

Technical and Tactical Training of Basketball Players and Theoretical Basis of Selection of Young People

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ABSTRACT

Technical and tactical training of basketball players, as well as theoretical approaches to the selection of young people for basketball, the direction of the sport and the choice of basketball by selectors.

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Basketball is one of the types of sports activities in which success is based on more technical actions, knowledge of different technical movements, the most effective solution of the set sports goals depends on the ability to choose and implement optimal tactical and strategic approaches. At the same time, the coach-educator is learning the secrets of basketball technical and tactical in order to improve and analyze the process of training the athlete in motor skills in accordance with the characteristics of the sports specialty, as well as to make effective changes in sports training there is a need for a systematic assessment of the preparatory properties. According to many basketball experts, the process of training for movement activities depends on the nature of the specialty improvement remains a problematic issue to this day. The aim of our work is to study and research the improvement of the process of training in physical activity in accordance with the specifics of sports. Study and analysis of the basics of training athletes in movement on the basis of scientific literature; to study the technical and tactical training of basketball players in the movement; in training basketball players in movement activities study of the construction of a system of technical and tactical training indicators; The task is to determine the methods of assessing the growth of technical and tactical training in the training of basketball players in motor activities. Recently, the term "technical and tactical skills in teaching movement activities" is widely used in sports practice and literature. In basketball, technique and tactics are closely intertwined, and some Experts do not agree on the classification of basketball movements into technical and tactical. In fact, they form a dynamic whole basketball is one of the types of sports activities in which success, even if not the main one, requires more technical actions, knowledge of various technical movements, effective solution of sports goals there is a need to systematically assess the characteristics of technical and tactical training in order to monitor and analyze the dynamics of skill development, as well as to make effective changes in sports training. The introduction of a systematic approach to the practice of sports training creates conditions for the development and application of a system of quantitative assessment of technical and tactical indicators of training at different stages of basketball training. This process is due to the fact that sometimes many trainers in practice express completely different concepts about certain aspects of qualifying. Thus, according to many trainers, qualifying is a complex organizational and methodological event. This or that of the children

The pedagogical, social, mental and medical-biological conditions that are clearly reflected in this sport should be covered. The main task of selection is to select children who can meet the requirements of the chosen sport. The main task of sports orientation is to direct the child to a specific sport that suits him best, depending on his specific abilities. Each sport has certain requirements for the athlete, but any activity grows and improves according to the law of dialectics.

This problem is explained by the fact that it is not possible to accept all applicants who apply directly to the Children and Adolescents Sports School (CYS). Sports schools have huge tasks ahead of them. This is primarily to build a high-level national basketball team reserve that can meet world standards. That's why sports schools will have to work only with the selected contingent. Coaches, of course, with a great sense of responsibility, try to be very careful about the wrong choice of children in sports schools, and this caution is justified, because some basketball players in sports schools leave before graduating from this school. The need for selection is also based on the fact that each person has their own physical, mental and other skills. No one can reach the top of the sport. To achieve this level, it is necessary not only to engage in continuous training, but also to pay attention to the specific genetic and hereditary aspects of the athlete. Children with such qualities need a perfect approach in all respects. According to the indicators, the activities of basketball players also take into account the unique abilities of children who will show high levels in the future. At the stage of selection of children it is necessary to think comprehensively and draw the right conclusions. It is also important to take into account the requirements and interests of the game when selecting children for basketball. Admission of a child who does not have the ability and talent for basketball to sports schools is absolutely wrong and ineffective. In this regard, the social screening stage is of great importance. At the selection stage, candidates can be divided into groups as follows:

Talented. (Selected for the next session)

1. Developed physical qualities
2. Incompetent and marginalized.
3. Incompetent, but selected due to some errors.

Naturally, the activities of groups 1 and 2 are more effective than the activities of groups 3 and 4.

Certain stages of development in sports and their outcome are mainly related to organizational and methodological reasons, rather than socio-psychological. According to the organizational and methodological nature, the main reasons for the ineffectiveness of sports activities are the imbalance of the child's basketball and schooling, poor health, negative performance of sports, the child's change of coach, overwork and difficulty of work schedule in sports also plays an important role. In conclusion, it is different to play basketball just for the sake of being a highly qualified, skilled basketball player. In order to train a skilled basketball player, it is necessary to select talented and talented young people and direct them to sports. At the same time, it is expedient to take a theoretical approach as a real expert not only to the social origin of the child, but also to his abilities and interests.

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