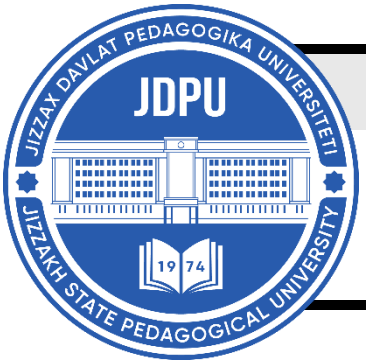
DOI: https://doi.org/10.37547/mesmj-V6-I6-03 Pages: 24-32

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

http://mentaljournal-jspu.uz/index.php/mesmj/index

THE METHODOLOGY OF DEVELOPING TRAINING TYPES OF QUALIFIED FEMALE BASKETBALL PLAYERS

Aynura Targinovna Alimbetova
Doctoral Candidate
Institute of Scientific Research in Physical Education and Sports
alimbetovaaynura@gmail.com
Tashkent, Uzbekistan

ABOUT ARTICLE

Key words: Basketball training, physical preparation of qualified basketball players, special physical training, speed-strength ability, basketball sports training.

Received: 20.09.25
Accepted: 21.09.25
Published: 22.09.25

Abstract: This article analyzes the methodology of developing the general and special physical training of qualified female basketball players. According to the research results, regular training significantly improves endurance, speed, and strength qualities, thereby ensuring game efficiency. This approach plays an important role in achieving high results in athletes' competitive activities.

Introduction. In the training of skilled basketball players, the section of general physical preparation based on the game of basketball belongs to the field of physical education and sports. Depending on the level of mastery of the material offered during basketball training, it can be characterized as advanced. Basketball training serves to develop and improve the main physical qualities of the trainees, form various motor skills, and strengthen health through the use of basketball-specific means. The content of basketball training takes into account the specific features of extracurricular activities of skilled female basketball players, and within the training process it sets feasible requirements while considering the general characteristics of people engaged in this sport. All training sessions provide opportunities to practice basketball

elements, while also focusing on the cultivation of a healthy lifestyle and ensuring a comprehensive approach to educating a well-rounded individual.

Purpose of the Research.

The purpose of the research is to scientifically improve the general and special physical preparation of skilled female basketball players, and to enhance their game performance by developing endurance, speed, and strength qualities through the use of an individual approach during the training process.

Objectives of the Research.

Results and Discussion. In basketball training, various active games and elements of sports games are included to restore the functional activity of the athletes' bodies. These play an important role in achieving high motor activity of basketball players, as well as in developing their physical, psychological, functional, and technical-tactical preparation. The aim of our research in basketball training is to improve players' game actions in basketball, to develop tactical schemes, to foster the ability to make correct and quick decisions, to enhance reaction, and to create conditions for maintaining and strengthening health. It also seeks to shape the players' active attitude and cultivate their need for physical development.

During our research, the main focus in preparing basketball players was on developing technical and tactical skills. In teaching complex game techniques, emphasis was placed on developing ball-handling movements, while gradually forming the necessary skills and abilities. Compared to other sports games, basketball has its own distinctive features due to its specific impact, and it is considered one of the most complex and universal means of improving the health of basketball players.

In the course of our study, individually, in groups, and in teams, specially selected basketball training tools, ball games, and preparatory exercises were used. Since it was important to develop the coordination abilities of skilled basketball players first, special attention was paid to orientation in space, reaction and speed of movements, accuracy in distinguishing and evaluating actions, reconstructing the strength parameters of spatial-temporal movements, and the ability to coordinate separate movements into integrated combinations.

Improving the physical preparation of skilled basketball players by developing coordination, strength, endurance, and speed abilities—as well as different combinations of these physical qualities—creates great opportunities to achieve high performance in basketball games. At the same time, by enhancing the psychological preparation of skilled basketball players, training sessions had a multifaceted impact on the development of perception,

attention, memory, thinking, and imagination. Furthermore, the cultivation of moral and volitional qualities was emphasized through adherence to basketball training exercises, game rules, and conditions, as well as by applying individual, group, and team interactions of teammates and opponents in a coordinated manner.

