

CHANGES IN THE LEVEL OF PHYSICAL TRAINING OF YOUNG BASKETBALL PLAYERS AND STREET PLAYERS DURING TRAINING.

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Annotation: The glittering curriculum for changes in the technical, tactical and game preparation volume during annual training with basketball and streetball is seen as a backup to improve the physical efficiency of adolescents.

Keywords: Sport, basketball, streetball, technical, tactical, integrated, game, training, competition.

Log in. (Matthew 24:14; 28:19, 20) Today, physical training and spot national geology have not been used to discriminate against or to distort the socket , the brcamol avldoni training. Lyokin is a member of the Governing Body of Jehovah's Witnesses, a member of the Governing Body of Jehovah's Witnesses, The earth's crour is full of bitterness and residue. In the latter case, the presence of the IUD could interfere with the fertilized egg's implanting in the lining of the womb and the loads of a small and dark-colored body make the abuse of orgasm face-to-face, in the latter case, the presence of the IUD could allow the fertilized egg's implanting in the lining of the womb.¹

"On Education" of the Republic of Uzbekistan (September 23, 2020), ORQ-637, Law on Physical Education and Sports (new edition, September 4, 2015), measures taken by the President of the Republic of Uzbekistan to elevate the system of educating and educating young people morally, morally, and physically to a new phase (August 14, 2018, Decrees and Regulations "On measures to further improve and promote physical education and sports in the Republic of Uzbekistan" (January 24, 2020, PF-5924) were introduced. [1].

Research methods and organization. The following methods were used to solve research problems:

Analysis of literary sources,

Pedagogy kuzatuv,

Pedagogy tajriba,

Mathematics statistika.

Analysis and summary of these scientific and methodological literature was used to identify the state of development of the problem of improving the physical well-being of adolescents and young people based on the integrated use of annual workshops on the basis of basketball and streetball exercises, as well as to identify a variety of confirmations of local and foreign scientists and experts on the organizational, methodological, and structural aspects of such lessons. [2, 3, 5].

The results of pedagogical observation included a blog of general information about the terms of education and its participants, as well as information about the amount of actions taken, intensity, the number of repetitions, the amount of leisure pauses between them, and so on.

Pedagogical experience. Pedagogical experiments were conducted to determine the effectiveness of a one-year program developed to use basketball and streetball tools to educate high school students physically.

¹ A.A.Pulatov, F.V.Ganiyeva, B.M.Miradilov, D.T.Xusanova, F.A.Pulatov. "Basketbol nazariyasi va uslubiyati" darslik T 2017.

Math statistics. Determining the values of the main characteristics of the selected distributions (arithmetic average, dispersion, change coefficient) was carried out by using well-known statistical methods. In determining the effectiveness of the traditional process of basketball and tracking, it is very important to determine the degree of response of the parameters considered in the different loads of athletes and the dynamics of change in sports.

With the integrated use of basketball and street sports equipment, adolescents' interest in their training remains, and in physical well-being, an increase in sports preparation opens up opportunities. The resulting embryo was allowed to develop in nutrients and then inserted into her womb, where it implanted.

Classes in circles under this program were held 3 times a week for 1,5 hours, as well as students held friendly meetings on Saturdays, Sundays and holidays, participated in official competitions.

So basketball's weekly meor is an average of 8 hours.

The approximate curriculum for the 42-week training is listed in Table 1.

Table 1 Covered Curriculum for Juvenile Basketball For High School Students (42 weeks)

No	Types of preparation	Soatlar soni	Preparation types ratio (%)
1	Theoretical	6	1,8
2	Umumjismaniy	52	15,5
3	Maxsusjismaniy	52	15,5
4	Technical	64	19,0
5	Tactics	48	14,3
6	O'Yinli	60	17,8
7	Control & Calendar Games	48	14,3
8	Control Tests	6	1,8
9	Jami soatlar	336	100,0

From September 1 to May 31, the volume of basketball pitches with teenagers and boys is 336 hours. Most of them are in various games and games (preparing control and calendar games) 108 hours (32,1%), as well as physical education 104 hours (31.0%), minimum theoretical training and monitoring tests 6 hours (1,8%).

By the size of the watches, this curriculum is equal to 52 hours allocated to similar general and specialized physical training for initial preparatory groups, As well as technical training (46 hours) from tactical (64 hours) shows that the training process of basketball is not for children (9-14 years old), but for adolescents and young people (15-16 years old).

One of the weaknesses in this curriculum is that the partial contribution of gaming movements to overall training time is above 336 to 108 hours or 32% , because in sports schools, young basketball players between the ages of 15 and 16 do not exceed 23-25% of official, supervision, companionship, tutorials and other types of games, and more attention is paid to the development of technical and tactical interactions.

Teenagers and pupils actively participate in competitions during the summer months, as well as playing and independently for 1.5-2 hours every day, "achieving" another 150-200 hours of exercise annually, increasing it to 500-550 hours, this coincides with the primary and secondary periods of in-depth basketball lessons at a juvenile sports school.

In general, the distribution of educational material makes sense and is subject to the laws of the learning process (lessons, classes, holidays, etc.), but it is difficult to observe the specifics of organizing competitive macrosikls: logical changes in periods and stages, dynamics of loads performed, and so on.

It is seen as a backup to increase the physical efficiency of changes in the technical, tactical and game preparation volume during the annual training with basketball and trackball.

Given that the summer season hosts streetball competitions, they require quality preparation, for which it is necessary to develop effective criteria and organizational-methodological characteristics of microscopes. It is also seen as a backup to increase its efficiency.

When developing streetball training to optimize adolescent mobility activities between the ages of 14 and 16, it is necessary to organically incorporate this block into the general composition of the annual basketball training cycle and take into account the need to provide smooth and painless supply. In such a situation, it is very important to systematize and determine the ratio of loads performed during the annual basketball and streetball training, as well as to take into account their dynamics.

ADABIYOTLAR.

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