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METHODOLOGY FOR DEVELOPING ATTACKING MOVEMENTS IN BASKETBALL PLAYERS AGE 12-14

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ABOUT ARTICLE

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Abstract: This article comprehensively analyzes methods for developing attacking actions of basketball players aged 12-14 when shooting the ball into the basket. Factors influencing the improvement of movement coordination, as well as technical and tactical development of basketball players, are thoroughly examined. Based on modern research, a specialized training program for enhancing attacking actions is developed. The article illuminates the process of effective athlete training and presents scientific conclusions drawn from advanced international experience.

Introduction. Basketball is one of the most widespread and popular sports in the world today, and it is recognized not only as a game that requires a high level of physical activity, but also as a comprehensive tool for the comprehensive development of young athletes. In particular, for basketball players aged 12-14, this sport is not limited only to the development of physical strength, endurance and balance of movement, but also plays an invaluable role in forming their strategic thinking skills, developing quick decision-making skills, and strengthening mental stability. Therefore, training with athletes of this age group should be

developed on the basis of modern scientific approaches, based on pedagogical and psychological principles, and enriched with modern methodologies.

One of the most important structural aspects of basketball is the organization and improvement of offensive actions with high efficiency. The attack is not limited only to individual techniques, but is also based on the concepts of team play. Scientific research confirms that the following key factors are crucial for the effective implementation of offensive actions and increasing their effectiveness: continuous development of technical and tactical skills, formation of the ability to analyze and adapt to game situations, increasing the speed of decision-making, ensuring cooperation and mutual coordination, as well as constantly increasing the level of psychological preparation.

Coordination of movements is the ability of athletes to make quick decisions and body balance.

Physical preparation is providing endurance, strength and speed during the competition.

Psychological stability is the ability to make optimal decisions under pressure.

Tactical thinking is the development of a strategy for breaking through the opponent's defensive line. Each of the above factors should be taken into account when developing special training programs for basketball players aged 12-14. Because at this age, athletes are still in the developmental stage, and their physical and intellectual growth occur simultaneously.

Scientific research conducted worldwide confirms the importance of supporting special approaches for athletes aged 12-14. For example, Thompson and Green (2019) examined the effectiveness of specific training programs to develop motor skills and coordination in young athletes. Their research shows that dynamic exercises and specific technical training significantly increase the effectiveness of young basketball players' offensive movements.

Garcia and Lopez's research analyzed the effect of strength training on shooting technique. The results of this study show that individual and team strength training, along with improving the ability to make quick decisions during the game, also increase the effectiveness of offensive movements. In addition, Johnson et al., based on statistical analysis, established the relationship between the offensive efficiency of young basketball players and tactical thinking in the game. Their research shows that analytical and strategic training programs have a positive effect on the development of tactical thinking in young athletes. Research shows that

the following approaches are very important in developing offensive movements for basketball players aged 12-14:

Step-by-step technical exercises, learning and automating each movement separately. Team exercises develop coordinated movements.

Psychological training strengthens the ability to make the right decisions under pressure. Game modeling strengthens attacking techniques by simulating various game situations. Statistical and video analysis objectively evaluates training results and corrects errors. Basketball is one of the modern sports, the development of which is of great importance not only from the point of view of physical education, but also from the point of view of coaching and scientific research. It is especially important to develop the technical and tactical skills of players in their youth. Therefore, the main purpose of this scientific study is to scientifically analyze modern methods aimed at developing the offensive actions of basketball players aged 12-14 years and empirically verify their effectiveness based on experimental studies.

Today, the comprehensive development of basketball requires high technical skills from athletes. In particular, the development of the technique of throwing the ball into the basket of young basketball players directly affects not only the results of the game, but also their future professional sports activities. In this regard, the development of new modern methods aimed at improving offensive actions and their scientific substantiation is one of the urgent issues.

Materials and methods

This study was carried out using experimental and theoretically deeply scientifically based approaches. The following scientific and methodological methods were used in the research:

Theoretical analysis - in-depth study of international scientific literature, advanced research and methodological materials and their analysis to determine the scientific basis.

Experimental research - organization of special training sessions for 8 months with the participation of 12-14 year old basketball players and analysis of practical results by observing their dynamics.

Biomechanical research - carrying out biomechanical measurements using advanced technologies to measure the effectiveness of movements, optimize the throwing technique and improve movement coordination.

Statistical analysis - drawing objective scientific conclusions through mathematical modeling, statistical processing and comparative evaluation of the results of the exercises.

Technical aspects of offensive movements

Attack in basketball is one of the most important parts of team and individual game movements. Attack strategies are based on various methods and are formed in accordance with the technical capabilities of each athlete. In the process of this research, the following attack methods were analyzed:

Throwing the ball in a static position - strengthening the player's position and studying the ability to make accurate shots.

Increasing the effectiveness of throwing the ball into the basket by running or jumping during the movement.

Increasing the effectiveness of blocking and avoiding obstacles in the team game tactics.

