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The Effectiveness of the Components of Technical and Tactical Training of Young Female Basketball Players

Ibragimov Alisher Karomatovich
Bukhara State Pedagogical Institute
Professor of the Department of Physical Education and Sports

Abdullayev Akobir Sherali o'g'li
Bukhara State Pedagogical Institute
2nd year master's student, Faculty of Physical Culture

A B S T R A C T
This research work analyzes the development of the technical and tactical preparation component of young basketball players. In the process of research, the importance of technical means (removing the ball, moving, putting the ball into the basket, defensive measures) and tactical actions (individual and team tactical actions, identifying game situations and making decisions) in the preparation of athletes was studied. The development process is based on the preparation of young basketball players for the game, starting with technical and training. The results of the study show that the systematic and gradual development of technical and technical support components is an important factor in the game support of athletes.

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Introduction

With the current development of sports achievements, outstanding results can be achieved only as a result of proper, comprehensive technical training of players, which requires:

- Equal mastery of all known techniques and all methods of their execution. This requirement arises due to the fact that the game of the best basketball players is characterized by active movements and the ability to act unexpectedly at any time.

This happens at a very fast pace, with the situation constantly changing. In order to solve specific problems at any time, it is necessary to master all the basic techniques of the game [4, p. 56];

- Mastering game moves consisting of several techniques combined in different sequences. There are not many basic technical techniques, but techniques are not used in basketball separately. All movements performed by a basketball player in a game consist of a complex of techniques combined with each other in various ways. These are called game moves. Such game moves are very diverse, allowing for a flexible game, taking into account a specific situation. The richer and more diverse their set, the faster and more effectively a basketball player can solve problems that arise in the game. Mastering techniques and the game moves that make them up is the basis of an athlete's technical skill;
- Mastering the set of techniques that are most often used in the game due to their functions in the team. True technical skill requires mastering only techniques and game moves. In a sharp, combination-based game, the individual characteristics of each player are used to the maximum:

- Height, agility, speed, jumping ability and other qualities. Therefore, the technical training of each player necessarily includes mastering a certain set of techniques that a particular player must use more often than others in the game [4, p. 59].
- Such a set of techniques can be improved only after the athlete has mastered the basic techniques; they can use their individual qualities more effectively when working on a specific set of techniques. Narrow technical training leads to a limitation of the set of individual techniques possessed by the player and a decrease in tactical opportunities and activity in the game [5, p. 59].

Methodology.

The issues of planning and organizing long-term training were studied on the basis of Olympic training cycles [1]. As a result of the analysis and systematization of the materials, the following methodological conditions for improving physical fitness were identified:

1. In order to ensure further improvement of the quality of specific indicators during subsequent annual cycles, the foundation should be laid in each annual cycle.
2. The training process should be divided into periods of the year, taking into account the continuity and consistency of solving specific issues and methodological directions of each specific annual cycle. Thus, each annual macrocycle corresponds to the time required to transfer female athletes to a qualitatively new integrated level of training, which includes all aspects of physical training.
3. The new level is associated with a qualitatively new interrelation of components, i.e. an increase in the level of physical qualities and abilities, an increase in technical and tactical skills, which require a transition from the already achieved level of physical training to the next progressive development to which the athlete is adapted.

Basketball, unlike many other sports, is infinitely rich in various technical techniques. The higher the skill level of a basketball player, the more techniques they use in the game and not separately, but in various combinations. If all the technical techniques are studied separately, it will be very difficult to apply them in a game situation.

Therefore, it is recommended to study all the techniques in a game situation. In other words, the coach should select exercises to improve both game-specific and technical techniques, taking into account the team's game system, taking this system as the basis for the player's individual actions.

Basketball is a team game, the success of which is achieved due to the perfection of the activity and the mutual assistance of the players, the alignment of the players' interests with the interests of the team. The characteristics of the female body should be taken into account by teachers, both when choosing tasks and when conducting training. The content of training for women should, first of all, affect their comprehensive physical fitness. Specific tasks are solved taking into account the characteristics of the female body, and the exercises that affect them are differentiated. For example, when using general-developing exercises in training, it is necessary to distinguish them, taking into account the specific factors that positively affect the female body, taking into account the processes that strengthen special muscles, affect the connective tissue of the buttocks, back muscles, abdomen, legs. When working with girls, they should not be interested in specialization too early, and this should be avoided even if the group will have central or point players in the future. More attention should be paid to the physical fitness of basketball players. In order to achieve great success in any sport, the level of physical qualities of an athlete plays a special role.

Result and discussion.

The modern game trend determines the direction of technical training [2]. High results can be achieved only with strong technical training of players. Therefore, a basketball player must know:

1. Know the game techniques known to modern basketball and be able to apply them in different conditions.
2. Be able to generalize different techniques with each other in different sequences, combine different techniques in a one-on-one fight with an opponent in different conditions of the game.
3. Know the complex of the most frequently and effectively used techniques in the game.
4. Be able to constantly update, master techniques and quickly perform them in a common game, adapting them to each other.

Features of working with groups of children and adolescents. When training young basketball players, first of all, it is necessary to be based on the physiological characteristics of the growing organism and the correspondence of the training tasks to the working characteristics. The correct and timely laid foundations of physical and functional training, together with the process of forming basic skills and abilities, create an opportunity to carry out work that will help to achieve high sports results in the future. It is necessary to take into account the following circumstances:

1) With age, the child's body also changes. These changes are not only quantitative (height, weight), but also qualitative. Therefore, it is impossible to impose on children the requirements imposed on adults, superficially reducing them in proportion to the child's age;
2) The development of the child's body is continuous, but uneven. At certain periods, significant changes occur (the growth of muscle mass of the neck, the development of organs and systems in different age-related periods differ both in speed and in the nature of metabolic processes). For example, girls reach puberty much earlier than boys, with girls surpassing boys in height and weight at 11-13 years of age, and muscle strength in boys grows particularly rapidly at 13-14 years of age, while in girls it does so at 11-12 years of age;
3) The rates of development of physical qualities and other abilities of children correspond to certain periods. As a result, more favorable conditions are created for the development of certain physical qualities and other abilities. For example, the speed of perception develops by the age of 15, the growth of high speed occurs especially intensively by the age of 13-14. The highest growth of high jump results in boys is observed at the age of 9-13, then this process stabilizes, while girls sometimes temporarily deteriorate after the age of 15.
4) The indicators of girls and boys in various types of movement differ depending on the age groups. Therefore, it is necessary to take into account the conditions arising as a result of age growth;
5) It is necessary to remember that each organism develops individually. In addition to the calendar, passport age, the level of physical development, motor capabilities, sexual maturity, etc. It is recommended to also take into account the biological age that is classified. Calendar age may not correspond to biological age.

Conclusion

The components of technical and tactical preparation are important in improving the sports skills of young basketball players. The harmonious development of these components during training helps athletes correctly assess game situations, make quick and clear decisions, and effectively participate in team actions. Therefore, scientifically based planning and regular improvement of technical and tactical preparation by coaches is an important factor in improving the sports results of young basketball players.

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