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## THE SYSTEM OF TRAINING YOUNG BASKETBALL PLAYERS AT THE INITIAL STAGE OF TRAINING AT SCHOOL

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### ABSTRACT

*The article discusses issues related to the methodology of training young volleyball players in modern conditions. The author focuses on the versatile physical and technical training of children based on mastering the elements of volleyball and other sports.*

**KEYWORDS:** *Athletes, Training, Education, Volleyball, Preliminary Training, Physical Qualities Of A Child.*

### INTRODUCTION

Sports games, and especially basketball, are characterized by significant physical loads, which are determined by the game activity of basketball athletes, the conditions of the game, the nature of the game actions performed and the features of the competitive struggle taking place during the basketball match [1].

The specificity of this kind of sport, the nature and content of motor actions, as well as the conditions in which they are held, largely determine the level of special training of both individual players and basketball teams in general.

The motor activity of basketball players during the game is complex and varied, and is performed with great intensity of muscular work.

The inclusion of a significant number of motor acts of different structure, nature and degree of complexity, among which the main ones are actions with the ball (dribbling, dribbling, stopping, passing, throwing into the ring from various positions), as well as moving around the court in different directions and in different ways ( walking, running, acceleration) make high demands on the level of preparedness of each basketball player, who is also forced to play in direct contact with an opponent [3].

The process of basketball players' mastery formation takes a long period of time and, as is known from the literature data, it is based on the initial stage of training, where the most important task is to ensure the physical and technical fitness of the athlete to play basketball [6].

Basketball consists of natural movements (walking, running, jumping) and specific motor actions without the ball (stops, turns, movement with side steps, feints, etc.), as well as with the ball (catching, passing, dribbling, throwing). The confrontation, the goals of which are to capture the opponent's basket and protect one's own, causes the manifestation of all physical qualities vital for a person: speed, speed-power and coordination abilities, flexibility and endurance.

Achieving a sports result requires from the players purposefulness, perseverance, decisiveness, courage, self-confidence, a sense of collectivism.

Such a comprehensive and complex impact on the students gives the right to consider basketball not only an exciting sport, but also one of the most effective means of physical and moral education in different age periods [10].

#### Objectives of the Initial Preparation Phase

1. Selection of children capable of playing basketball.
2. Formation of persistent interest in classes.
3. Comprehensive harmonious development of physical abilities, health improvement, hardening of the body.
4. Education of special abilities (flexibility, quickness, dexterity) for the successful mastering of the skills of the game.
5. Teaching the basic techniques of the game and tactical actions.
6. Instilling skills of competitive activity in accordance with the rules of mini-basketball.

#### Initial specialization tasks

(1-2 years for girls, 1-3 years for boys)

1. Education of physical qualities: speed, flexibility, dexterity and special training endurance.
2. Teaching the techniques of the game ("school" of technology), improving them in tactical actions.
3. Teaching tactical actions (mainly individual and group) and improving them in the game. Basketball players perform various functions in interaction. There is no clear specialization by role yet.
4. Introduction to competitive activity.

Initial training (NP) - students of general education schools who want to play sports and have a doctor's permission are admitted to it. At this stage, physical culture and health-improving work is carried out, aimed at versatile physical training and mastering the basics of the technique of the chosen sport - basketball, the choice of sports specialization and the fulfillment of control standards for enrollment in the educational training stage of training.

Selection system. The selection for the CYSS is a long-term and multi-stage process of implementing complex activities aimed at assessing the prospects of young basketball players,

their correct orientation in sports activities, full-fledged recruitment of educational groups and game teams, training athletes into master teams and national teams.

Practically everyone is accepted into the groups, as this is required by pedagogical ethics and psychological laws of sports orientation. During the first two months, the coach monitors the behavior and activities of children when performing various exercises and participating in outdoor games. Based on these observations, a preliminary conclusion is made about the students' compliance with the basic requirements of basketball. In the case of obvious contraindications, the parents are tactfully pointed out that it is inappropriate for their child to play basketball [8].

In parallel, the trainers responsible for the preparation of students of this age carry out a target recruitment for general education schools, based on visual assessments of growth and some morphological and functional characteristics of children.

Then the selection is carried out in three stages.

1st stage (second half of November).

The expert commission (the head teacher, the head of the methodological association, the head coach of the school, the head coaches of the girls and boys' clubs and the head coach responsible for recruiting) organizes the viewing of students in the form of examination, games and competitions. The examination takes into account: height, weight, body length with an outstretched arm, leg size, height and body constitution of parents, manifestations of children's motor abilities in difficult coordination exercises. Various relay races are held in the form of a game, during which the motor abilities of children are also assessed.

In the form of competitions, control standards are received for the following tests: 20 m run, jump height, long jump from a spot.

2nd stage (three months after 1st stage, second half of February). Growth, morphofunctional features and manifestations of motor abilities (the rate of growth in comparison with the 1st stage) are expertly assessed.

In the form of competitions, the above three tests, outdoor games ("Scouts", "Hunter and Ducks", "Quickly into the Shield", "Runners") and games of mini-basketball are held.

