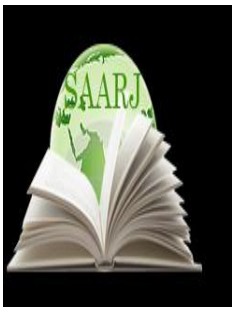

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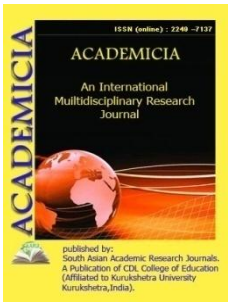

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FOSTERING THE QUALITIES OF AGILITY OF BASKETBALL PUPILS IN UZBEKISTAN

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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.*

INTRODUCTION

The place of basketball in society in the world is priceless. And the speed in it makes it even brighter. If you can't maintain your running endurance for 40 minutes of the game, speed doesn't matter. It doesn't matter if you get the ball in midfield and can get out of defense with a quick run, if you run out of power after 30 yards. You need to work fast until you can stick to your maximum speed from start to finish.

Again, you don't have to run very fast to increase your basketball speed. It's very important to give up everything every time you have to sprint. No matter what ampoule you have, if you're fast-paced, it's very important in basketball and you'll have a skill to be proud of. If you are fast, this is your win. In world basketball, neither Garth Bale nor Cristiano Ronaldo achieved their current result in one day.

I want to show you how to improve your basketball speed with the following scientific article.

RESULT AND DISCUSSION

Different aspects of speed in basketball

As has been pointed out several times, speed is an important factor for all positions in basketball (even at a young age, straight lines represent the highest rate of movement performed by a top scorer.

There:

• Straight line speed (they can be divided into first stage speed, 0-5 meters, acceleration 0-10, maximum speed)

• Speed as a result of a change in direction

• speed of movement and

• Dribbling speed

• explosive (acceleration and speed and standing or walking speed from 25 km / h to 0.5 seconds) and leading sprints (9) (characterized by a gradual increase in speed from 25 km / h to> 0.5 seconds))

As a result, various aspects need to be explored in basketball, as well as during player development.

To give instructions on what the workouts should look like, coaches need to understand the guidelines for sports science (intensity, volume, number of repetitions, recovery time between sprints).

Conditions for all aspects of rapid learning

Training sessions per week: It depends on the type of training used, the time of season and the purpose. If you need to keep up the pace, then 1-2 workouts during the season will be helpful. To increase speed, the training frequency can be 2-3 times higher before the season and the following season.

Total duration of training intervention: The total duration of all cited references was in the range of 4-10 weeks, so we recommend a similar duration.

Intensity: All sessions (and therefore within all sessions) should be maximal - that's the whole focus. Usually, quality, not quantity, seems important. Therefore, the intensity affects the duration of the sprint and the total number of sprints per session. The duration of a single sprint should be <15 seconds to ensure maximum intensity / running speed and no lactate.

Recovery time between sprints: Speed training is anaerobic in nature, so it should include adequate recovery after each exercise / sprint (up to 1 minute full recovery in a 10-meter sprint!!). However, we believe that the nature of basketball (since players do not have a full recovery period) is that a recovery period of ~ 30 seconds per 10 meters is sufficient. The literature provides only approximate estimates for the duration of recovery. For example, 72 seconds (2) is only measured for high-speed movements, which only measures sprints.

However, if we take the average from the next paragraph, an average of 72 seconds of recovery is observed in the 20-meter running distance. The Time Motion Analysis (TMA) shows the loads for the workout (number of distances and distances) and the total volume (distance and distance * total number of distances) (to ensure movement during the workout schedule). Sprints with an average distance of 8-10 m are performed in a professional basketball game (8), and sprint training is 6-12% of the total distance (9, 30) and can reach values up to 150 meters. (2, 13) In addition, there are position-specific number of sprints (1, 7) and duration (7), with a wide range of midfielders and strikers totaling (7), with a maximum of 36 sprints. Despite these numbers, research shows that there is variability between growth (13) and all aspects of sprinting (number of sprints, duration of sprints, distances) in 16-year-olds in youth basketball (14).

Driving the ball slows down the speed (hence the intensity). As a result, the dribbling speed does not increase the running speed. But it's a skillful game where players have to practice.

Educational effectiveness

As can be seen from the literature, there are many different protocols.

Sprint (24), Resistant Sprint (36), Sprinting Assistant (36, 37), SAQ Drills (17), Repeated Sprint (35, 38), Coordination (38), Plyometry (10, 26, 27), Power (4) 12, 19, 27, 28, 32, 39, 40), complex and contrasting exercises (22) and combined methods (19, 32) were seen to increase the sprint ability of young and adult players.

Despite the evidence, we want to share a more practical approach and show how training methods affect different aspects of speed, as most coaches have limited time with athletes.

Research boundaries and additional considerations

Different participants were used in the training, young, male and female professional players (as well as other athletes) - so the results should be carefully considered.