In the preparation of basketball players, the developmental tasks of basketball training focused on improving special physical preparation and enhancing psychological readiness by shaping mental processes such as attention, observation, resourcefulness, spatial orientation, and goal-directedness. The functional capabilities of the players' bodies—including respiration, blood circulation, and energy supply—were continuously monitored. At the same time, in the experimental group of female players, attention was given to fostering the need for a healthy lifestyle and for regular engagement in basketball.

In addition, in cultivating moral and volitional qualities, players developed abilities such as respecting opponents, maintaining proper relationships with their teammates, and conducting fair play during game situations. The skills and abilities acquired in special physical training were applied independently in practice.

The specific features of special physical training sessions based on basketball included the use of basketball teaching principles, various training methods, specially designed exercises, active games, and relay activities incorporating elements of basketball. At the same time, the objectives of the training sessions involved reducing post-class fatigue, increasing the working capacity of female basketball players, ensuring continuity of the training process, and paying attention to the varied application of psychological and physical loads within the training plan.

During our research, a program was developed consisting of training sessions held three times a week, each lasting 90 minutes. The duration of the sessions was determined by their intensity. The normative volume of training time was achieved through incorporating and expending competitive basketball activities. The content of the basketball training program was structured across theoretical, physical, technical-tactical, and psychological preparation, with emphasis on integrated training.

The sequence and systematic nature of the sessions allowed female basketball players to acquire motor skills such as 1x1 games. In addition, tactical schemes of 2x2, 3x3, 2x3, and 4x5 were applied. The gradual progression of educational skills in basketball training was ensured by selecting drills and games from simple to complex. Taking into account the individual characteristics of female basketball players, exercises were selected according to age-specific features and carried out in the form of games.

During our study, exercises for the arms and shoulder girdle were also included. These involved flexion and extension, abduction and adduction, swinging, and rotation of the arms in various starting positions: standing in the basic stance, kneeling, sitting, and lying. Exercises also included simultaneous or alternating movements with both arms, as well as uniform swinging motions performed during walking and running.

In addition, during our research, exercises for the legs were selected and applied in the training process of female basketball players. These included raising onto the toes, bending the legs at the hip joints, squats, abduction, bringing the legs forward, backward, and sideways, swinging movements, falls, and actions performed from various starting positions such as together, shoulder-width apart, or with one leg in front of the other. Jumping exercises, such as flexion and extension of the legs while hanging or braced in a mixed position, were also performed. To increase the endurance abilities of female basketball players, sprinting and running for distance, as well as forward and backward jumps, were incorporated into the program.

In the program we recommended, exercises for the neck and torso were also selected for female basketball players. During basketball training, the participants performed rotations, head turns, trunk bends, trunk twists, circular movements of the torso, raising straight and bent legs while lying on the back, mixed support exercises while lying face down, transitions from a supine to a sitting position, forming angles from initial lying, sitting, and hanging positions, as well as various combinations of these movements.

The research program also included exercises for all muscle groups. Accordingly, a set of exercises was developed using short and long resistance bands, dumbbells, sandbags, jump ropes, medicine balls, and gymnastic sticks.

In addition, attention was given to improving the physical preparation of skilled female basketball players. In particular, a set of exercises aimed at developing strength was designed. Exercises involving overcoming one's own body weight, such as working with dumbbells, pull-ups on a horizontal bar, and squats on one or two legs, were selected. Exercises performed on the gymnastics wall included climbing ropes, the gymnastics wall itself, and stairs. Medicine ball exercises were used with increased load volume but reduced intensity. In addition, means such as overcoming external weights and a partner's resistance were applied. At the end of the session, stretching exercises were included to restore the functional activity of the body.

