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FOSTERING THE QUALITIES OF AGILITY OF BASKETBALL PUPILS IN UZBEKISTAN

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ABSTRACT

This article emphasizes the importance of training young basketball players in their physical qualities. The paper analyzes importance of speed in basketball. In most sports, speed is very important, but in basketball it's a bit more because you run a lot of the field during the game. When we talk about speed in basketball, we're talking about more than just running fast. While this is very important, it is the ability to run fast for the whole game that is really important. Here are a few reasons why speed is so important in basketball. Often midfielders and full-backs need to move quickly with the ball to get the most out of their work. That doesn't mean they have to burn fast, but they should be able to run at full speed while dribbling. It's a very difficult skill (because you also have to master your dribbling skills), but it's very necessary because it doesn't interfere with self-defense. Take a look at the best teams in the world. They may not be the fastest teams, but they make the most of their speed. Instead of just standing around with the ball, players walk quickly with it to get up to a fast pace and drop the defense. These are also excellent teams in counter-attack because they have players who are ready to run without the ball and without the ball.

KEYWORDS: *Physical Characteristics, Physical Training, Technique, Tactic, Training.*

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