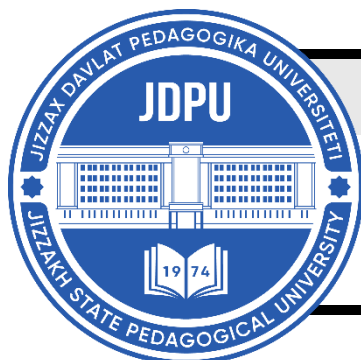


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DEVELOPMENT OF SPEED OF MOVEMENT THROUGH PLAYING BASKETBALL OF STUDENT GIRLS IN PRIMARY TRAINING

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ABOUT ARTICLE

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Abstract: To educate young girls growing up in our country, to further improve the speed of movement through the game of basketball, which is one of the most important tools for the formation of high moral and physical qualities of teenagers.

In this study, we did not try to improve the knowledge, skills and competence of girls playing basketball, but tried to create our own small innovation to increase the positive effect and motor activity and development of basketball. Development of a set of exercises to perform against an opponent, developing the individual, group and collective speed of movements of female students; at the initial stage of training, develop the qualities of speed, agility, speed and strength of female students, improve the movement algorithm, developing the skills of a quick counterattack during practical exercises and competitions.

INTRODUCTION

In the world, the attention to ensuring the health of the population through the development of physical education and sports is growing more and more. Especially team sports and the growing number of people involved in them are important indicators.

The issue of effective organization of the training process of young basketball players in the world is one of the important tasks facing the scientists of the field. In this regard, efforts are being made to increase the physical capabilities of young basketball players, to develop the basis of individual and team training, to improve the basis of training based on somatotype characteristics,

and to develop the skills of using training simulators. However, the issue of improving movement speed by developing exercises to increase the individual potential of young basketball players and improving it has not been studied as a separate scientific study.

Special attention is paid to the development of every type of sport in our republic. In particular, "It is important to increase and realize the creative and intellectual potential of the young generation, to form a healthy lifestyle among children and young people, and to involve them widely in physical education and sports." In this process, the responsibility of sports schools for children and teenagers is getting stronger and stronger, especially to create the necessary conditions for our girls to grow up healthy, to involve them widely in sports and to make their physical activity a unique school task. It is necessary.

The initial training process in sports practice is a fundamental stage of many years of sports training, and the correct use of teaching methods and tools at this stage allows effective formation of sports skills at the next stages. Yu.D. Zheleznyak, 1998. Ontogenetic and biopsychological characteristics of the child should be taken into account when planning and organizing the initial training process. In other words, the workloads of the exercises carried out during the initial training should be adjusted and applied depending on the physical and functional capabilities of the children involved. Yu. D. Zheleznyak, A.A. Pulatov, D.Kh. Umarov, T.Z. Our teachers like the Kholmurodovs conducted research and gave the necessary explanations.

MATERIALS AND METHODS

In basketball, as in other sports, physical exercises are the main means of preparation. They are very different. Therefore, they are classified according to their role in solving tasks at a certain educational stage. This classification is based on the competitive activity of basketball players.

In many cases, the effectiveness of tools in teaching basketball moves directly depends on how they are used. Styles are selected and applied depending on the task, the training level of the participants, and specific conditions.

All types of exercises (physical, technical-tactical exercises, preparation, auxiliary approach, imitation exercises) used in training (class), regardless of the size, intensity and direction of application, they primarily improve health and well-being . It is one of the important conditions for the strengthening and formation of functional organs and systems of the body (MNS, breathing, cardiovascular system, main movement apparatus - muscles, analyzers, etc.). It is known that physical technical-tactical training and functional training are characteristic of two different aspects of the same sports ability.

Improving the methodology of using continuous and interval agility exercises used in the development of movement speed of female students at the initial training stage.

Development of a set of exercises to be performed against the opponent, which develops individual, group and collective movement speed of female students; at the initial training stage, to develop the qualities of quickness, agility, quickness and strength of female students, to improve the movement algorithm that develops the skills of fast counter-attacking during practical training and competition.

