

**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**FACTORS AFFECTING THE ACCURACY OF PERFORMING
TECHNICAL TECHNIQUES IN SPORTS****Askar Artikov***professor v.b.**State University of Physical Education and Sports of Uzbekistan**Tashkent, Uzbekistan**E-mail: artiqov.80@mail.ru***ABOUT ARTICLE**

Key words: technical-tactical actions, various factors, internal and external factors, objective and subjective factors, physical training, physical qualities, technical training, state of analyzers, hearing, vision, motor activity.

Received: 08.10.24**Accepted:** 10.10.24**Published:** 12.10.24

Abstract: In the mentioned article, in addition to citing the opinions of coaches and experts on the factors affecting the performance of technical methods in sports games, a system of various factors affecting the accuracy of technical methods in sports games has been developed. The effects of external and internal factors on technical methods are fully disclosed. In the case of tactics (pressing), intense game, situation of the game, conditions of the external environment, covering of the playing field, psychological external factors, internal fatigue, sensory, emotional, physical, psychological factors are important. In addition, experts consider objective (physical characteristics of the ball, rules of hitting the target and the trajectory of the ball) and subjective (depends on the internal state of the athlete and individual characteristics such as gender, age, physical development, etc.) that affect the accuracy of throwing the ball into the hoop in basketball. suggestions are given.

INTRODUCTION

Importance. In recent years, in the world, in the training of athletes involved in sports games, the requirements for performance of increasingly high tasks, the search for effective means and methods for improving the accuracy of technical methods remain one of the main goals. In the world practice of training highly qualified athletes, the task of moving with the ball

on the field, increasing the level of accuracy in performing technical methods in the process of high pressure organized by the opponent is becoming an important factor in successfully solving the situation. However, the complexity of the technical and tactical actions performed by the players and the variety of situations with the ball have a negative impact on the level of accuracy. Nowadays, as the physical fitness of athletes and the speed of execution of technical methods increase, the issues of accuracy in the process of performing movements with the ball become more and more important, because the execution of technical movements by athletes in conditions of high speed of the game becomes more and more difficult.

Today, in the conditions of fierce competition, increased intensity of the game, increasingly high demands are placed on athletes in sports games. This is expressed in the fact that many technical-tactical methods have to be performed in conditions of lack of time and space, dense guarding by the opponent. In connection with this situation, great attention is paid to the athlete's quick, reliable and accurate performance of the game. This, in turn, requires athletes to have general and special physical training, high technical and tactical skills, mental stability in the conditions of situational sports fights, and conscious motivation to achieve short-term and long-term sports goals [10,11,12,13].

MATERIALS AND METHODS

The purpose of the research is to form a system of factors affecting the performance of technical methods in sports games based on the study of scientific literature.

Tasks of the research:

to determine the influencing factors in the performance of technical methods through scientific works and scientific-methodological works of sports games;

presentation in the form of a system by formulating various factors affecting the accuracy of technical methods in sports games;

Methods of research organization: The research used methods such as the analysis of scientific and methodological literature and mathematical-statistical analysis of research results.

RESULT AND DISCUSSION

Research results and its discussion:

In technical systems, accuracy means the degree of approximation of the process, substance, object parameter to its uncertain value, and measurement accuracy means the description reflecting the degree of closeness of the measurement results to the actual value of the measured quantity.

In the theory and methodology of physical training and sports training, such a situation has been established that, firstly, on the one hand, accuracy is equated with marksmanship, which has its own set of principles and training methods and tools based on them, which leads to unfounded broad generalizations. On the other hand, tools and techniques are often offered for training the accuracy of movements, which do not have a theoretical basis, and are chosen based on external similarity with professional movement or sports movement, their effectiveness is often not influenced by the influence of accuracy as a human ability, but by influencing the manifestation of accuracy in a concrete integrated movement. It is intended to increase the accompanying physical abilities.

