

BASKETBALL TEACHING PROCEDURES, STEPS, METHODS, TOOLS AND PRINCIPLES

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Abstract

In this article, in order to educate the growing generation to be healthy and strong, by teaching them the procedure, stages, methods, tools, and principles of teaching them to play basketball, they will become mature sports masters, coaches in the future, and become basketball players. Detailed information is provided on how to increase the interests of

Keywords: teaching, mastering, perfection, efficiency, trainer, athlete, improvement, dexterity, agility, stature, scientificity, exhibitionism, awareness and activity, regularity, continuity, coherence and proportion, excellence.

INTRODUCTION

The terms "teaching", "mastering" and "improving" the techniques or tactics of a movement (method) related to sports practice are logically diverse and comprehensive in meaning, and are distinguished by their own characteristics[1].

"Effectiveness" of "teaching", "mastering" and "improvement" is determined by the professional-pedagogical skill of the teacher and the ability (talent) of the learner. But in the mutual activity of the "trainer, athlete" (learner) couple, the trainer should play the role of manager, organizer, teacher and educator. In other words, if the child who comes to the sports club is physically and mentally healthy, but his talent (ability) is not enough, the trainer "uses" his knowledge, professional skills and creative potential and makes this child talented. should take the responsibility of training him as an athlete[2].

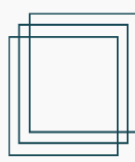
on hereditary factors, like other qualities . These abilities are formed to one degree or another depending on lifestyle and other conditions throughout life. In some children, genetic abilities or some movement elements can be deeply located in the appropriate "places" of the organism[3].

DISCUSSION AND DEBATE

If the child is shy, "shy", these abilities or elements may not be "opened". It is in such cases that training talent should be "opened" and formed with these abilities and elements[4]. For this, it is necessary for the trainer to determine all the child's capabilities, including the movement reserves deep in the body, using special standard tests and game-like exercises, and to "activate" them. Therefore, the processes of "teaching", "mastering" and "improving" have priority[5].

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If the "teaching" and "perfecting" exercises are appropriate in terms of size and intensity, and as the child grows older, the size and intensity of the exercises can be gradually increased according to the "steady" principle. qaddiqomat) and "content" will be polished. However, if a mistake is made in this process, i.e., if the "teaching" and "perfecting" exercises are used haphazardly and forcefully, then the second law of philosophy "cause and effect" will appear - negative changes occur both in the child's "form" (stature) and in the "content" of movement (injury, injury, etc.). Therefore, the processes of "teaching", "mastering" and "improving" are an integral pedagogical process, which places great responsibility on the trainer[6].

The immediate task of a coach working at any level is to use exercises aimed at developing the performance of the basketball player's legs. Furthermore, the coach must always remember that every offensive and defensive drill he gives his players is primarily aimed at improving footwork. This article examines three aspects of the basketball player's footwork in the offense : jump stops, turns, quick exits to space or changing the movement pattern, and changing the direction of movement.

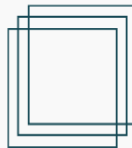
basketball-specific game techniques (skills) should be carried out in the following order: - teaching postures and movements; - training to control the ball in attack; - teaching resistance in defense and possession of the ball; - teaching how to play in attack and defense. Usually, the training process is carried out during at least 4 conditional stages:

Step 1 - create an idea about the technique of the method being taught[7]. At this stage , methods of explanation, demonstration , and repetition are used. Means: explanation with fluent and figurative words, mutual conversation, discussion, analysis, negotiation, etc.

Stage 2 — training in a certain method technique in simple conditions (slow intensity without excessive tasks). Applicable teaching methods: remembering the content of the indicated method and performing it correctly, teaching the method by parts, elements and phases, and repeating it in the "mirror" method (the practitioner performs one, the other observes and analyzes under the guidance of the trainer , corrects and evaluates errors);

3rd stage — training of a specific method technique in complex conditions (speed of execution is increased, additional tasks are given, situations are created, it is performed in pairs xpk in threes, etc.). Used teaching methods: Toiiq-constructive method, repetition-analysis method, reproductive method, personal method, error correction method, game method, competition method[8].

