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WAYS TO IMPROVE THE EFFECTIVENESS OF GENERAL PHYSICAL TRAINING TOOLS FOR SCHOOL-AGE BASKETBALL PLAYERS

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Abstract

Achieving high results in modern sports depends on the systematic results of long-term training. The athlete's attitude to the training process and his sporting duty largely stems from his training motivation and participation in competitions.

Keywords; Psychology, sports, basketball, physical education, preparation, competition, training, coach, victory, sports psychology.

Introduction

MAKTAB YOSHIDAGI BASKETBOLCHILARNI UMUMIY JISMONIY TAYYORGARLIK VOSITALARINING SAMARADORLIGINI OSHIRISH USULLARI

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Аннотация

Zamonaviy sportda yuqori ko'rsatkichlarga erishish ko'p yillik mashg'ulotlarning tizimli natijalariga bog'liq. Sportchini mashg'ulot jarayoniga va o'zining sport burchiga bo'lgan munosabati ahamiyatli darajada uning mashg'ulot motivatsiyasi va musobqada qatnashishidan kelib chiqadi.

Калит so'zlar; psixologiya, sport, basketbol, jismoniy tarbiya, chiniqish, musobaqa, mashg'ulot, murabbiy, g'alaba, sport psixologiyasi.

ПУТИ ПОВЫШЕНИЯ ЭФФЕКТИВНОСТИ СРЕДСТВ ОБЩЕФИЗИЧЕСКОЙ ПОДГОТОВКИ БАСКЕТБОЛИСТОВ ШКОЛЬНОГО ВОЗРАСТА

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Аннотация

достижение высоких результатов в современных видах спорта зависит от систематических результатов многолетних тренировок. Отношение спортсмена к тренировочному процессу и своему спортивному долгу в значительной степени проистекает из эго тренировочной мотивации и участия в соревнованиях.

Ключевые слова; психология, спорт, basketbol, физическое воспитание, подготовка, соревнование, тренировка, тренер, победа, спортивная психология.

Introduction.

Paragraph 232 of the decree of the president of the Republic of Uzbekistan "on the state program on the implementation of the strategy of action on the five priority areas of development of the Republic of Uzbekistan in 2017-2021 in the "Year of development of Science, Education and digital economy" established



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the tasks related to the establishment of training of highly qualified trainers and other The regulatory legal document, which is intended to be adopted in this regard, provided for the establishment of the Fergana branch and Research Institute of the Uzbek State University of Physical Culture and sports and the transfer of the Center for scientific and methodological support, retraining and professional development of physical education and sports under the Ministry of physical education and sports to the University. Also, starting from the academic year 2020/2021, the Tashkent Medical Academy, Tashkent Pharmaceutical Institute and other higher educational institutions will train personnel in the specialties of sports medicine, pharmacology, rehabilitology, psychology and dietologist, Tashkent Medical Academy and the magistracy of Andijan, Bukhara and Samarkand medical institutes in cooperation with higher educational institutions, train qualified specialists in the field, it was established to implement measures to establish contacts for improving the skills of professors and teachers.

With the decision of the head of state on November 3, 2020 “on measures to improve the system of training of personnel in the field of Physical Education and sports and increase scientific potential”, ensuring the implementation of these tasks set out in the state program, a number of issues aimed at training specialists in the field of physical education and sports and popularizing According to the decision, on the basis of the Fergana branch of the Uzbek State University of Physical Culture and sports, a special scientific laboratory for the study and analysis of the technical-tactical, psychophysiological state of athletes of the Uzbek State University of Physical Culture and sports, the Institute of Physical Education and sports scientific research under the Uzbek State University of physical

The following are the main functions of the branch: - training of qualified personnel capable of high-level performance of tasks in the field of physical education and sports development, in accordance with international requirements for the quality of Higher Education; - solving the scientific and technological tasks of the development of services and Wellness Networks, conducting scientific and applied research and implementation of scientific



developments aimed at the field of sports using advanced foreign experience; - development of cooperation with leading higher education institutions and scientific centers of the Republic and foreign countries in the fields of production and processing in order to carry out educational and scientific projects, to attract specialists to the process of education and scientific research; - implementation of advanced foreign experience in the introduction of educational processes based on modern educational technologies into the higher education system, development of a system of training of personnel for the field of physical education and sports, as well as assistance in the development of an open, information and educational environment.

While the Institute of scientific research assumes, the following main tasks are assigned: - creation of theoretical and scientific and methodological foundations of the field of physical education and sports; – conducting fundamental research work in the field of physical education and sports, as well as attracting international and domestic scientific and practical grant projects; – Organization of comprehensive research and development of necessary recommendations for the widespread use of innovative technologies during the period of conducting training meetings of highly qualified athletes; - scientific and methodical assistance in preparing national teams for international competitions in sports; - preparation and printing of scientific and methodological recommendations, training and manuals, textbooks on sports psychology, dittology, rehabilitation and medicine; - development of effective, scientifically based tools and techniques, taking into account age characteristics, in order to develop mass sports among the population and widely promote a healthy lifestyle; - to establish a system of diagnostics and correction of functional, biochemical, psychodiagnostics, biomechanical working capacity of athletes; - methodical assistance to trainer-breeders and specialists in order to effectively organize selection work; - provide scientific and methodological recommendations for monitoring and correcting the results of the state of physical fitness of the population; - attracting highly qualified specialists from abroad in order to effectively organize research work;



