



## To the Issue of the Preparation of the Reserve for Basketball On the Basis of the City of Samarkand

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**Abstract:** *The article describes the thoughts on the preparation of the basketball reserve and the development of children's basketball, the importance of physical culture and sports on the health of the generation, theoretical knowledge and knowledge. The population and the development of physical culture, sports and basketball as well. Some ways and thoughts on solving problems and problems.*

**Keywords:** *Theoretic knowledge, thought, social protection, problems and decision, developing, scan knowledge, technologies, pedagogical, modern, education, and process.*

**Date of Submission:** 29-4-2022

**Date of Acceptance:** 31-5-2022

The role of children's, youthful sports in our country is steadily increasing, as it is an important basis for training sports reserves and not only. It is important to the importance of sports in strengthening, the health of the formation of a harmoniously developed personality. Sport in combination with versatile physical training serves as a full-fledged means of physical education of children. Basketball classes, participation in various competitions encourage children systematically and organized physical exercises help to bring up volitional and moral qualities and generally have a positive effect on the comprehensive development of the younger generation. In recent years, a number of measures have been held in our country aimed at improving the system of training sports reserves, changes are made to the organizational and methodological forms of training of sports reserves, training and competitive activities are revised.

A wide work on agitation and promotion of physical culture and sports in particular the basketball sports game is carried out. The new look and nature of the physical culture and sports is due to the decree "On the Creation of the Fund for the Development of the Children's Sport of Uzbekistan" and following him by Decree of the Cabinet of Ministers of the Republic of Uzbekistan "On the organization of the activities of the Development Fund" of Children's Sport Uzbekistan. What is the situation today on the development of youth and children's mass basketball in our city? Before considering the history of this sport, like basketball, it is necessary to determine its concept. So, basketball is a sports team game with a ball in which you need to throw the ball with my hands in the basket of the opponent. Two teams play in this game, each of which has five field players. The team has two. First, throwing the ball in the rival basket, and, secondly, to prevent the opponent to take possession of the ball. It is known that the Basketball Pratcher is the ritual game of the Indians of the Maia - Pitz tribe. On the territory of Mexico, the archaeologists were discovered rubber balls, a weight of several kilograms, which were invented, invented inventors in 2500 before our era. This

game reflected a ritual battle between the gods in the sky, and was also a regulator of disputes between communities.

The essence of the competition was to throw the ball into the ring, which was located on the stand of 10 meters high, not using hands. You could push this ball head, legs, hollows than you. The number of players varied from two to five people. The ring was located vertically on the sides of the field. The victory tried the team that was able to get the first to get into the ring. It can be noted that PITS was a mixture of basketball and football. Interestingly, in some cases, the captain, and sometimes the entire loser team, lost their heads. Moving directly to the history of the appearance of modern basketball, it should be noted that he takes his beginning in 1891. It all started with the fact that the teacher on the physical culture of the college of the Youth Christian organization of the state of Massachusetts-James Neussmit, decided to make a variety of in his classes. He hung on a balcony railing two fruit baskets parallel to each other and offered students to throw the ball there. The idea of this game was born in his school years. At that time, the game was popular, the meaning of which was that, throwing a small stone, to hit the top of the larger stone. At that time, this game was very different from what we have now. The rules were simple: players are divided into two teams, who will back down the balls to the basket, he won. Interestingly, at that time played a soccer ball. The maintenance of the ball did not exist, the players just moved him to each other, standing still. Throw the ball only from below or from the chest, solely two hands.

After a successful throw, one of the players climbed the stairs attached to the wall and took the ball. This game contributed to the development of interest in sports at the students, because at that time, only gymnastic exercises were prefeed. Already in 1892, the first rules for the newly invented game were introduced. Such as: The ball is counted only if it remains in the basket; in the game two half, each 15 minutes; The ball should be hit only by hand; detentions, jigs and blows of the enemy were not allowed; The player has no right to run through the ball with the ball. This is not the entire list of rules, every year they became more and more. It should be noted that the first "official" game took place in 1892. The outcome of the match-2: 2. After each last match, the rules were adjusted. So gradually a basketball shield appeared, and the fruit basket was transformed into a ring with a grid. The brainchild of the neusmete had a tremendous success, and after a year the basketball was covered by the entire north-east of the United States. Interestingly, already before the beginning of the twentieth century, basketball became popular not only in the United States, but also in Canada. The same neysmith tried to popularize the game at the level of college students and universities. Later, the National Student Sports Association and the Amateur Sports Union began to promote basketball throughout the United States. In 1898, they tried to organize the National Basketball League.

