

IMPROVING THE GENERAL AND SPECIAL PHYSICAL FITNESS OF YOUNG BASKETBALL PLAYERS

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ABSTRACT

In the article, the methods of using games as a physical tool in increasing the physical fitness of young basketball players were subjected to analysis. Information about the series of modern national action games is provided.

Keywords: young basketball players, physical fitness, games, technical training.

INTRODUCTION

A person from childhood performs the skills of movement in different directions in an unconscious and conscious way. As a result, these movements go on to develop in certain physical qualities (strength, agility, agility, endurance, flexibility). Slowly, the vital necessary movement skills (walking, running, jumping, stopping, hanging, etc.) finds bleach.

According to experts, it is mainly these physical qualities and the necessary motor skills that have been proven to develop more efficiently with the help of games. In the family, preschool institutions, educational institutions of various stages, this problem is not always approached from a planned and scientific nature.

The correct use of physical exercises, their control over how children are mastering them, makes it possible for physical qualities in these children, his old age, physical and functional progress, to be brought up in the right direction.

It is known that the physical qualities of a person begin to take shape from his birth. But, in his childhood, to what extent these qualities are formed, mastering simple or complex actions is determined not only by the environment in which he grows and lives, but also by what means the child develops a certain quality. Alternatively, the movement is based on the type, direction and what purpose it is aimed at (profession, work of fasting, sports, military activities, etc.) depending on, each physical quality will have a different role in this performance of action. Thus, the integral importance of these physical qualities in various professional activities or sports will have a special share.

But in any case, according to many researchers, the mastery of certain physical qualities in all movement activities is immediately visible. In modern sports practice, high results are associated with the ability of an athlete to maintain high-quality and effective working skills over the long term.

The duration of competitions in different sports is determined by the rules of international competitions. During the term of these competitions, it is inevitable that whichever athlete is able to maintain his working capacity for a long time in terms of quality and efficiency, or has the "strength" to be able to increase it, the more success will "laugh" at him. In other words, maintaining the level of quality and efficiency of work skills for more or less time is the type of qualities of general and special endurance (speed, strength, fast-strength endurance, jump endurance, technical-tactical endurance) is determined by how advanced it is.

It is known that when it comes to working capacity, especially if the word refers to its quality and effectiveness, the essence of the matter and the ultimate “core” go back to the fact that other physical qualities are formed or not. That is, it will embody the qualities of general and special durability, strength, agility, agility, flexibility, suitable for an effective result.

The inextricable relationship of these qualities and their highly integral result determine a certain fate of the skill.

Physical fitness is one of the types of training and is aimed at developing the basketball player's body, improving his physical quality and abilities, and creating a solid foundation that ensures the effective implementation of his playing activities.

Modern basketball players belong to a type of sports game that requires incredibly great qualities of strength, speed, agility, endurance and flexibility. The essence of the game is defined by the fact that the player's action is super-fast, accurate and played in a short period of time in various directions and changing situations. the basketball player's high-speed execution of multiple throws, touchdown passes, and punts, punts, runs, stops, turns, bends, and other moves during each game requires great physical strength, extreme agility, solid stamina, and mental harmony. Consequently, this loading effect assumes that the involved organism is functionally perfectly formed.

General physical training is aimed at ensuring the full-fledged physical development and comprehensive physical fitness of those who practice sports training as one of their important tasks. Is a process aimed at improving the vital skills of movement and developing basic physical qualities. The purpose is to create the base, the foundation of the.

Its functions are to develop basic physical qualities, increase the functional capabilities of the body, expand the volume and executive limit of motor skills, strengthen health, activate the recovery process, increase the body's tolerance for external and internal negative influences.

Common physical qualities include Strength, Agility, agility, endurance and flexibility. General physical fitness-consists of specific physical exercises that develop physical qualities separately or together.

In the process of carrying out general physical training, it is advisable to use various sports equipment, equipment, trainers and factors of nature.

In some stages and periods of sports training, the overall physical training is distinguished by the size, intensity, direction and structure of exercises and training.

Special physical training is a process aimed at developing physical qualities of fundamental and decisive importance in the same sport in order to achieve high results in the chosen sport. Special physical training is used in a decent standard in terms of volume and intensity at all stages and periods of sports training.

Tools and styles of physical fitness

Various tools can be used to solve tasks set in physical fitness: preparatory exercises, action and sports games, training games and competitions. The appropriate application of exercises to the individual characteristics of the participants is considered one of the main conditions.

It is considered very important that the exercises given to educate physical qualities in practitioners are selected and developed according to their youthful characteristics and the favorable youth periods of physical qualities.

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