Based on the program, a set of exercises was developed to enhance the speed abilities of female basketball players. This complex included downhill running on an inclined plane, sprinting to catch up with a partner, running at maximum speed from the start for distances of

30 to 100 meters, as well as performing general developmental exercises at maximum pace. Furthermore, in basketball training, combined relay games such as “Night and Day,” “Sharks without the Ball,” “Sharks at First Sight,” “Wolf in the Pit,” “Extra Third,” “Fishing Rod,” and “Baseball” were used to improve the speed abilities of female basketball players.

Exercises to develop flexibility were also selected and applied in basketball training sessions. General developmental exercises with wide movement amplitude were included. Partner-assisted exercises such as passive bending, bridge, maximum stretching of the legs and arms, and splits were applied. Exercises with a gymnastic stick or a rope folded into four parts included bending and twisting the trunk in various positions (upward, downward, forward, backward), stepping backward, jumping over, turning, as well as exercises performed on a gymnastics wall or bench.

Since the development of coordination abilities in basketball players is also of great importance, a set of exercises aimed at improving coordination was selected. These included various arm and leg movements in different directions, forward, backward, and sideways rolls from standing, running, and jumping positions; forward, sideways, and backward flips; supports on the head, hands, and shoulders; balance exercises on a gymnastics bench and beam; throwing balls at moving and stationary targets; and throwing after rolling or turning. In addition, tools such as the “Obstacle Line” were used to improve the physical preparation of basketball players. Exercises were performed in sequence, such as working with four basketballs at the same time, jumping over balls, different types of jumps, rolls, and consecutive actions involving catching and throwing several objects. To prevent physical and psychological fatigue among the players, mini-football, tennis, table tennis, volleyball, and badminton were included at the end of the week in the form of games.

During our research, exercises to develop speed-strength qualities of basketball players were also selected. These included jumping over obstacles and bars, standing long jumps, side-to-side jumps, multiple two-legged jumps, as well as exercises with objects. In addition, depth jumps, running and jumping up and down stairs, sprinting with intensity in water, snow, or sand, and weighted running exercises were applied. Games with weights, relays combining running, jumping, and throwing, as well as throwing events such as shot put, javelin, discus, and group exercises with a gymnastics bench were also incorporated.

To develop the general endurance of female basketball players, running exercises of 500, 800, and 1000 meters at steady and variable paces were performed. The players were also recommended to run 3 km cross-country, run on varied terrain for durations from 3 minutes

up to 1 hour, and to engage in free swimming, both timed and untimed. At the same time, attention was also paid to developing the special physical preparation of the basketball players.

Exercises to improve movement speed and jumping ability were also included. These consisted of accelerations and sprints over distances ranging from 3 to 40 meters performed from different starting positions—sitting, standing, lying face up, sideways, or on the back—as well as swinging movements. In basketball training, running in place and while moving with maximum stride frequency, high-intensity drills based on visual signals, chasing a partner, competing with a partner for the ball, and catching an incoming ball were applied. During basketball games, players also performed continuous runs behind the leader, changing directions without warning. Training sessions included short sprints at the beginning, middle, or end of distances combined with jumps.

Depth jumps and vertical jumps were carried out individually, in series, and repeatedly from one leg to another; jumping for distance with a set number of repetitions; and various jumps over distances ranging from 10 to 50 meters. Exercises also included single-leg jumps from a standing or moving position, with or without active leg swings; side jumps in place and while moving forward and backward; as well as sprinting and jumping with weights using belts, knee cuffs, medicine balls, and dumbbells.

To develop the speed abilities of female basketball players, a model set of exercises was designed. This set included exercises aimed at improving speed, along with their norms and methodological guidelines (see Table 1).

Table 1

A Model Set of Exercises for Developing the Speed Abilities of Female Basketball Players

№	Content	Standard	Recommended General Indicator
1	Running with changes of direction at variable speed.	3 min –	With accelerations and jumps
2	Basketball players line up in pairs, one behind the other. The second partner standing behind throws the ball forward and upward; the first partner starts running and catches the ball in the air.	3 min –	With accelerations and jumps
3	Starts from various initial positions	4-5 times	Distance 4–5 m

4	Climbing up and down along the gymnastics wall	4-6 times	Chiqish va tushish vaqtini o'zagrtirib bajarish
5	Jumps: -on the toes -on one leg -with knee lift	30 seconds	Perform jump movements variably with a skipping rope
6	Initial position – Exercise posture 1.Standing support 2. Support in lying position 3.Elbow support 3.Initial position	4-5 times	
7	Run 20 meters by following the designated marks.	3-4 times	Lines are placed 40–50 cm apart; during running, each mark must be stepped on.