The League existed for a long time, about five years, and then broke up, forming some smaller associations. The development of basketball was very rapid, and already in the twentieth century it is actively popular in South America, Europe, Japan and China. Basketball competitions were also held at the Olympic Games in Paris and Amsterdam, although they were not included in their program. After a couple of dozen years in 1932, after the conference of National Basketball Associations, it was decided to create a fib. She sharply negatively treated the delimitation of players on professionals and lovers. Therefore, students and amateurs performed at international tournaments. In the same year there were official rules of the organization that applied to the whole world. However, later the rules were redesigned and changed. Following the chronology further, you can allocate 1935. It was then that basketball was approved by the Olympic Games program. It was the first and last Olympiad when basketball was performed on an open-air site. That year the Olympic champion became a team from the USA. Also, it should be noted that women's basketball as an Olympic sport appeared much later, only in 1976. Russian basketball also has its history and chronology of development. It formed a little later than on the world stage, in the nineteenth -

twentieth centuries. The beginning of this game was put by St. Petersburg Georgy Diperone. The first official match is tied by 1906. Already in 1909, the official championship was held. It should be noted that in the same year a match between the national team between the Lighthouse Sports Club and the World Crystain Organization, where the basketball was invented.

Over time, the game begins to penetrate into the eastern part of Russia, Belarus and Ukraine. Already by the beginning of the twenties of the twentieth century in all schools belonging. Universal military training of citizens, basketball was defined as a mandatory subject of physical culture. In 1922, the Committee of the Moscow Basketball League was established. A year later, large-scale competitions were conducted throughout the country. It is necessary to allocate that only the national team teams participated in the country's championships. The first club champion was the Dynamo team from Moscow. However, in 1947 he accepted the membership in Fib, where immediately, at the European Championship, took gold. Despite the fact that the team team has always been among the strongest teams of the world, she still inferior to the ancestor. The first Olympic gold team received in 1972 at the Olympics in Munich, where she still was able to win the US team. In the following years of existence, the national team was in the top three, but after its decay and the formation of the CIS, the national team of the Russian Federation began to perform less successfully. Thus, summing up all of the foregoing, it can be said that the development and formation of basketball took a significant historical milestone.

However, at the exit, we received tremendously successful and most interesting games, which, today, is one of the most popular in a number of sports games. The value of basketball is difficult to overestimate, as it is one of the best sports in the development of the human body, the development of the children's basketball of endurance and physical strength. In Samarkand, two children's and youth sports schools operate for 2021 (one regional other city), where regular coach and coach are working. It was noticed that the coach could work simultaneously in two schools. There is neither the other school, but the coach with the teams with the teams with the non-standard small sports halls of educational schools with a non-standard basketball court. The question arises - where is the mass? How is the selection, preparation of reserves under such conditions and availability of specialists? We have followed observations on the increasing degree of basketball in educational schools and Dushes. Observation data make it possible to note that there are a number of problems in the involvement and organization of children to occupy basketball. One of the important problems is the lack of a specially equipped sports base with all technical training. Questions about the status and development problems of basketball development at the level of the Republican Federation, and what is being done in the areas, what is the role of the regional, urban basketball federation? It is well known to achieve the goal set in the process of training basketball players, requires a long time. The period of starting a basketball and to inclusion in the team for higher discharges is needed to about 8 years.

The need for many years of training, starting from childhood due to the fact that basketball is characterized by complex technique (despite the seeming simplicity of the game). This complexity is primarily due to the following - all technical elements must be effective in fast-mounted conditions of the game. High degree of ownership of the skills of the game can only be achieved with a systematic, long and qualified learning starting from childhood. The structure of the training of sports reserves of multifaceted, it covers children's, youthful sports, junior sports training and young people, and on their basis - training of highly qualified athletes. To achieve high and definite results on the issue under consideration, it is necessary; 1. Activate the activities of the regional and urban jet of basketball. 2. Specialists of highly qualified trainers. 3. Fight software materials, methodical literature. 4. Build more trainings, and competitive process, advanced training and exchange of experience. 5. Employed the calendar of the games of the on-country and in place (at least 60-80 per year, taking into account the age of students). Only with the joint efforts of the

Federation of Supheses, Basketball Enthusiasts, which can help fundamentally change the training of young basketball players for mass basketball and sports reserve for the national teams of the city and the region, it is possible to solve the problem under consideration. For this you need a desire and effort.

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