Analysis and generalization of scientific and methodical literature, questionnaire, pedagogical observation, pedagogical testing, pedagogical experience, mathematical and statistical methods were used in the research.

RESULTS AND DISCUSSION

1. In order to develop the speed of movement of schoolgirls at the initial training stage, it is recommended to include the strength of leg and arm muscles in the training plan in the form of continuous and interval training in changing conditions. This increases the possibility of improving the physical fitness of young basketball players.

2. It is recommended to use balancing exercises against the opponent to increase the speed of individual, group and collective movement of female students in offensive and defensive combinations.

3. It is recommended to choose high-impact exercises to develop the qualities of quickness, agility, and quick strength of schoolgirls, and use complex reaction movements required in the conditions of a competitive game in unexpected situations. As a result, the speed of playing of young basketball players in competitive activities increases.

4. In the initial training stage, based on the speed of the players' transition from the back zone to the open field, it is recommended to form the skills of quick counter-attack based on the performance of schoolgirls, which reflects the level of speed in the game. position in the forward zone during the attack. In this way, the skills of young basketball players to quickly counterattack are strengthened and the intensity of the game increases.

In the initial preparatory phase developed by us, based on the "Complex of exercises that develop the speed of movement", the speed of movement was developed in schoolgirls on the basis of 10 different control exercises. The exercises were calculated in time and seconds, the repetition of the exercise was calculated according to the highest result, and the duration of the exercise was calculated according to the lowest indicator. A rating scale of exercises has been developed depending on the age level. Control exercises were classified in 3 directions. That is, the first direction is to achieve the speed of movement when moving with the ball, the second direction is to increase the speed of movement when overcoming the opponent's resistance, the third direction is to develop the speed of movement when avoiding possession (Table 1)

"Complex of exercises that develop the speed of movement" at the initial stage of training of female basketball players"

Table1

№	Control exercises	Method of application	16	17	18	16	17	18
			years	years	years	years	years	years
			Number of repetitions (times)			Duration (seconds)		
1	Overcome the opponent's resistance by force	The player without the ball resists the forward movement of the player with the ball by grabbing the shoulder	5-6	7-8	9-10	80-90	70-80	60-70
2	Hitting the ball by changing the direction	The defender resists the attacker's movement by hitting the ball and changing direction	5-6	7-8	9-10	50-60	40-50	30-40
3	Passing the ball in motion	In two opposite corners of the field, players with the ball move towards the goal by hitting the ball, after throwing the ball into the basket, they resist the movement by hitting the second player with the ball.	4-5	8-9	10-11	35-40	25-30	15-20
4	Move to the ball while defending the ball	A two-ball player moves by hitting the ball in one hand and competing to take away their balls in the free hand.	5-6	7-8	9-10	50-55	40-45	30-35
5	Quick movement with the ball	By kicking, the ball rolls off the ground. hit the ball stops a rolling ball	4-5	6-7	8-9	65-70	55-60	45-50
6	Avoid persecution	In the resistance of the wall, the ball is thrown from a distance to the wall. The player hitting the ball in front of the wall and moving to different angles is protected from the ball	6-7	8-9	10-11	65-70	55-60	45-50
7	Movement over resistance	The player with the ball is wrapped around the waist and held by the second player. The player with the ball hits the ball with both hands in front of the opponent moves	5-6	6-7	8-9	80-90	70-80	60-70
8	Defeat strong opposition with the ball	The player with the ball moves by hitting the ball on the spot, the player without the ball counters with a strong tackle.	5-6	7-8	9-10	50-60	40-50	30-40

9	Fight for the ball in opposition	Two players without the ball are in a strong collision with each other to get the ball standing at the designated point resists	5-6	8-9	10-11	35-40	25-30	15-20
10	Passing the ball on the move	The player who is moving to hit the ball passes the ball to the players standing on the sideline after overcoming the opponent's resistance and receives the ball again towards the opponent's resistance moves	3-4	5-6	7-8	50-55	40-45	30-35

The purpose of the "Complex of exercises that develop speed of movement" (Table 1) in the initial preparatory stage is to help schoolgirls to achieve high-speed movement speed based on the behavior of the opponent during basketball training.

