

## CHARACTERISTICS OF BASKETBALL TEACHING METHODS

**Uchkun Suyunovich Dusanov**

Associate Professor, Samarkand State University named after Sharof Rashidov

**Mohigul Ismat qizi Hazratkulova**

Master student

### ABSTRACT

The process of learning game tactics is organized for a specific tactical goal in the formation of each game technique. Therefore, the stages, methods, means and principles of teaching the technique of the game retain their value in the process of teaching the tactics of the game.

**Keywords:** Sport, educational process, methodology, games, physical education, training.

The process of initial training in sports practice is a fundamental stage of many years of sports training, at which stage the formation of the technique of the method is organized towards a specific tactical goal. Therefore, the stages, methods, tools and principles of teaching game techniques remain valuable in the process of teaching game tactics. Of course, it is advisable to start training in game tactics at the end of mastering the technique, at the stage of its improvement. In teaching and shaping game tactics, the methods of explanation, imagination, demonstration (templates, pictures, videos, slides, videos) are of special importance, the correct use of teaching methods and tools will help to develop sports skills in the next stages. allows for effective formation.

The ontogenetic and biopsychological characteristics of the child should be taken into account when planning and organizing the initial learning process. In other words, the workloads of the initial learning process should be standardized and applied according to the physical and functional capabilities of the children involved. It is known that the volume and intensity of movement (load) is important for human health, its physical and functional formation. However, the volume and intensity of all types of movement, including physical and technical-tactical exercises performed in sports clubs, should be commensurate with the functional capacity of the athlete or slightly higher. This means that pedagogical and medical supervision in the organization of

children's sports is an integral part of the process of raising a healthy, harmoniously developed generation. Therefore, targeted planning and management of the content of physical education and sports (physical education classes, classes, sports competitions) should be carried out by each specialist (teacher, coach, organizer, stylist, instructor). ) and reassignment of responsibilities to the leader, which does not require proof of the need for them to master the knowledge of physical culture, physical education, physical development, physical training and sports, to acquire appropriate professional and pedagogical skills and abilities.

It is important to note that the effective organization of children's sports, the health of participants in the process of long-term sports training and the formation of their sports skills depends primarily on the indicators of physical fitness. Qualities such as strength, agility, agility, endurance and flexibility, which express physical fitness and its potential, have long attracted the attention of many research scientists as a scientific object. In their research, the essence and content of physical qualities, their importance in physical education and sports and other processes, and the problems of their development are covered in detail.

In sports practice (as well as professional practice), physical training is usually divided into two closely related types - general and special physical training.

Lifelong health, mental and physical activity, and the development of sports skills during many years of sports training are primarily determined by the content and level of these two types of training.

The main goal of physical education and sports is to strengthen health and achieve high sports results, emphasizing the importance of developing general physical qualities from an early age. Most scientists agree that regular exercise in a particular sport, well-organized in terms of volume, intensity and content, has a positive effect on the body of children and adolescents. However, it has been observed that general physical training and narrowly specialized training have negative consequences. Consequently, proper planning of the ratio of physical and technical-tactical exercises in the initial stage of training allows children to effectively develop sports skills.

The process of initial training in sports skills is the foundation of a multi-year sports training system. The more thoroughly the initial training is based on its organizational, methodological, scientific, and logistical quality, the shorter and easier it will be to train sports assistants. But it will definitely depend on the knowledge, professional skills and abilities of the specialist. Therefore, one of the most important and important

sections of the training program is the technology of primary education.

Movement (game) skills - passing, receiving (defending), putting the ball into play, hitting, blocking - at certain stages, using certain techniques and tools. improved, perfected, perfected. This process is based on pedagogical, biopsychological and biomechanical laws.

The teaching process is a pedagogical process that requires great skill and professional training from a coach. However, the teaching of movement (play skills) depends on other important factors: the child's activity, the number, quality, duration of training, auxiliary technical equipment, training the conditions of the venue, the child's interests, "wealth" of movement, experience, etc.

It should be noted that the duration of mastering the technique of movement depends on the family situation of the child, his social and economic capabilities and mental state.

The above information and the factors to be considered in the teaching process should be included in the planning documents based on a certain methodological order. In addition, the identification of the child's inner "mystery" and the existing factors should be done through a selection program and exercises. The results should serve as a basis for the application of teaching methods, steps and technology.

The initial training process takes place in several stages, and each of these stages involves unique techniques and features. General developmental exercises are used to polish the player's physical fitness and the movement skills and competencies needed for the player.

All exercises are combined in accordance with their direction and form the main components of special training: general physical, special physical, technical, tactical, game training. Each type of preparation has its own set of factors that can be used to achieve the desired goal. However, all types of training are interrelated. For example, if a student is not physically well-prepared, he or she will not be able to perform the attacking technique well. In this case, it is better to train the student physically than to repeat the blow many times.

Preparatory and educational games involve the study, improvement and refinement of each method (skill). The highest means of strengthening a skill is to compete.

Active teaching methods have great potential. Of particular importance are problem-based learning (problem-solving) and self-assessment. Setting problem-solving tasks creates a situation, a self-assessment, and self-assessment leads to more active motor

activity, which further increases the student's interest and teaches creative thinking. Applying the above to basketball is important, and ultimately the key is to see the results, to understand, to feel clearly that you are getting closer to the goal.

## REFERENCES

1. Pulatov AA, Ganiyeva FV, Miradilov BM, Khusanova DT, FAPulatov Basketball theory and methodology. Textbook T .: Ilm Ziyο, 2017.
2. Nigmanov B. Khojayev F. Rahimkulov K. Sports games and methods of teaching. Textbook for Vocational Colleges T. Ilm Ziyο. 2011.
3. Ganieva FV, Basketball. // Textbook for general students of higher educational institutions. T .: 2009.
4. Usmonhojayev T, Meliyev H. National action games // Textbook T. ., Teacher's Publishing House, 2000.