There were weekly workouts (intensity, load, and volume) and workout frequencies for each session.

Coaches need to be careful about the importance of increasing speed. 0.1 seconds (e.g.) over a distance of more than 12 meters (e.g., this improvement) can give the player the highest level, as the distance from 13 meters between 4.20 and 4.30 seconds is 0.20 meters. But it will take 0.10 seconds for the player to decide to run faster, and so his speed advantage has already diminished. In support of the previous ideas, we would like to point out that the International Athletics Foundation uses 0.05 seconds to detect a wrong start in the 30-sprint, as it takes physiologically / biologically 0.05 seconds for a person to signal from brain to muscle. Accelerator if the sprinters start before this time limit, they guessed the signal and so this is the wrong start.

However, there are usually many ways to increase speed. Below are some guidelines for each training opportunity.

Coaches need to be careful about the importance of increasing speed. A drop of 0.1 seconds (e.g.) from a distance of 30 meters (e.g. greater) may give the player the highest level (a distance of 30 meters from 4.20 to 4.30 seconds is 0.70 meters), but this may be required. 0.05 seconds for a faster player to decide on a run and therefore his speed advantage is already reduced.

The International Association of Athletics uses 0.05 seconds to detect a wrong start in the 20-sprint because the human brain has to give a signal physiologically / biologically for 0.05 seconds for the muscle to move (and therefore start). If the sprinters started earlier than this, they guessed the signal and so this is a wrong start.

However, there are usually many ways to increase speed. Below are some guidelines for each training opportunity.

General guidelines for all and / or every opportunity for training

Our sample session is relevant to scientific knowledge and also includes many of the training opportunities and technical elements mentioned above.

A general guide to all the possibilities of education

Sprint exercises

It is recommended to run distances higher than 5, 10, 15 and 20 meters, 8-15 in one session and a maximum distance of 100 meters in the general session. The training should include an increase in the number of sprints and the total distance.

Sprint exercise with the ball

It is recommended to run a distance of 10, 15 and 20 meters, 3-10 times in each session and a maximum distance of 100 meters in each session. The training should include an increase in the number of sprints and the total distance. Ball sprints are less common without the ball, so fewer sprints are recommended.

Sprint training, including turns Sprints are recommended to run distances of more than 5, 10, 15 and 20 meters, with a maximum of 4 laps for each sprint, a total of 8-15 sprints per session and a maximum distance of 500 meters per session. The training should include an increase in the number of sprints, the number of turns, and the total distance.

Exercise the ball with a sprint

It is recommended that sprinters run distances of more than 10, 15 and 20 meters, with a maximum of 4 laps for each sprint, a total of 8-15 sprints per session and a maximum distance of 100 meters per session. The training should include an increase in the number of sprints, the number of turns, and the total distance.

He resisted the sprint

There are many options for resistance sprint exercises. Options: pin, weightlifting, parachuting, and high jump. The common denominator of all the options is that the players will face some

resistance. As a result, we will have to make recommendations for each option; but for most options there is only limited knowledge (1 or 2 links), and for some options there is none.

The most commonly used resistance exercise throughout the literature was shpeding exercises. Training was used 2 times a week, with a total weight of up to 3 kg or a relative load of 10% BM on the sledge, a running distance of up to 14 meters, and a total of 8-10 times per session.

There are a number of options available to help with sprinting. Options include: downhill running, swimming, and supramaximal treadmill. The common denominator of all the options is that the players work at a high speed, they can't help themselves.

Limited scientific evidence suggests two sessions per week.

Strength / power training for speed

There are several strength / strength exercises to increase speed. Options include: All exercises that extend the hips and / or legs to increase horizontal strength / strength (refer to strength exercises to see examples). However, vertical movements are also available in basketball and can therefore be used in vertical combat and / or helmet jumping. Unfortunately, there are so many opportunities in the literature, so we would like to refer to our department's strength training to get training ideas / protocols.

Plyometric exercises for speed

Plyometric exercises involve the use of a stretch-contraction cycle (SSC) as in a wide jump. Unfortunately, there are several other training protocols that still need to be explored in terms of dose / response relationships. For example, the training load for one session was in the range of 12-20 jumps. If 10 jumps are enough to increase the speed, or 20, 25, 35 .40 is needed, this can be proven. Single and double-legged vertical and horizontal jumps should be included in the workout, as well as in different directions.

CONCLUSION

The following conclusions were drawn from the analysis of foreign publications on speed:

-An analysis of the literature shows that, speed training includes not only the physiological aspect (speed), but also some technical (e.g., a qualitative approach to improving sprinting technique) and possibly some tactical aspects (counter-attack) possible

-Depending on the set of exercises, several learning objectives can be combined.

-Analyzing the effectiveness of the player's future, a comprehensive assessment of the abilities and skills of our young players can be concluded that young people and adolescents should be educated with methods that meet current requirements in order to pay sufficient attention to their agility.

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