Second, the biomechanical nature of precise movement activities has been studied through two methodological approaches. Its extrinsic (mechanical) component has a more complete coverage due to the study of real movement activities from the practice of professional and sports movement activities. The biological nature of specific movements has been overlooked by researchers in most of these studies.

Analyzing and summarizing previous research shows that specific vision and spatial targeting are important and often the determining factor for successful specialization in various sports. It consists of accurately defining the position of the body, changing it in time and making a movement in the desired direction, and it is connected with the reception and processing of information in the width and time coming from the external environment [1,3].

Experts suggest dividing the factors affecting the accuracy of throwing the ball into the hoop in basketball into 2 groups (Fig. 1).

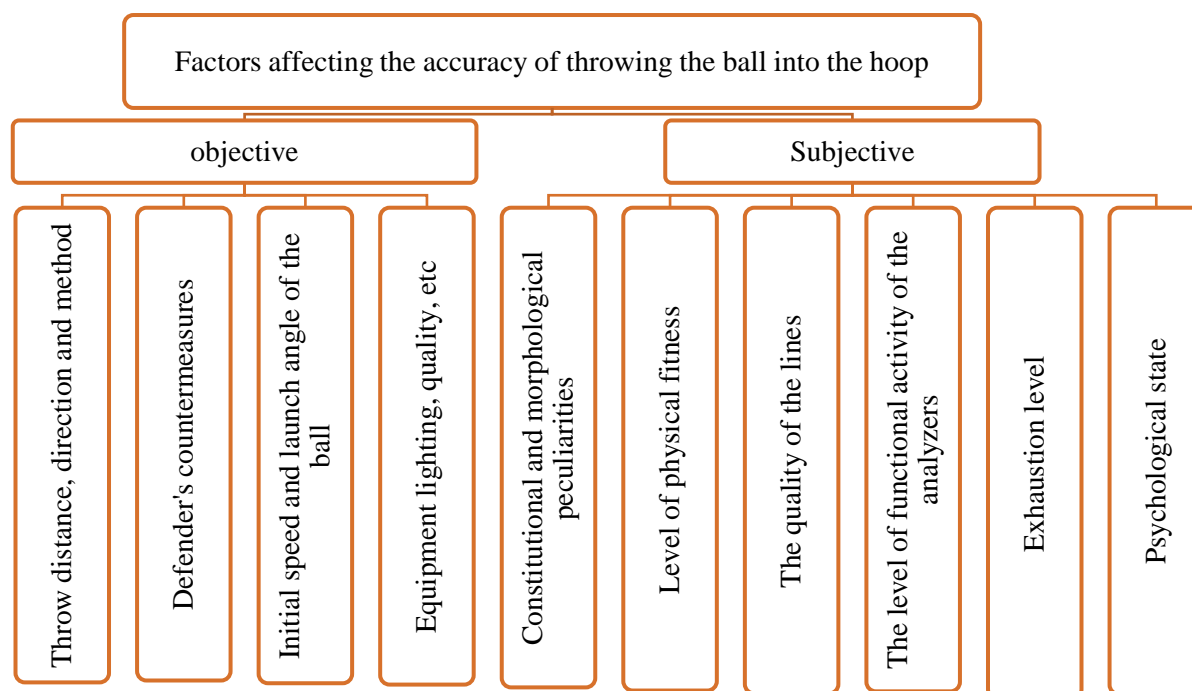


Figure 1. Factors influencing the accuracy of basketball throws

- A) objective;
- B) subjective.

According to them, the objective external factors include the physical characteristics of the ball, the laws of its hitting the target and the trajectory of the ball.

Subjective factors primarily depend on the internal state of the athlete and have individual characteristics such as gender, age, physical development, etc. Other factors characterize aspects such as functional and psychological preparation of basketball players, training methods and tools, methods of throwing the ball into the basket in game conditions. All the listed factors affect the result of basketball players throwing the ball into the basket.