3rd stage (two months after the 2nd stage, late April - early May). Control exams in general and special physical training are taken (the same three tests, test "5x6" and "Combined test"), a mini-basketball tournament is held. According to the results of the 3rd stage, the best young basketball players are selected for going to the summer sports and recreation camp.

One of the most pressing problems of training young basketball players is the need to improve the educational and training process aimed at increasing the effectiveness and quality of training. When solving problems of the development of physical qualities, it is recommended to predominantly use speed and speed-strength exercises, performed first at the optimum, and then at the maximum possible pace for athletes of each age. Power loads should be dosed within 60–80% of the maximum (8–19 repetitions of one action). When running cyclic exercises for short periods, the speed of movement must be set depending on the age of the practitioners within 70–90% of the maximum

We recommend building the structure of educational and training sessions according to generally accepted components: introductory, main, final parts. The introductory part (up to 25–30 min.) Should include exercises aimed at the development of static-kinetic stability (8–14 times, 15–20 seconds each, with a rest interval of 35–45 seconds between them); mobility in the joints, strength of the abdominal muscles, etc. (5-7 minutes from the time of the introductory part with an interval of 30-40 seconds). At the beginning of the main part of the basketball training lesson, especially in the preparatory groups, we recommend allocating 12-15 minutes of time for the development of speed-strength qualities with the simultaneous fulfillment of the elements of the basic motor actions of basketball players. In the middle of the main part of training sessions 15–20 min. should be allocated for learning, consolidation and repetition of the elements of motor actions, and at the end of 20-25 minutes. to assign to outdoor games and relay races in which the development of motor qualities is taking place. Moreover, in the first 9-10 minutes. speed-strength exercises with a predominant speed orientation should be performed.

The duration of a one-time load should be 15–20 seconds. The exercises should be repeated 3–5 times with a rest interval of 60–70 seconds. Before doing 3-5 exercises, the rest time should be increased. As an example, we can list some of them: shuttle run 10x10 m; running backwards; running with 90 ° turns and a circle; running with 2–3 medicine balls in hands each weighing 1 kg; forward advance by jumps in the lying position with simultaneous push-off with arms and legs; running with a partner on your back, shoulders; movement on the hands with the support of the partner by the legs; vault jumps through 2–5 shells; somersaults, etc.

In the next 10-15 minutes. you should continue to perform speed-strength exercises with a predominant strength orientation and the actual strength exercises. We recommend choosing the value of load (resistance) when performing strength exercises so that young basketball players can repeat this exercise in one approach with high tension 8-10 times, when using weights - the duration of the exercises should be up to 30 seconds, the rest intervals between exercises up to 45–60 sec. A total of 3-5 exercises are recommended. In training sessions, we recommend strength exercises for 2-3 adjacent muscle groups, which are divided into four main groups: muscles of the back, arms and shoulder girdle, abdominal muscles, and legs.

If during the training exercises were performed for the muscles of the back, arms and shoulder girdle, then in the next training - the arms and shoulder girdle, as well as the abdominal press, the next - for the muscles of the abdominal press and legs, then legs and back. Thus, the cycle of impact on the main muscle groups lasts 4 sessions. By the end of the academic year, we recommend increasing the duration of one-time exercises by 10-15 seconds. by shortening the rest intervals.

When performing high-speed and speed-strength exercises, we recommend using competitive and game methods with dividing the group into 2-4 teams, and when performing strength exercises - frontal or group. When conducting a microcycle with a power orientation, we recommend that after the preparatory part for 15–20 minutes. perform strength exercises with small weights, weights and shock absorbers, then plan to learn or improve the educational material, conduct bilateral outdoor games with elements of basketball, etc., for which 30–45 minutes should be allocated [1].

Thus, the initial stage of training is provided for training all children who want to go in for sports according to a general physical training program that does not have medical contraindications. In

our work, it is advisable to note several trends typical for the development of youth sports in the country.

At the early stages of training (preliminary training and initial sports specialization), it is especially important to identify the morphological characteristics of the trainees, their compliance with the specific requirements of the sport, to determine the sensitive periods in the light of the development of basic physical qualities, the ability to learn various exercises, typological properties of the nervous system, temperament.

The effectiveness of the process of sports training largely depends on the correct planning of means and methods for the development of physical qualities. The trainer-teacher must know well the basic means and methods of development and improvement of different motor abilities, as well as the ways of organizing classes. In this case, he will be able to more accurately select the optimal combination of tools and methods for their improvement in relation to specific conditions.

The effectiveness of the training process can be provided on the basis of a certain structure, which is a relatively stable order of combining the components of the training process, their general sequence and regular relationship with each other.

Sports activities with young athletes are built in accordance with the general laws of building physical education classes. Their effectiveness largely depends on the rational organization that ensures the proper density of classes, the choice of the optimal dosage of the load, and careful consideration of the individual characteristics of the trainees.

Depending on the above factors, the stage of preparation, preference can be given to various organizational forms of training sessions; group, individual, frontal, as well as self-study.

The basis of the methodology of physical training for the program "Basketball" is the concept of training, as a scientifically grounded theory of management of increasing the physical potential of schoolchildren. A high level of development of motor qualities and abilities, general and physical working capacity can be acquired by pupils through training, through the implementation of a purposeful process of their adaptation to motor activity of the required volume and sufficient intensity.

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