Growth margin
The central circle came running from the inside of the line and the accuracy of throwing the ball from the right corner into the basket (5 times the chance)	NG	1.7	2.5	0.8
	TG	1.6	3.5	1.9

CONCLUSIONS AND SUGGESTIONS

From the analysis of the literature on the topic, it turned out that the pace and effectiveness of the execution of all technical and tactical actions in sports practice would be due to the proportional formation of all physical qualities. In basketball in particular, too, for example, the accuracy of throwing a ball in a basket transmitted during fast movements is determined by the fact that these physical qualities are well formed among themselves.

The results of pedagogical experience show that in the TG, which was regularly engaged in a complex of exercises developed for accurate throwing of the ball into the basket, which was passed after a quick movement for 6 months, this ability to accurately throw the transmitted ball into the basket after a quick movement increased to 3.5 times in girls 3.4 boys, And in Ng, who participated in traditional meaningful training during the experiment, such positive changes were not great. The growth difference of this ability was equal to 0.8 times in girls 0.6 boys only.

Of paramount importance is the introduction into the practice of training young basketball players of a complex of special exercises, the effectiveness of which has been developed and proven in practice.

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