The precision of movement activities in sports teams during competition and training activities is very different and unique. In sports games, target accuracy is considered as an integral indicator of the level of technical and tactical skills and the main criterion of the effectiveness of competition activities. For this reason, the study of the factors and conditions that improve the target accuracy of game methods is of particular importance [1,2,4,5,6].

Among the main factors are: individual characteristics of a person, his level of physical training, target joints, as a result, accuracy in sports practice is considered as one of the main criteria of the effectiveness of movement activities, and based on this, it is considered as an integral criterion for mastering technical and tactical skills in sports games [14, 15].

It was found that three main factors determine the accuracy of movements with the ball in sports games [7,8,9].

- sensory systems, primarily the level of development of movement sensitivity;
- level of assimilation of the rational system of actions by the players in performing various technical methods;
- the level of development of movement qualities, if their large manifestations are considered a necessary condition for performing movements with the ball.

The study of various factors affecting the accuracy of technical methods in sports games made it possible to present them in the form of the following system (Fig. 2).

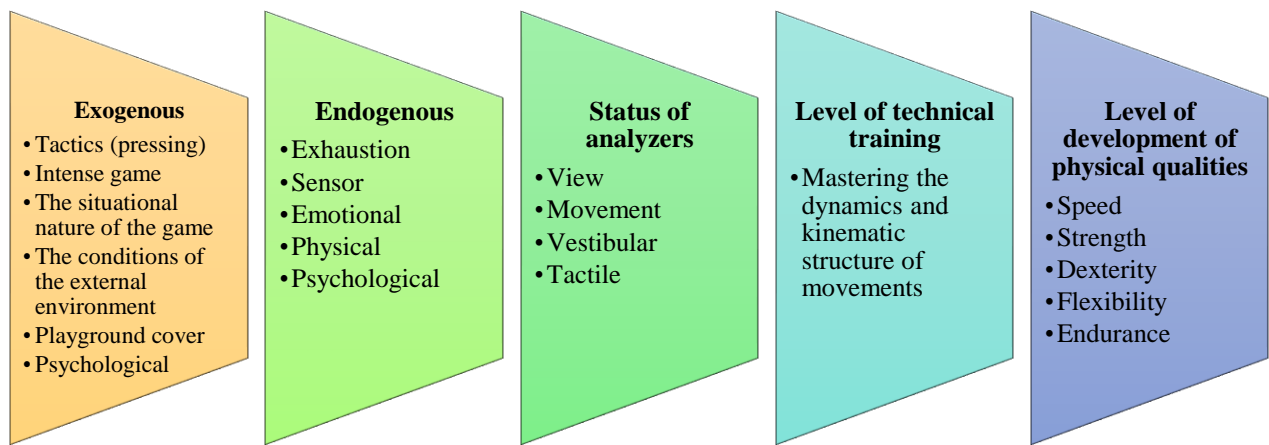


Figure 2. Factors determining the accuracy of performing technical methods with the ball in sports games

Endogenous factors are internal factors that describe the state of the body, depending on the athlete to one degree or another. This group of factors can be controlled by the athlete himself. Exogenous factors are factors that have a great influence on sportsmen's game activity, which do not depend on the level of his training, and the sportsman cannot influence their influence in practice. All the factors mentioned in the picture are fully explained.

Exogenous

- Tactics (pressing)
- Intense gameplay
- The situational nature of the game
- Conditions of the external environment
- Playground cover
- Psychological

Endogenous

- Exhaustion
- Sensor
- Emotional
- Physical
- Psychological

Status of analyzers

- View
- Movement
- Vestibular
- Tactile

Level of technical training

- Mastering the dynamics and kinematic structure of movements

The level of development of physical qualities

- Speed
- Strength
- Agility
- Flexibility
- Endurance

It is known that the success of athletes in competitions of any level depends on many factors, including what kind of training loads were used during their training.

CONCLUSION

In the mentioned data, it was determined that the effectiveness of technical and tactical actions of athletes during the game depends on many internal (Endogenous) and external (Exogenous) factors. If there are external tactics (pressing), intense game, the situation of the game, the conditions of the external environment, the covering of the playing field, psychological factors, internal fatigue, sensory, emotional, physical, psychological factors, the technical methods are of high importance.

