
CLASSIFICATION OF BASKETBALL PLAYING TECHNIQUES

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Anotation. Basketball sports have developed in schools and sports schools the main goal of this is to make the younger generation healthier

Keywords: technique, field, movement, running, jumping

Game technique is the sum of methods that give the opportunity to more successfully solve the specific tasks of the competition. Under the term "technique method", a system of actions is understood that are oriented to perform almost the same game task and are similar in structure. The variety of conditions in which this or that method is used enhances interest in the formation and improvement of the methods of performing each method.

When a basketball player wants to achieve a good result, he must master many technical methods, be able to quickly choose a method that is in accordance with specific conditions, and be able to perform them accurately.

Thus, the athlete technique in each period of development is the most effective, practically tested tool that allows the player to successfully move in difficult situations of struggle, not falling out of the framework of the rules. In order to achieve the best results of the game situations that arise in a moment, the basketball player must master all of the various technical skills and methods, be able to choose the most appropriate method or methods, perform them quickly and accurately.

Classification of Game techniques is the distribution of all its methods, qualifications by sections and groups of equal rights based on certain characters. Such signs include, first of all, the designation of what the qualification in sports wrestling is intended for (for attacking or defending a basket), how the movement is performed (with or without a ball), as well as the features of its cinematic and dynamic structure.

Basketball techniques are divided into two large sections: offensive techniques and defensive techniques. In each division, two groups are distinguished: in the offensive technique – the technique of moving without a ball on the field and the technique of movements performed with a ball, and in the defensive technique – the technique of moving on the field and the technique of acquiring and counter-moving the ball. Within each group there are qualifications and methods of their execution. Almost every method of performing a skill has several manifestations that reveal certain details (indicators) of the structure of the movement. In addition, the dynamic structure of the method is influenced by the conditions of execution, which determine the movement, initial position, direction and distance of the player. In the recommended classification, the fints are not allocated independent space, since the fint is only a part of the specific method (e.g., holding hands while passing the ball), (aiming while shooting the basket),

with the goal (intention) of causing an erroneous reaction in the opponent, the player is able to achieve a comfortable position.

Technique of moving on the field. Basketball moves across the field are part of an entire system of moves that are directed towards the performance of attacking tasks and occur during the implementation of concrete game moves. They are the foundations of basketball techniques.

The player uses walking, running, jumping, stopping, twisting to move across the field. With these techniques, he can correctly select a location, move away (away) from the opponent chasing him, and go in the desired direction for the next attack, achieving the best, comfortable preliminary positions to perform other techniques. In addition most technical skills that are separated by the ball are in motion and jump ball shooting and the effectiveness of the movements depends on the correct operation of the foot and maintaining balance during the movement.

Walk. Walking is less applicable to other methods of moving on the field in a game. It is mainly used to switch positions in short phases, or when the duration of the game's movements decreases, as well as to replace the pace of movement in the joint with the run. Unlike the usual walk, the basketball player moves from one place to another with slightly bent legs on the knee, which allows him to accelerate from the heel.

Run. Running is the starting tool for moving in the game. It is quite different from running in athletics. The player must be able to accelerate in any direction, forward or with his back, within the field from Oud states to various starts, quickly changing the speed and direction of the run.

For an opponent, an unexpected increase in running speed or a starting acceleration is called a sharp run in sports games. Running sharply is the best means of getting rid of the opponent's pursuit and getting out into space. To perform a sharp run, the first 4-5 steps are taken from the side of the tip of the leg, making it intense. The running speed goes beyond due to the extension of the step. At this point, the player must be ready to take the ball.

Changing the direction of running is done by the player, in the opposite direction to the direction of movement, with a strong push of the leg pulled forward, bending the torso in the direction of their newly chosen direction.

Jumps. Jumps are used in the same way that independent qualifications are used. They are also elements of other techniques. Players use more high and long-high jumps or repeated jumps. Two methods of performing a jump are used, namely depressing with two legs and depressing with one leg.

With double-legged depression, the jump is performed from the base position, from more position. The player quickly bends the legs, bends the arms slightly at the elbow, turns around and raises the head slightly. Depression is carried out with a strong bending of the legs, with a sharp movement of the torso and arms back and forth. Bouncing by running and double-footing depression is commonly used during basket ball shooting and during the fight for the returned ball from the Shchit.

One foot depsinib jump is performed by running and doing it. Depsination is performed in such a way that the inertial forces of running are fully used. The last step of running before depressing is taken much larger than the previous ones. They are boldly placed on the tip of the leg from the heel to the heel, so that the depressant slightly bent in the knee vapors pulls the leg forward and depresses. Quickly flick back and forth with the other leg, and when the general center of body weight passes over the base, it is bent with the pelvis where the thigh bone is added and in the knee vapors. The basketball player's body straightens his leg after a lift when he reaches a high point, and the depressant brings it to the side of his leg. While maintaining the balance of falling to the ground when jumping in the desired way, a gentle descent is necessary, which is achieved by softening bending of gently sloping legs. Such a fall to the ground allows the basketball player to quickly engage in the execution of game moves.