“A set of exercises that develop speed of movement in complex reactions in unexpected situations” of female students”

№	Control exercises	Method of application	16	17	18
			years	years	years
			Number of repetitions (times)		
1	The reaction of moving from a lying position to a quick movement.	A player lying on the floor leaning on a basketball should run and catch the tennis balls rolled in different directions.	10	14	16
2	In actions in different directions receiving and passing the ball	Three players stand facing each other in the form of a pyramid. Two players alternately pass the ball to the player without the ball. The player without the ball passes the ball to the right and left sides. quickly moves to receive and return to the player who passed it.	10	14	16
3	Agility in mixed movement	Two players face each other. Player 1 will throw the tennis ball in both hands up in either right or left hand, and player 2 will have to catch the ball by jumping in the same hand.	10	14	16
4	The ball in mixed movements receiving and transmitting	Three players are placed in the same order. The players on the two sides alternately hit the ball in their hands and pass it to the ground, the player in the middle quickly receives the passed balls and returns them to the players.	10	14	16
5	Quick response in mixed motion	Players who are standing still and running will have to move according to the command shown. If he shows the right direction, he moves quickly to the right, if he shows the left direction, he moves to the left, if he raises his hands up, he jumps high, these actions are performed in a non-stop mixed fast movement.	10	14	16

6	The reaction of the transition from speed to agility	Two players stand in the position of holding the basketball. Player 1 stands with arms outstretched and throws the tennis ball in his hand to the ground. Player 2, who is running while standing, has to quickly catch the ball without letting it fall to the ground.	10	14	16
7	Quickly to different directions fraudulent activities performed	Two players stand at an intermediate distance. The first player runs to the ball rolled from the ground. The second player runs and takes the ball and jumps, passes it to the first player, runs back and returns to the place, the exercise can be performed by moving in different directions.	10	14	16
8	Against the opponent quick deceptive action	4 chips are placed in an arched direction. After the signal, the player who hits the ball in both hands quickly takes the ball between the chips, overcomes the resistance of a strong opponent and throws the ball into the basket.	10	14	16

The displayed indicators are calculated in time and seconds. (Table 2) The table clearly shows the exercises and their size. The research was carried out within the framework of priority tasks related to "formation of the system of innovative ideas and ways of their implementation in the social, legal, economic, cultural, spiritual and educational development of the information society and the democratic state". . He studied such issues as the dynamics of training basketball players. In these studies, more attention is paid to the development of physical education and sports, improvement of the technical and tactical training of athletes, and a separate study of the system of training highly qualified basketball players. At the same time, the methods of using quickness exercises in the development of the speed of movement of the basketball players of the initial preparatory stage of the children's sports school have been almost studied. Based on the results obtained as a result of pedagogical observation, survey, and current scientific and pedagogical experiments, it is aimed at developing the speed of movement of schoolgirls at the initial preparatory stage, increasing the speed of strengthening the knowledge and skills of basketball coaches. it can be used to identify the factors that hinder the development of movement in basketball players on a large scale, to improve basketball exercises that develop the speed of movement, and to create scientific and methodological literature on this topic.

CONCLUSIONS

Based on the information presented in the article, the following conclusion can be reached. Development of the speed of movement of schoolgirls in elementary training through the game of basketball. In particular, it is planned to include basketball in the program of multi-level and regularly held prestigious sports events and competitions such as "Umid Nihollar", "Barkamol Avlod", "Universiade", "Women-Girls Spartakiad". This creates the basis for a sharp increase in the number of participants. As we mentioned above, it is beneficial for the health of all our female students

studying in all higher educational institutions of our country if they avoid sitting in one place during classes and play basketball in their halls outside of classes. Yes, it helps to increase movement speed.

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