Stage 4 - perfecting the learned methods (in the course of educational games and control competitions). Teaching and improvement methods used: methods used at all levels, game method, competition method, video method.



Teaching methods specific to all the above-mentioned stages are used using the following tools (exercises): preparatory, auxiliary, approachable, imitative, basic (game methods themselves), game and competition exercises, auxiliary equipment, technical tools and trainers[10].

The effectiveness of teaching, improving and perfecting game techniques is determined not only by teaching methods and tools, but also depends on pedagogical (didactic) principles applied in a certain logical order. In this process, it is appropriate to use the following pedagogical principles: scientificity, demonstrability, awareness and activity, regularity, continuity, coherence and proportionality, perfection, increasing the volume and intensity of teaching-improving exercises in a "wave-like" direction, 'teaching and educating[9].

In the process of teaching game techniques, attention is paid to the following features of each method (types of behavior, game methods): - stability; - variability; - perfection; - cheerfulness; - stability; - individuality. There are two types of twisting - forward twisting and backward twisting. To make a jump stop, the player makes a short jump after running, then lands on both feet at the same time. When a player makes a jump stop, his feet should be shoulder-width apart, knees bent, hips low, head up and stomach in a vertical line, arms raised to head level, fingers spread wide. A well-executed jump stop allows the player to step on both feet to maintain balance. There are two types of twisting - forward twisting and backward twisting. To perform a forward swing, the player steps toward the ball, using the other leg as support. The attacker takes an aggressive turn, catching the ball as close to his body as possible.

Exercising causes the player to bounce back on the lead leg (in other words, the right elbow moves backward relative to the left outside leg). They perform both turns back and forth. The player should maintain a low standing position, keep his elbows wide, and his feet should be shoulder-width apart. This allows the ball to stay locked and the arm to swing in a balanced position. In the course of the game, the player performs various actions on the space. In this case, he should maintain a low standing position, good balance and be able to move his legs in different directions. It must be done by moving the Other, not the supporting leg, to the opposite side of the movement, if the player makes a deceptive move to the right side of the court, then quickly put the non-supporting leg to the left and should quickly pass to the place. This is important because when performing dgments and moves, the Player must use a steady pace (change the speed of movement). The use of such a strategy is designed to confuse or mislead the defender, to upset his balance. Below are three exercises with an emphasis on jump stops, turns, and quick transitions to space. All exercises are designed to improve the work of basketball players' legs[12].

The goal of the jump stop exercise is to work on proper footwork and balance while performing a jump stop. Description of the exercise. The players line up in four rows about five paces apart on the face line.

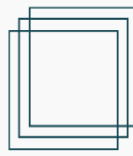


After the coach's signal, the first players in the rows make a quick run and make a jump stop at the level of the penalty line. The coach must make sure that the players keep their balance, that is, they do not fall forward or to the side; The gaze should be directed forward and the imaginary vertical line on the abdomen should be centered. When the coach signals a second time, the players run to the center line and perform another jumping stop. The second line players run to the penalty area and they also make a jump stop. 0 players make runs and stops to the penalty and cross line on the opposite side at each signal of the coach. It is recommended to perform this exercise 3-5 times a week for 2 to 4 minutes a day. Coach's instructions: Make sure the players are in a low position as they change exercise points and move to the next exercise position. Players do not have to stay in place[11].

The purpose of the exercise: to work on proper footwork and balance while performing forward and backward turns. Description of the exercise: The initial position of the toy and the execution of the exercise are performed in the same way as the exercise given above. Only in this exercise, every time the coach gives a signal, the players turn back and forth when they reach the penalty line. At the coach's first signal, the players must run, jump, and then turn[13].