As a result of the systematic use of the above set of exercises during the training process of female basketball players, their ability to develop speed significantly expanded. The regular application of these exercises not only contributed to the formation of speed qualities, but also served to improve the functional capacities of the neuromuscular system, increase reaction speed, and enhance coordination movements. Therefore, this methodology has been scientifically substantiated as an important factor in achieving high efficiency indicators in the competitive activity of female basketball players.

Conclusion. In basketball training, game exercises and training formats created favorable conditions for the independent execution of ball-related tasks, as well as for the practical implementation of individual and differentiated approaches for players with significant individual differences and abilities. In this regard, for basketball players with weaker game preparation, a specially differentiated methodology was developed, which actively involved them in various types of game activities.

Basketball tools were effectively utilized as means and methods in shaping the needs, interests, and emotions of basketball players. In this regard, the teaching of basketball game elements envisaged the selective use of movement games that allow for solving certain training tasks, including restoring the functional activity of the players' bodies after intensive training sessions. In line with this objective, methodologies were developed that include the following tasks: forming ball-handling skills through basketball tools, teaching the techniques of basketball play, and enhancing knowledge, skills, and competencies related to basketball training.

As a result of the conducted research, the use of steady and variable running exercises over distances of 500, 800, and 1000 meters proved effective in developing general endurance among female basketball players. In addition, cross-country running over 3 km, exercises lasting from 3 minutes to 1 hour along intersecting routes, as well as free swimming exercises both with and without time control, contributed to further expanding the athletes' functional capacities. During the study, along with general endurance, special attention was also paid to the development of specific physical preparation. This created conditions for the comprehensive formation of physical qualities necessary for female basketball players to achieve high performance under competitive conditions.

References:

1. Davis, R.W. Scientific Approaches to Basketball Coaching / Ed. by R.W. Davis. – Boston: Sport Research, 2020. – 250 p.
2. Gonzalez, A.C. Women's Basketball: Training and Development / Ed. by A.C. Gonzalez. – Rome: Female Athletes Press, 2015. – 170 p.
3. Martinez, J.F. Offensive and Defensive Systems in Basketball / Ed. by J.F. Martinez. – Madrid: Coaching Books, 2019. – 215 p.
4. Mith, J.R. Young Basketball Player: A Guide for Coaches / Edited by J.R. Smith. – New York: Sport Science, 2015. – 175 p.
5. Taylor, S.N. Biomechanics in Basketball: Movement and Performance / Ed. by S.N. Taylor. – Berlin: Science in Sport, 2014. – 180 p.
6. Адейеми, Д.П. Баскетбол: основы обучения техническим приемам игры в нападении : учебно-методическое пособие / Д.П. Адейеми, О.Н. Сулейманова ; Министерство образования и науки Российской Федерации, Уральский федеральный университет. – Екатеринбург : Изд-во Урал. ун-та, 2014.– 40 с.

7. Белянская, И.М., Черных, С.Б., Решетин, А.А. Тактика игры в баскетбол: методические указания / составители: И.М. Белянская, С.Б. Черных, А.А. Решетин. – Самара: Издательство Самарского университета, 2020. – 64 с.: ил.

8. Бондарь, А.А. Методика совершенствования координационных способностей баскетболистов средствами компьютерных технологий : автореферат диссертации на соискание учёной степени кандидата педагогических наук / А.А. Бондарь. – Москва, 2011. – 23 с.

9. Подколзина, О.В. Программированное обучение студентов техническим приемам баскетбола с учетом их физической готовности : автореферат диссертации на соискание учёной степени кандидата педагогических наук / О.В. Подколзина. – Москва, 2010. – 24 с.