



Tactical Exercises of The Player in Basketball

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Abstract: The article provides information about the tactical exercises of a player in basketball sports. Also mentioned are the tasks that the player will need during the game.

Keywords: basketball, team, preparation, exercise, ball, basket, action, activity, athlete

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Teamwork is an integral activity in which each player is mutually agreed upon, coordinated and focused on the implementation of a particular attack tactic by the team. In carrying out this activity, measures are taken to put the opponent in a "hurry", forcing him to make a mistake, passing an extreme and rapid attack aimed at protecting the team. This ehora is characterized by two systematic team movement: rapid "crack" jump and "early" attack.

Exercises for throwing a ball when standing in front of the basket and returning from the basket. Throwing a ball while standing in front of the basket and returning from the basket - two balls are planned according to this exercise, it will do a good job as a practice of throwing balls in the basket (when returning from the basket). Place one ball in the lower block on each side of the room. A player moves (along the attacking zone) and from the low block moves the ball k and performs a strong throw (deflection from the basket). They occupy space from each side of the two other nineteenth zones. The task of the scraper is to pick up the ball that has flown into the zones and place it at the starting point (bottom block) to complete the throw again later on the striker. The exercise is performed for 30 seconds, after which the players will exchange tasks.

Two balls standing in front of the basket (returning from the basket) and throwing a ball with a deceptive movement. This exercise is performed just like the previous exercise. The difference is that the striker uses deceptive action before the throw is done.

Throw a strong ball (deflecting from the basket) without carrying the ball across the field. The purpose of this exercise is to try to practice jumping in the zone without carrying the ball, and a strong throw - in ball with one in the hand of each o 'yinch, and they start with a free kick line. The striker performs a deceptive action. In the right hand, the ball increases the bearing (it should consist of one touch of the opponent's ball), then it stops in the zone and jumps up and performs the throwing of the ball after the throw, the second runner performs the same exercise time to perform the exercise after 30 seconds, they change the dribbling to the left hand or.

When moving, the ball strikes the team is divided into two rows. The first two in the first row will have the tenth ball. 1-the player takes the ball to the side of the basket, while 1-the player in the left row starts the movement towards the basket at the same time with him 1-the player passes the ball

by deviating from the floor to the 2-partner. Receiving and taking the ball, the partner performs a deep up jump and throwing the ball 1-the player gets the ball hooked and passes it to the 2nd player 2-the player starts to move the ball to the side of the side line and takes up space from there by extending the ball to the next player standing in line 1-the player goes to the left Row 3 and 4-players also behave in such a way that they change their positions.

With deceptive action, break into groups of three and four people into a ball-throwing toy that passes through the chairs. Place the group in the basket and give the players one ball in one. The first o'yinci stands in the penalty kick attack. The exercise begins with the fact that the player throws the ball on himself and when he jumps, the stop hangs him. He performs a deceptive hammock and throws a ball in a basket, deviating from the basket, without being able to carry the ball between the chairs to the side of the basket. The duration of the exercise is 2 minutes. You can then either change the position of the chairs in the field or change the position of the right hand holding the left hand carrying the ball.

Throwing the ball with a change of position when carrying the ball, four players place in front of the basket three of them stand in the back line, and the fourth in the penalty area. The player holding the ball passes the ball from the chest in both hands to the player standing on the penalty line. The player who passes the ball runs out in front of the player who receives the ball and tries to put pressure on it. The player who receives the ball, performing a deceptive action, moves the ball to the side of the basket to throw the ball. Taking the ball up, he turns to the back line, while the defender, acting as a defender, turns into a striker next to the penalty line.

Doing this exercise at a certain time can also change places of execution.

A quick "crack" jump is a re-Attack of a team on the basis of content that is numerically superior to the opponent, and M is credited for invading the basket from short intervals.

"Early attack " - this method, which is carried out by the team, is also used in a similar manner to the almost instantaneous method of" crack". Only in the application of this method is used more than actions that end with "sharpened" and tactical combinations from Awal.

Positional attack. Such an attack basically comes very hand in the absence of the result of "premature attack" measures to quickly "break through". In this method of attack, all players in the team will risk invading the basket by chasing an opponent who is defending across the field based on their own game functionality and their own game "locations." As soon as you notice a weak or weak opponent during the capture, another opponent is attacked in the basket on the basis of distraction.

A positional attack can be executed on two different systems: through one or two central attackers and without a central attack.

In modern basketball competitions, under intense competition, the more vivid and perfect the defensive actions applied to the opponent's attack are tactically, the wider the possibility of destroying the opponent's attack plan, taking away the ball and re-attacking it.

Defense tactics are also carried out on the basis of individual, group and Team actions, such as attack tactics. But the effective execution of the protective tactic and its completion with a useful result is, in priority, an excellent mastering of the playing technique, a dependence on the potential of physical and psychophysical possibilities. In addition, the ability to predict (know) the opponent's individual, group and team attack tactics, as well as their mysterious actions, plans, quickly notice the situation and, based on it, apply defensive tactics, paves the way for fulfilling the defensive tactic with a useful coefficient.

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