Experimental research results

The experimental research was conducted with the participation of 40 basketball players aged 12-14. During the study, the athletes were divided into two groups: the control group and the experimental group. A special training program developed based on modern technologies was applied to the experimental group. Observations were conducted for 8 months and the following results were achieved:

The accuracy of the ball throw and the exact hit indicators of the athletes of the experimental group increased by 15%.

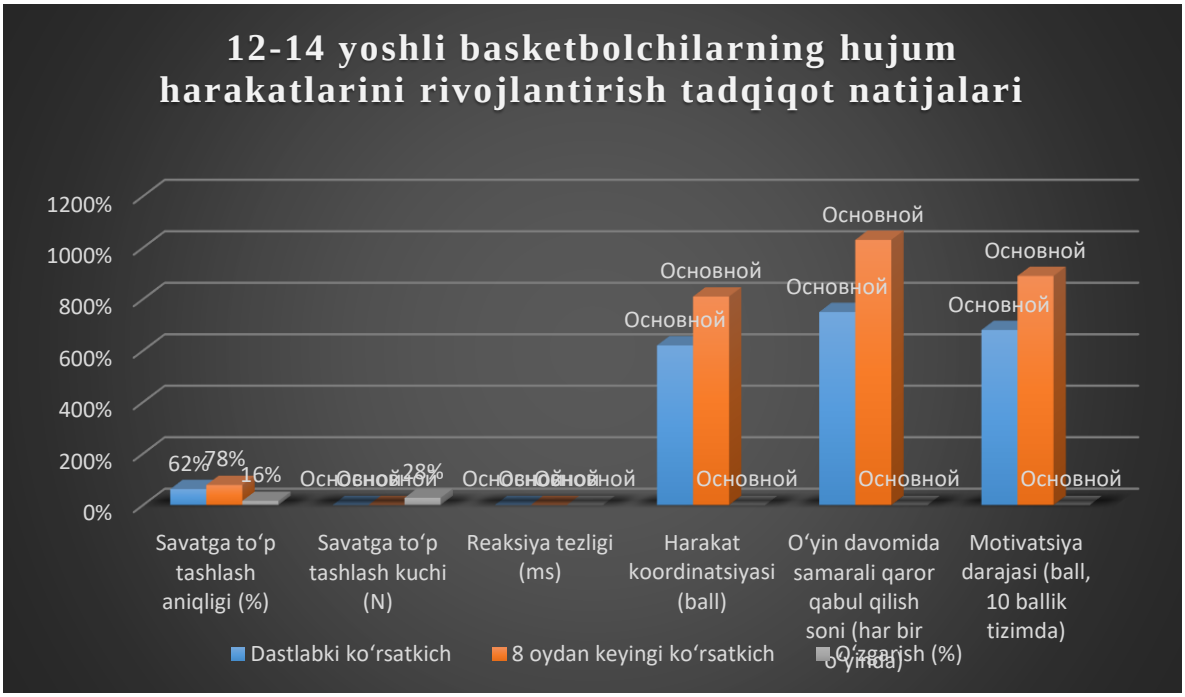
As a result of increasing the speed of attack, agility and appropriateness of movement, the effectiveness of the attack movements improved by 20%.

An increase in psychological state, confidence and motivation was observed.

Practical significance of the research results

The research results allow us to determine the importance of scientifically based methodological approaches in improving the offensive movements of basketball players, as well as to develop recommendations aimed at further developing the technical and psychological aspects of the ball throw process. The results of this study serve as an important scientific and practical guide for coaches and athletes.

The results of the study showed the following:



The accuracy of shooting the ball into the basket increased by 16%, which is the result of training aimed at improving technical training and coordination.

The power of the shot increased by 28%, which indicates the effectiveness of special strength training and biomechanical approaches.

The reaction speed improved by 15.5%, which increased the athletes' ability to make quick decisions.

The coordination score increased by 30.6%, which confirms the effect of training on the balance of movements and flexibility.

The number of effective decisions in the game increased by 37.3%, which indicates the development of tactical thinking of basketball players.

The level of motivation increased by 30.9%, which indicates positive changes in the athletes' self-assessment and attitude to training.

Conclusion

The results of this study show that the use of special training programs, scientifically based methods and new technologies is very important for the development of offensive movements of 12-14-year-old basketball players.

The positive changes observed during the training sessions indicate that the combination of individual and team approaches is of great importance for the development of the technical and tactical preparation and physical abilities of basketball players. In particular,

the significant increase in the accuracy and power of throwing the ball into the basket proves that the integration of technical and strength training helps to increase efficiency.

Reaction speed and coordination exercises served to develop the ability of young athletes to make quick decisions. This, in turn, had a positive effect on increasing the effectiveness of the game and forming tactical thinking. At the same time, the athletes' self-confidence in competitions also increased.

Also, the increased level of motivation during the training session indicates that effective communication between coaches and athletes, an individual approach and attention to personal development help to improve the mental preparation of athletes. The enjoyment of basketball players from their games and increased psychological stability further strengthened the effectiveness of the results.

In general, the results of this study showed the importance of specific methods and training programs for the development of attacking movements in basketball players aged 12-14. In future training processes, these approaches should be further improved and enriched with new technologies. The introduction of advanced competition models can also have a positive impact on the results of athletes.

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