

## THE ROLE AND IMPORTANCE OF BASKETBALL IN PHYSICAL EDUCATION CLASSES

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### ABSTRACT

A basketball game is also a component of sports games. As a result, it has a proper place in the new national educational standards and its program of the Republic of Uzbekistan. Both small and big play this game equally curious around the world. The basketball game has entered our country from the 1920s. It is currently included in the program of all educational institutions. In fact, the game originated in the US more than 110 years ago. It was thought of by Springfield College physical education teacher James Naismith and played with his students. At that time, the ball wouldn't be thrown into a ring like it is now, but thrown into a simple basket. "Basketball" is an English word meaning "basket," "basket," "bol," and "ball." Basketball is a very fun and serene, action-rich game. It is up to him to quickly get ahead during the game, suddenly turn to the sides and stop, pass the ball from one position to another and suddenly pass it to his partner, quickly go out into the space himself, hook that ball again, throw it into the basket, or throw the ball back into protective barriers. Countless jumps are under attack under the shchit, and it is up to him to get out of it and throw balls into the basket. Doing basketball helps the body to develop all its muscles in the same way, in every way. The intermolecular force from all these filaments is enough to support more than the gec weight—even when it is swallar. <sup>1</sup> Two teams of five will participate in the basketball game. The main task of each team that is considered a mutual opponent is to throw as many balls as possible into each other's baskets. Whichever team player gets the ball in his hands during the game, that team has the right to go on the attack with their players against their opponent. But if the team loses the ball in hand, it will go on the defensive with all 5 players. The team's victory is determined by the large number of openings they have accumulated. Each ball that falls into the team basket in the game is 2 points. The best for the game is the basketball ball itself. Its weight ranges from 600 grams to 650 grams. In some cases, you can even use a football ball. Because for a long time, when a basketball game appeared, a football ball was used. The basketball court is built mainly on flat locations. For example, inside the building can be on the floor on which the board is erected, in a well-aligned courtyard, and on the ground where asphalt-concrete is laid. On a city scale, this issue has almost certainly found its own solution. Schools have a basketball court equipped enough. Not to be overlooked is the conflict that alcohol can cause within the worldwide work of Jehovah's Witnesses. For example, in vast areas in rural areas that are not used. Depending on the size and size of the earth, you can prepare the area from 28 to 15 meters or smaller — 22 to 24 meters, or 12 to 14 meters. It is necessary to hit the face of the area thoroughly, as the copycat must jump when it touches the ground. Children under the age of 12 will also be given an adult-designed (28 to 15-meter) area for the mini-basketball game, but a 4-meter range from the basket will be set aside to throw the penalty ball. The size of the shchit is 90 × 120 cm, on which the basket is installed at a height of 2

<sup>1</sup> T. S. Ottoman, S. G. Arzumanov. Physical education. T "Teacher" NMIU, 2007. 208 b

meters 60 cm from the ground. The ball weighs between 450 and 500 grams. The basketball basket is ringed by an iron ring in the official arena, and the circumference of the ring is 45 cm, to which the basket is weaning from a thin rope. The bottom of the basket mounted on the ring should be narrow, because the dropped ball should pass through it gradually. The ring of the basket is fixed at a height of 3 meters to 5 cm from the floor. So that even the tallest players can get the ball down in the basket to work their own. The basket is installed as thoroughly as possible on the shchit. The two sides made of iron are reinforced by a rotating nail. Shchit can be made of ordinary boards or be made of iron-window plastic material around it.

Basketball is one of the most successful gaming sports that many people can try successfully for health. It's so common with this sports team ball that it has the comfort and wonder for the audience and the participants themselves. Basketball has a positive effect on health.

Basketball games are characterized by an abundance of different technical and tactical methods and a high emotional intensity of wrestling. Basketball is a great tool for physical physical development. During this gaming process, various tool movements are used: walking, walking, passing. At the same time, the state of play and direct contact of opponents are constantly changing during the game. Basketball exercises have a positive effect on health due to physical activity, which is characterized by altered intensity. The speed and speed of movement quickly allows for a gradual transition to sudden settings and game movements. Maximum player activity in basketball up to approximately 40% of total playing time. On average, during a single game during basketball, an opponent crosses 7 kilometers and moves about 20 speeds, as well as learning to shoot in large numbers with maximum efforts provided by an active fight. In varying and constantly changing games, basketball players require players to expand their skills and skills. In the process of improving these skills, a significant increase in the level of a person's physical health will be ensured, which will have a profound effect on health.

With the proper organization of basketball courses, there are great opportunities for adverse health effects on the body. In the process of playing a person, motor movement is manifested, the respiratory organs, the internal secretion glands, and even the digestive system are well-taught. In particular, many parts of the nervous system, which are important in organizing movement, constantly monitor and regulate the activities of the organs of these apparatus. Basketball activities help to significantly expand peripheral vision limits. The perception has a positive effect on speed and accuracy. With regular basketball exercises, it has been proven that the sensitivity of the visual analyzer to immediate acceptance after the game increases by an average of 40%.

One of the important factors for strengthening and improving the physiological state of the cardiovascular system is the physical activity performed by a person's muscles during basketball games. Muscle actively working to fill the energy will "burn" many fatty compounds and therefore increase its tenderness and resilience to this form by helping to get rid of excess weight. And since so much scientific work has already been written that "excess" pounds have a negative impact on health, one more argument will be clear to choose basketball courses as an active vacation.

In a basketball game, the frequency of breathing movements reaches 50-60 cycles per minute, and the minute amount of breathing varies between 120 and 150 liters. Therefore, such an

intense load on the respiratory tract increases the vital strength of the lungs and has a positive effect on health.

Special attention should be paid to certain issues of training preparation so that basketball exercises have a positive effect on your health. In particular, it is recommended that you play basketball not only in a non-standard sports form, it even provides some moisture (which can be observed with strong sweating during a game) of high air permeability. The sports shoes selected for basketball are convenient, convenient and should be able to ensure that all the actions taken during the game are performed. You also need to pay attention to the state of the playing field for basketball. On this surface, there may even be minor irregularities, which can cause serious injuries in players (bruises, breakdowns in the ankle wrist, dislocations). However, due to the high level of play and the complexity of some movements, a serious injury can be inflicted directly during a game, even if it has a very good playing field for basketball. Therefore, in order to avoid injury to players, all participants must strictly follow the rules of the game. For this reason, it is recommended to use shoes without shoe and heels.

In addition to having a negative impact on human health, playing basketball helps with self-control, increased stamina, creativity of initiative and thinking, courage and determination. Regular training leads to the formation of independence, perseverance and desirability.

#### AVAILABLE LITERATURE

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