

**METHODS OF EDUCATION OF ENDURANCE IN BASKETBALL PLAYERS OF SENIOR SCHOOL AGE**

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**Annotation.** The article discusses the features of teaching physical exercises to play basketball at senior school age. Helping to fully develop the student due to the significant educational and health-improving effect. Basketball also requires proper physical, tactical and technical training of students, which is achieved through full and regular classes, without violating their sequence.

**Key words:** basketball, learning features, students of senior school age, teaching methods.

Basketball is a game with non-standard movements and dynamic power work of variable power. Game activity in basketball is a holistic reproduction of game techniques, technical and tactical actions, physical and mental components of the preparedness of participants in constantly changing game situations.

Basketball is characterized by high dynamism in the development of situations, the constant alternation of defensive and offensive phases of the game, the continuous switching of players from one motor action to another, the variety of ways to perform them, the variability of the speed and direction of movement, which determines the importance of the visual analyzer in assessing changing conditions and choosing adequate responses. actions, the complex involvement of almost all muscle groups and functional systems of the body, the predominance of the speed-strength mode of muscle work, synchronism in the activity of the upper and lower extremities, etc.

The achieved level of development of special physical qualities. The effectiveness of the rational actions of a basketball player requires the manifestation of speed-strength qualities and coordination abilities at the proper level, combined with the speed of movements and thinking. Special types of endurance are also important. All of the listed physical qualities find their interconnected embodiment when the player implements one or another technique of the game technique.

Endurance is one of the most important qualities of basketball players. The high level of its development makes it possible not only to effectively perform technical and tactical actions in conditions of growing fatigue during the game, but also to endure significant training loads relatively easily. Endurance is understood as the ability of a person to perform any work in a given mode, possibly for a longer time. Since the duration of work is limited by the onset of fatigue, endurance can be characterized as the ability of the body to resist fatigue.

The concept of "endurance" has long been associated with the ability of a person

General endurance in the narrow sense is often called endurance manifested in relatively long-term work during the functioning of all major muscle groups, which is performed in the aerobic metabolism mode and indirectly positively affects the sports specialization of athletes.

The ability of an athlete to resist fatigue that develops in the course of a certain sports activity. Not only the ability to deal with fatigue, but also the ability to perform the task most

effectively under conditions of a strictly limited distance or a certain time. There are several definitions of the concept of "special endurance".

There are different points of view on the definition of the concept of "speed endurance". Speed endurance boils down to the fact that this endurance is manifested in activities that impose extraordinary (higher than with moderate intensity of work) requirements for the speed parameters of movements (speed, pace, etc.). etc.) and is performed because of this in a mode that goes beyond the scope of aerobic metabolism.

It is assumed that the use of a standard method of developing endurance in female basketball players of senior school age will increase their level of physical fitness. Dynamics of physical fitness of female basketball players of senior school age in terms of endurance. To determine special endurance, we used tests:

1) shuttle run.

2) run 300 m

3) running 2000 m and 3000 m

1. "Shuttle run in 40 seconds": two basketball players stand on the front line of the basketball court, on a sound signal, they run from one end line to the other for 40 seconds. Basketball players can make a turn to change the direction of running after one of the legs is facing behind the line. Then the distance (m) that each subject will run in 40 seconds is determined.

2. The 300m run can be held both in an open and in a closed arena. The subject covers a distance of 300 m before running and immediately after it, and also after 1.5 minutes. Recovery from basketball players is recorded. Evaluation of speed endurance is based on the result of a 300 m run.

3. Running for 2000 meters, running for 3000 meters. Running time is an absolute indicator of endurance. After running the distance, you should determine the recovery time.

The high efficiency of training sessions in basketball is achieved by paying significant attention to the ligaments, if the techniques are combined according to the principle of a chain (one technique follows another). In conjunction, they learn the transition from one technique to another, where the final movements of the previous technique and the initial ones of the next are modified.

At the end of the study of motor actions, in which techniques are not combined sequentially, but simultaneously, when one becomes the background of another, as when passing the ball while running, the consistency of the movements passed earlier in phases is studied, and lead-up exercises are often used for this purpose. When teaching any techniques of technique and tactical interaction, it is important to gradually move from one pedagogical task to another, based on the physiological nature of the formation of motor skills. When familiarizing yourself with the technique, you must begin with an idea about it.

Students should have an example in front of them that they need to reproduce. That is why they need to be informed about the technique, about its place and significance in the game, and also to be given the opportunity to acquire the first motor sensations that arise when performing movements. At this stage, the tasks of learning include: a) revealing the student's knowledge about the subject being studied, as well as the sensations that take place in his motor experience; b) communication of preliminary information about the technique being studied (place and significance in the game, main significance and most effective application); c) the formation of a visual and motor representation of the correct movements and their sequence.

Sports games and exercises are primarily aimed at improving health, improving general physical fitness in senior school age, and meeting their biological need for movement. The main goal is to familiarize children with sports games and exercises, laying the correct technique. But in no case should this become a highly specialized training, preparation for participation in competitions. A distinctive feature of sports games and exercises is their emotionality. A positive emotional tone is

an important prerequisite for health, prevents various diseases, and maintains interest in physical exercises.

During the lesson, it is very important to determine the optimal number of repetitions of exercises so that children do not have bad habits that interfere with further learning. If a previously well-mastered movement is used as a leading exercise, then it is enough to repeat it just a few times immediately before learning a new motor action.

More complex actions of sports games can be learned in specially created conditions. At the same time, it is advisable to direct the attention of the child to the quality of the movement. In the future, you can complicate the conditions for performing actions, bring children to more difficult tasks. For example, exercises with elements of competition can be carried out in the following sequence of complication: at the beginning of training, they are carried out on the accuracy of performing actions, and then on the endurance of performing movements, first between individual children, and later between groups. After that, it is possible to carry out exercises with endurance elements, which require not only accurate, but also fast movements. This ensures the continuity and gradual complication of the conditions for fulfillment, the consolidation of the correct skills.

In the process of teaching sports exercises and games, it is extremely important to ensure the conscious mastery of actions. Children's understanding of the meaning of actions accelerates the process of skills formation, contributes to the ability to independently select effective actions in subsequent motor activity and apply them appropriately. Engaging in sports games and exercises, as well as an activity that teaches basic movements. Part of the lesson may vary depending on the content of the exercises in the main part of the lesson. In this part of the lesson, a warm-up is carried out in order to prepare the child's body for more intensive work in the main part. An important task of the first part of the lesson is to develop children's interest in the upcoming movements and focus their attention on the material being studied. In this part of the lesson, you can also include exercises that lead to the study of movements.

Sometimes it is necessary to return to showing well-known exercises, since in order to improve the movement, accuracy and clarity in the execution of each element is necessary. So, as the movements are studied, it is advisable to combine a combination of visual and verbal methods in teaching, to show the entire exercise with an explanation; partial showing with explanation; description of the exercise without showing; setting for mental reproduction of the exercise and its description by students, after that, showing the entire exercise with an explanation of individual aspects.

In this area, they influenced school practice, contributed to an increase in the effectiveness of training sessions, and an increase in the level of general education of students.

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