Stops. Depending on the situation, the player uses unexpected (knock-off) stops in order to get rid of the opponent's pursuit at least a little, get out of space and have a chance for further attacking moves, along with sharp runs and overtaking the running direction.

Stopping is done by jumping in two styles and taking two steps.

Turns. To get rid of the attacking defender, he uses his fins to keep the ball from kicking, and then uses turns to attack the basket. There are two back and forth ways of turning.

The forward turn is performed by stepping in this direction, if the basketball player is facing somewhere with his face, and the backward turn is performed – by stepping in which direction he is with his back.

Methods (techniques) performed with the ball. Techniques performed with the ball include the following technical skills: ball hook, pass, urub walk, and throw the ball into the basket.

A ball hook is a skill with which the player can confidently take possession of the ball and engage with it in the next offensive action. Hanging the ball is also an initial condition for later ball exaggeration, carrying, or shooting, so movements with their structure should ensure accurate and convenient execution of subsequent methods. The player must know where and to whom to transfer the ball then, without Hali being hooked.

Hook the ball with two hands. A two-handed hook is the simplest and at the same time the most reliable way to take possession of the ball.

Preparatory part: if the ball is approaching the player's chest or head height, then it is necessary to turn hands against the ball, catch the ball with empty fingers and paws, form a larger funnel relative to the size of the ball.

The main part: when the ball touches the fingers, it is necessary to bring the paws closer to it and hold them with the fingers (not with the palm), and the hands should be pulled to the chest and bent at the elbow joints. Bending the arms is a damping action that reduces the striking force of the flying ball.

Closing part: after receiving the ball, the torso is again thrown slightly forward: with spreading elbows, the ball being saved from the opponent is taken to the position of preparing for further movements. If the ball flies well below chest height, then the player sits lower than usual by lowering the flight height of the ball.

The fight for a sapchy ball from the field, in order to hook the ball, you should not expect a comfortable high jump. Moving towards it, it is necessary to catch it at the beginning of the jump. The player bends towards the ball, quickly leans in front of the torso, lowers the arms back and forth, brings the paws from the outside to the ball, but not from the top. When he catches the ball, he immediately straightens and pulls it over.

For the purpose of hanging the ball in motion, passing it to itself, or throwing it into a basket, a so-called, two-step technique is used. If a player wants to make a running raise or throw immediately after catching the ball, with said one hand, he must jump lightly and hook the ball while the push is done with his left foot and his right foot is brought forward. It is then necessary to push with the right foot (first step), push with the left foot (second step) and increase or shoot the ball with the right hand during the jump. If a player immediately tries to stop with both legs to leave his left foot on the line of scrimmage after being hooked on the move, then the player must try to hook the ball while the push-up with his right foot is done and his left foot is forward. Then the first decelerator should stop with the left foot, the second stopping step with the right foot, and the right foot so that it gives the opportunity to perform turns (Figure 4).

Hook the ball with one hand: conditions to reach the flying ball and hook it with both hands, without allowing it to hook it with one hand.

Preparatory part: the player pulls out the hand so that the ball crosses the runway (paws and fingers are empty).

Main part: as soon as the ball touches the fingers, it is necessary to carry the hand back and forth, with the same movement, as if the ball is being continued to fly (depreciation action). This movement is facilitated by a slight turn of the torso towards the connecting arm.

A pass is a qualification in which the player points the ball towards their partner to continue the attack using a fly.

Knowing the correct and accurate transfer of the ball is the basis of the joint clear, goal – oriented characters of basketball players in the game. The ball has different styles. They are applied depending on the state of this or that game, the range in which the ball is to be passed, the location of the partner or the direction of movement, the opposing styles of movement and character of their opponents.

Pereferic vision, speed of hand movements, entrepreneurship, clear and tactical thinking are qualities that characterize basketball players who can stretch the ball without errors.

The speed and accuracy of performing the techniques of the transmission depends to some extent on the fact that the paws and fingers work very quickly on

the main part of the method. 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 transmission. It is necessary to see the partner receiving the ball, but not to look at it. It is necessary to maintain an equilibrium position during the transfer, unless the direction intended for the transfer can be blocked from the opponent's side or the ball can be removed, while the player involuntarily makes an error "run" (takes a third step or moves out of place).

Passing the ball with two hands from the chest is the main method that allows you to accurately and quickly direct the ball to a close and middle-distance partner during a relatively simple game, when the opponent's Chase is looser (Figure 5).

Preparatory part-the height of the waist of the paw, the fingers of which are spread, keeps the ball free. The elbows are slightly bent. Pulls the ball to the chest with a circular motion of the hands.

The main part-the ball is sent forward with a quick mountaineering of the hands to the end, filling it with the movement of the paws, which gives the movement of the back spin.

Ending Section: hands are dropped loosely after passing the ball, the player is straightened, and then returns to a slightly leg-bent position (such that the ending section is also typical of other methods of transmission). If the opponent halaqit the ball to be passed at chest height, then the ball can be sent in such a way that it can hit the field near the partner and sprinkle straight on it. In order for the ball to sag quickly, it is sometimes given a circular motion in front of it.

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