When the next signal is given, they run to the center line and make another turn. The coach must ensure that the player is in the correct position. The exercise can be performed in a different way: after the players dribble and carry the ball, they jump, stop, turn and perform a trick with the ball. Coach's instructions: 0 players should make sure that they take a step forward correctly and strongly, and that they do not take small steps with their legs after turns. This exercise is used for 2 to 4 minutes a day, 3-5 times a week. highly skilled players work with their feet at a io level. Carrying a ball is a weapon that is often used in different situations. 0 players often overuse ball handling, like to pretend they are "super" dribblers, even though they only carry the ball. This chapter covers the basics of ball handling, as well as some suggestions for improving ball handling. The main task is to teach the player how to display his ball-carrying skills. The main principle is to turn into skilled dribblers and effective "masters". When trying to carry the ball, the player must pay attention to several basic principles: the knees must be bent and the ball must be under the control of the ball[14].

At the final moment, the palms of the hands are turned upwards. As mentioned, in a game of intense competition, there are situations where the ball can be delivered to a partner only by secret passes. In modern basketball, underhand, over-the-shoulder, and behind-the-back sneak passes are often practiced, and they are only performed when a rule is maximally fast and unexpected for the opponent[24]. The attacker tries to reduce the preparation time of the ball transfer to a minimum and reduce the amplitude of movements.



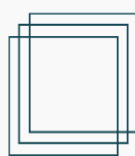
The player who passes the ball sees his partner only due to his peripheral vision and hides the direction of the pass he is preparing until the last stage. allows delivery. Standing of the player in possession of the ball. When passing the ball for a long distance, the leg opposite to the hand holding the ball is forward[15].

In the preparatory phase, the ball is brought closer to the shoulder (hosh) by bending the arm. The position of the ball is controlled by the palm of the hand on the back surface of the passing player, which is maximally extended back[22]. The thumb and the elbow of the working arm stand in a vertical line with the forward leg; the other hand is held from the side ; the weight of the body is transferred to the side standing behind. When passing the ball over a long distance, the body turns simultaneously with the movement of the hand towards the ball (the greater the distance to the partner, the more the body turns)[16].

the main phase, the movement begins with a rapid contraction of the arms and legs, which is carried out by successively transferring the weight of the body to the leg in front[21]. After the ball is fully straightened, the ball is thrown by the palm of the hand , the ball leaves the thumb, and the ball spins back. l is transferred to the side. When passing the ball to a long distance, he actively uses the reverse of the body in front of the acceleration. The process of passing the ball begins with these actions. Final Phase After the throwing arm has straightened and the claws have released the ball, the player releases the arms and returns to the ready stance.

exercises Four players and two balls. This exercise involves four players. Three players stand on the sideline at a distance of one meter from each other[20]. The last player has a ball in his hand. When the whistle blows, player A passes the ball to player C, and player B passes the ball to player A, and then player A passes the ball to player D, and so on. Two players - two balls Two players pass two balls to each other as fast as possible. The exercise requires good ball possession skills, because the player can quickly release one ball and catch the second one, pass the ball in different planes. One player can dunk it on the floor while another player makes a two-handed chest pass, or one player can dunk the ball from above and the other dunks it from the chest or floor[17].

Three players - one ball. Two players pass one ball to each other. A third player (defender) stands between them. He needs to catch the ball as soon as possible[19]. The exercise requires a good passing of the ball, because the defender must react quickly and catch the passed ball, passing the ball in different planes. The defender catches the ball and switches places with the player who committed the error in passing the ball. The stability feature of the technique is defined by the stable performance of the technique over and over again. The changeability of the technique means changing the technique of a certain method in accordance with the requirements of the game situation (depending on the location of one's partners and opponents, direction of movement, speed, direction of the ball, speed and height)[18].



CONCLUSION

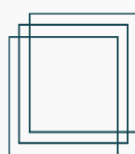
In conclusion, when passing the ball, it is necessary to move mainly with paws and fingers, then it will be difficult for the opponent to determine the direction of the transfer. The partner receiving the ball should be seen, but not looking at him. It is necessary to maintain balance during the pass, otherwise the intended direction of the pass may be blocked by the opponent and the ball may be taken away, and the player will inadvertently make a "run" (take the third step). 'yady or dislodge). Dribbling is a technique that allows a player to move the ball across the field at any speed and in any direction. To avoid the opponent who is chasing the ball, after a successful fight for the ball, to get out from under the ball with the ball and to organize a quick counter-attack; allows a partner to block or finally then block a partner or pass the ball and slightly distract the opponent blocking it.

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