

 Research Article

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PHYSICAL TRAINING OF YOUNG BASKETBALL PLAYERS AND ITS IMPORTANCE

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ABSTRACT

The article describes how to train young athletes through the stages of improving the physical activity of young basketball players and the scope of their downloads.

KEYWORDS

Education, general physical training, special physical training, physical ability, physical quality.

INTRODUCTION

The physical training of young basketball players is considered one of the most important components of sports training and is understood as a process aimed at the comprehensive development of my organization, health improvement, improvement of physical abilities and the creation of a solid functional base for all other types of training.

In modern basketball, high demands are placed on physical fitness.

This can be explained by the following factors:

1. The growth of achievements in sports always requires a new level of development of physical abilities from an athlete:
2. A high level of physical fitness is a prerequisite for increasing training and competition loads.

According to the nature and direction of action of the tools used, the physical fitness of young basketball players is studied by dividing them into general physical fitness (UJT), auxiliary and special physical equipment (MJT) groups.



The general physical fitness of young basketball players (UJT) is the foundation, the necessary basis for achieving high results. It is aimed at solving the following tasks.

1. Increasing the functional capacity of the organism of young basketball players
2. Physical qualities develop strength, agility, endurance, agility and flexibility:
3. Elimination of defects in the physical development of the body of young basketball players.

The auxiliary physical equipment of young basketball players is designed to bring to the surface the functional basis necessary for effective activities aimed at the development of special physical abilities. It has a special focus and is aimed at solving the following tasks:

1. It is manifested in the action activities of young athletes specific to the chosen sport, the development of the capabilities of the National functionfl.
2. Improving the ability of my organism to withstand high levels of special loads.
3. Increase the shidat of rejection of recovery processes [1].

The special physical training of young athletes (MJT) is aimed at developing physical abilities with strict adherence to the requirements set by the characteristics of the competition's activities in the chosen sport.

Special physical training of young basketball players solves the following tasks.

Improve physical abilities typical for _tested sports;

Develop in depth the action skills necessary for successful technical and tactical improvement in the _tanned sport;

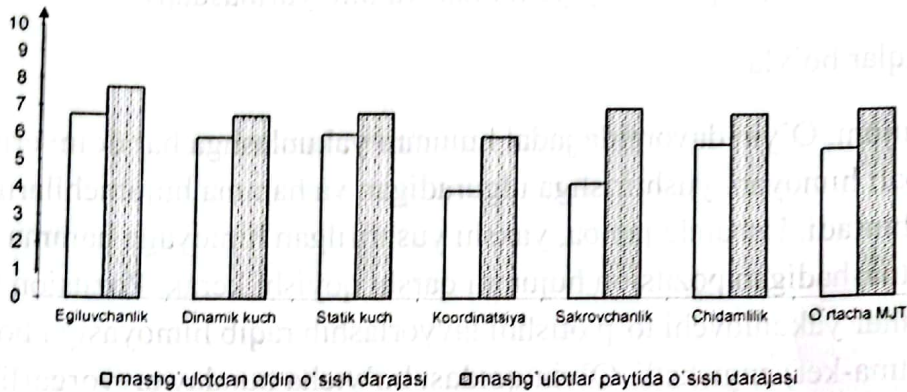
_The selective development of aloxida muscle groups, which are more involved in performing specialized exercises [2].

The most important action in the MJT system of movement skills of young athletes is directed to the development of qualities. Therefore, competition exercises as the main tools of special physical training are used in combination with each of the various complicating elements that enhance their effect on the athlete's body.

All types of physical fitness have certain similarities. The physical fitness of young athletes is closely related to sports specialization. Failure to adequately assess any type of physical aircraft during the exercise process will ultimately prevent increased sports skills. In the training of young basketball players, the tasks assigned to the ratio of UJT and MJT tools are changed depending on the age, qualifications of athletes, their individual characteristics, stage and drums of the training process, the state of the body at the moment [3].

As the athlete's qualifications increase, the contribution of MJT tools increases, and the volume of UJT tools decreases accordingly.

The level of physical development of young basketball players during training. (Table 1).



In addition; shaping the physical culture of young basketball players is also an important factor. For this reason, those involved in the process of shaping the physical culture of young athletes not only master the movements and the knowledge associated with them, but also develop their own physical abilities. Currently, the terms “physical abilities” and “physical qualities” are used to describe the movement capabilities of athletes. These concepts are similar in a certain sense, but not the same. Physical abilities are a complex of mental - physiological and morphological characteristics of a young athlete that meet the requirements of one or another muscle activity and ensure its effective performance. In physical education and sports, the characteristics characteristic of the quality of the abilities of athletes are reflected in the expressions “strong”, “fast”, “agile”, “flexible” [4].

Currently, it is accepted to excite physical abilities into five main types: strength, agility and coordination skills, endurance and flexibility. Each of them is manifested in different forms of movement activity in different types.

Currently, there are also Basic Laws for the development of physical abilities.

1. Movement is the leading factor in physical abilities
2. Dependence of the development of abilities on the mode of action
3. Staging of the development of physical abilities
4. Uneven and heterochrony of the development of abilities (belonging to different times)
5. Capability pointers returnability
6. Displacement of physical abilities
7. Interaction and unity of motor skills and physical abilities

Due to this, the level of occurrence of appropriate physical abilities also varies depending on the extent to which young basketball players have mastered this or that activity of movement. Therefore, a person conducting a pedagogical process in the field of physical education will have to build it in accordance with the principles of the development of physical abilities, and not just the principles of education and training. In this case, it should be taken into account



that the principles of training in physical exercises embody the only requirements in basketball players: in them, any pedagogical process is necessary to be built on the basis of awareness, activity and other principles. But the exact realization of these principles must be in accordance with the tasks solved [5].

Thus, it is possible to determine the actual capacitors of the maximum load by the ratio of those involved to a specific physical condition.

Of course, in the development of physical abilities, it is necessary to apply the maximum loads in the presence of appropriate training in those who are engaged, having reached their age, characteristics of aloxida, such as dtk, the specific characteristics of the load, adhering to other tamoils. The size of the physical load is characterized by its size and intensity. Accordingly, it is permissible to accurately distribute the loading workload.

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