REFERENCES:

[1] Бабушкин Г.Д., Яковых Ю.В. Экспериментальное обоснование методики повышения помехоустойчивости баскетболистов к сбивающим соревновательным факторам // Спортивный психолог. 2009. — № 1 (16). — С. 68-72.

[2] Богданов, В.М. Использование современных информационных технологий в теоретической и методико-практической подготовке студентов по физическому воспитанию / В. М. Богданов, В. С. Пономарев, А. В. Соловов // Материалы всерос. науч.-практ. конф. — СПб., 2000. С. 23-24.

[3] Болгов А.Н., Крикунова О.Ф. Влияние свойств внимания на селевую точность штрафного броска студентов – баскетболистов // Теория и практика физической культуры. № 3, 2022. с. 90.

[4] Ботяев В.Л., Загrevский О.И. Психомоторные способности спортсменов к зрительно-пространственной ориентации и их взаимосвязь со зрительно-пространственным восприятием // Вестник Томского государственного университета. – 2009. – № 5 (332). – С. 182–185.

[5] Губа В. Исследование возможностей повышения быстроты перемещений с мячом и без мяча у футболистов высокой квалификации / В. Губа, Н. Ермаков, И. Строева // Теория и практика футбола. - 2002. — № 3. — С. 27-28.

[6] Драндров Г.Л., Афоншин В.Е. Обучение футболистов групповым тактическим действиям в нападении с применением информационных технологий//Современные проблемы науки и образования. – 2016. – № 5. С 40-41.

[7] Дударева Л.А., Теплова Л.Г. Изучение факторов, влияющих на эффективность технических приемов в волейболе// Успехи современного естествознания. – 2012. – №5. – С 113.,

[8] Исеев Ш.Т., Исеев Т.Ш. Анализ выступления сборной команды Узбекистана У-23 по футболу на чемпионате Азии 2016 года./ ФАН-СПОРТГА Илмий- назарий журнал № 1, 2016, Ташкент. С. 24-32.

[9] Исеев Ш.Т., Курязов Р. Анализ функционального состояния сердечно-сосудистой системы у студентов, занимающихся физической культурой и спортом. Материалы второй традиционной научно-практической конференции, посвященной 21-годовщине Конституции Республики Узбекистан. Филиал МГУ им. Ломоносова М.В. Ташкент, 2013. С. 133-136.

[10] Исеев Ш.Т., Талипжанов А.И. Сравнительный анализ выступления сборной У-23 по футболу в отборочном турнире олимпийского цикла 2020 года./ ФАН-СПОРТГА Илмий — назарий журнал № 6, 2020, Ташкент. С. 5 – 8.

[11] Карагодина А.М., Болгов А.Н., Крикунова О.Ф. Влияние свойств внимания на селективную точность штрафного броска студентов – баскетболистов// Теория и практика физической культуры. № 3, 2022. с. 90-95,

[12] Киприянов В.А., Худяков Г.Г., Кожевникова И.Ю. Развитие быстроты и точности движений у начинающих игроков 11–12 лет// Вестник Южно-Уральского государственного университета. Серия: Образование, здравоохранение, физическая культура. – 2012. – №28. – С.115–117.

[13] Колин К.К. Информационная технология как научная дисциплина // Информационные технологии. 2001. — № 1. — С. 2-10.

[14] Методы и портативная аппаратура для исследования индивидуально-психологических различий человека / Н.М. Пейсахов, А.П. Кашин, Г.Г. Баранов, Р.Г. Вагапов. Казан. Изд-во Казан. ун-та, 1976. – 238 с.

[15] Полевщиков М. М., Роженов В. В. Точность двигательных действий как критерий отбора для занятий игровыми видами спорта, Ученые записки университета имени П.Ф. Лесгафта, № 6 (100) – 2013. С. 103-108.