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-training standards and science programs in the field of physical education and sports for all types of education in the Republic (preschool, general secondary, professional and higher education, as well as extracurricular, sports education), textbooks and teaching aids, including audio, video and electronic textbooks, online lessons and preparation of other types of scientific and methodological materials. At the same time, the scientific and methodological Council of the Republic was established under the University, which continuously operates on a public basis, and the following were established as its main tasks: - coordination of work to improve the efficiency of the activities of state organizations and sports federations (associations – in the field of physical education and sports; - Organization of methodological foundations for training in sports and educational institutions in the field of physical education and sports; -participation in the development of projects of regulatory documents in the field of physical education and sports and making conclusions on scientific justification; - Organization of working commissions and expert groups with the involvement of leading specialists and scientific personnel in the field of sports. In accordance with the decision, the “roadmap” on the radical improvement of the system of training of Higher Education personnel at the Uzbek State University of Physical Culture and sports was approved. The state commission on admission to educational institutions of the Republic of Uzbekistan on the basis of proposals of the Ministry of Physical Education and sports and the Ministry of health of the Republic of Uzbekistan on the basis of proposals of the Ministry of Physical Culture and Sports, The Tashkent Medical Academy, Tashkent Pharmaceutical Institute and other higher educational institutions on the basis of sports medicine, pharmacology, , The magistracy of Bukhara and Samarkand medical institutes provides for the implementation of organizational measures for the training of personnel in the specialties “Dietologist” and “Neurobiology (nutrition science)”. Movement skills or, as expressed in sources,” vital necessary movement skills " (sitting, standing, crawling, walking, running, stopping, jumping, etc.k.) are dependent on genealogical factors and form at different stages of ontogenetic development. Such skills are brought up from the birth of a child with the help of their parents, kindergarten coaches,



specialist teachers of various educational institutions, sports clubs. Human beings have been protecting their family, tribe and el-yurt since the distant past, teaching girls to household chores, boys to hunt, work, action skills typical of fighting.

Any action is also unconscious and surfing is not performed. Even in children of infant age, at first glance, unconscious actions are performed (laughing, swinging, catching something, etc.k.) analyzer centers located in the cranial hemispheres (motion, vision, hearing, etc.k.)" guided " by afferent and efferent nerve tracts. And in neuromuscular fibers, tissues and cells, traces of these movements are stored in the memory apparatus for a short or long period (P.K. Anaxin, 1980; 2002; M.M. Bezrunix, D.A. Farber, 2000; N.V. Zimkin, 1986; A.A. Morkosyan, 2002; V.M. Smirnov, V.I. Dubrovsky, 2002). As the functions of physiological organs mature, as memory, consciousness, attention, thinking, imagination, perception are formed, the main characters aimed at a useful and superior goal are controlled and controlled through the integral function of the brain, while the rest of the secondary actions are the functional sections of the shell (spinal cord, longitudinal brain, midbrain and cerebellum, etc.).k.) are controlled in the presence of (P.K. Anoxin, 1980; N.V. Zimkin, 1986; M.M. Bezrukix, D.A. Farber, 2002). Basic actions are understood as actions that are performed to achieve a clearly purposeful beneficial result and satisfy a need based on dominant motivation in a particular situation. Additional or secondary, involuntary, or involuntary actions also have significant practical significance in their place. It can negatively affect the activity of the target movement, including the possibility of achieving a useful result, which is performed in addition to the content of the main chain of actions that satisfy the need (such actions occur when the skill is not et formed).K. Anaxin, 1980; 2002). General physical qualities that represent the potential of general physical fitness serve as a fundamental basis for both special physical training and for technical-tactical training, and even for mental training. If the general physical qualities are weakly formed, high technique-both tactics and willpower-will not help. Consequently, the proportionally formed physical qualities provide a measure of quality preservation of a special working capacity (technical-tactical actions)for



a long period of time. The athlete argued in favor of the idea that the ululshi of general physical qualities will become sluggish as their qualifications go back. A. Titar (1991), if this issue took note of the idea that he would lose his priority in the pre-competition and competition stages, then he is right, of course. The formation of truly physical qualities at the pre-competition and competition stages must be focused on the direction of specialization. On the basis of the problems discussed, it is important to analyze the issue of moving general physical qualities into special physical ones and study the specific types of each physical quality. Visual observation of Circle training in high schools, colleges and academic lyceums, from the results of the study, it became known from the results of the study that at the initial stage of training in skills, most didactic princesses were given (regularity, visual, proportionality, discontinuity, perfection, etc.).k) as long as it is not observed. This is due to the fact that it can be thought that movement techniques, its speed and accuracy, mastering and sports skills take a long time in the term, and even several ears, because if the engaged student cannot comprehend such movement techniques in depth if the content of the coordination essence of the movement technique being taught, its elements and phases, biomechanical and aerodynamic properties.

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