

Basics and Advantages of Individual Training to Increase Technical and Tactical Training of Basketball Players

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ABSTRACT: This article discusses the organization and conduct of individual training sessions, taking into account the specific characteristics of each player on the team.

KEYWORD: basketball players, individual, technique, defender, striker, center player, skills, training.

INTRODUCTION. Consistent measures are being taken in our country to promote physical culture and sports, create the necessary conditions and infrastructure to promote a healthy lifestyle, especially among young people, to ensure the country's worthy participation in international sports arenas, as well as , the existence of a number of systemic problems and shortcomings in the organization of physical culture and sports hinders the effective implementation of state policy in this area and the full use of existing sports potential of the country. introduction of a new digital system of identification, selection and selection of young people, creation of a strong Olympic reserve, participation of athletes in the Olympic and Paralympic Games, Asian and Paralympic Games, world championships and other major international competitions, as well as high results. A number of resolutions and decrees have been adopted by President Mirziyoev to ensure the achievement of this goal. In order to radically improve the system of public administration in the field of physical culture and sports, to promote a healthy lifestyle among the population, especially youth, as well as in the five priority areas of development of the Republic of Uzbekistan in 2017-2021 The Action Strategy and the Concept of Administrative Reforms in the Republic of Uzbekistan and a number of reforms set out a number of tasks aimed at the prosperity of sports. First of all, it is necessary to train skilled athletes for the development of sports. Individual work with each athlete, regular and purposeful training, tireless work will one day pay off. Each training plan should take into account the physical capabilities of the basketball player, his morphological body structure, and be based on wisely selected tools to improve the necessary qualities of the basketball player. Basketball players' self-education tasks, ways and means of solving them should be purposeful and planned.

MAIN PART. The team's training process is group-based, with coaches often working with the entire team, regardless of the individual characteristics of the players. To train basketball players more effectively, experts recommend combining individual training with teamwork during each training session.

The organization of individual training of basketball players should take into account the technical, theoretical, physical and psychological training, as well as regular individual training. An individual

plan is developed by the coach for the athletes who have started training in the primary training groups, and an individual plan for the top basketball players is developed in cooperation with the athlete and the coach. The content and purpose of the plan for each athlete should be closely linked to the team plan.

The techniques, methods, and variety that have been developed in the development of the sport of basketball are the tools that allow you to most successfully solve specific game problems and lead to victory.

The term "technique" refers to a system of actions that is structurally similar and aimed at solving a problem in all sports. One of the main tasks of the game is to master the use of techniques in the game and to develop ways to implement them. History has shown that at different stages of the development of basketball, the number of techniques, methods of their implementation, evaluation criteria have changed and improved. The game has changed over time, enriching its technique, tactics and increasing the level of preparation of the players.

The athlete's technique at each stage of development is the most effective, tested tool in practice, allowing the player to succeed in difficult wrestling situations within the rules. In difficult and problematic situations, to achieve the best results in game positions, a basketball player must know different techniques and methods, analyze the situation, choose the most appropriate technique or combination of techniques and perform them quickly and accurately.

An individually designed plan is developed in a short period of time and allows you to independently target the skills of basketball players and use specific tasks, standards and tools that allow them to control their technical readiness.

An analysis of the current state of basketball shows that the acceleration of basketball professionalization will dramatically increase the effectiveness of basketball players in a competitive environment, which in turn will require more effective organization and methodology of individual training of basketball players.

The problem of individual training of athletes has also intensified, as in recent years the duration of competitions has increased significantly, and the number of games in competitions of various sizes has increased. This has led to a reduction in team training time and a lack of time for athletes to train individually in preparation for team training.

Objective: To develop and implement various methods and systems for organizing individual basketball training sessions.

Research methods: analysis and generalization, pedagogical observation using curriculum development, pedagogical experiment methods.

The course of the study. In the first phase of the study, we carried out pedagogical work, that is, identified tasks that should be considered in the development of individual curricula.

Here are some suggestions on how to look or get an appointment for antique items:

First of all, taking into account the current state of preparation of the basketball player, the role of the player, the tasks set by the coach, a comprehensive analysis of all his capabilities, carefully study the training tools and methods he has used so far, their effectiveness. rganish. Once you have all the information about a basketball player over a period of time, you need to develop the most appropriate tools and tasks that will allow you to improve your athlete's technique. These tools should allow him to become a highly skilled basketball player.

The second task is to set deadlines and control standards for further testing of the basketball player's technical and physical fitness.

The third task is to test the accuracy of the proposed tools after the allotted time for individual training of the basketball player. A comprehensive analysis of the test results is needed to determine how much the results and indicators have improved.

Here are the things to look for when selecting yours.

- ✓ gradual increase of the load;
- ✓ work on all major muscle groups
- ✓ change of load and proper organization of rest (optimally recovers from 48 to 72 hours);
- ✓ Uninterrupted workload (requires at least two sessions per week).

When we watch NBA tournaments, the tournament schedule is so busy that it leaves basketball players with almost no time for full individual training using the traditional method. The competition starts in October and ends in March. Basketball players need to be able to prepare themselves, know the basics of training methodology, find opportunities for individual self-training in the absence of team training.

However, in U.S. professional basketball, the length of the team's preparation period for the tournament season is limited by a contract (agreement with the players' association), lasts no more than a month, and takes place in September. Given that sporting results largely determine the financial benefits of the club and top players, games require complete dedication, and one can imagine how much time and effort basketball players spend on individual training.

The training process for the basketball team of Bukhara State University consisted of 3 lessons per week (duration 2 hours), which was attended by all members of the team (4 days off). In addition to team training, the team training process included 3 individual sessions (45 minutes) for each team player. During these sessions, basketball players worked with an individual coach and completed tasks based on a program designed to train basketball players to attack.

An individual training program for basketball players, taking into account the individual characteristics of each player:

First of all, it is necessary to clarify in which ampoule the players will play.

Take the ball away from defenders and attackers, move the ball

- ✓ striker - moving with the ball, throwing the ball in motion
- ✓ Central player - passing the ball over long, medium and short distances,

Improving players' attacking techniques according to the game's ampoule, taking into account individual characteristics:

- ✓ level of coordination of abilities
- ✓ the level of analysis and synthesis of the game process
- ✓ athletic and strength skills
- ✓ ability to work and willpower, etc.

The above should not be overlooked when creating an individual training program for each basketball player.

The individual training of the basketball players is focused on the position of the central basketball player, most of the exercises are aimed at improving the technique for attacking and shooting at close

range. However, a lot of the exercise was done with the ball management technique, as in difficult times of the game, due to the weak resistance of the opponent, the players move the ball from their field to half of the field. Exercises aimed at improving three-point distance shooting are a small part of the list of exercises in this players' plan, which has been shown to be more effective for players who play in attacking ampoules. There is also a strong emphasis on a balanced diet.

Conclusion. A study of the characteristics of individual basketball players' training methodologies and approaches can highlight the high level of self-improvement and responsibility shown by athletes in preparation for the competition season, which is explained by the effort and competition for the top spot.

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