

THE EFFECTIVENESS OF THE RATING SYSTEM IN INCREASING THE TRAINING MOTIVATION OF SCHOOL-AGE BASKETBALL PLAYERS

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Abstract:

Achieving high results in modern sports depends on the systematic results of long-term training. The athlete's attitude to the training process and his sporting duty largely stems from his training motivation and participation in competitions.

Keywords; Psychology, sports, basketball, physical education, preparation, competition, training, coach, victory, sports psychology.

Introduction

MAKTAB YOSHDAGI BASKETBOLCHILARNING MASHG‘ULOT MOTIVATSIYASINI OSHIRISHDA REYTING TIZIMINING SAMARADORLIGI

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Annotatsiya

Zamonaviy sportda yuqori ko‘rsatkichlarga erishish ko‘p yillik mashg‘ulotlarning tizimli natijalariga bog‘liq. Sportchini mashg‘ulot jarayoniga va o‘zining sport burchiga bo‘lgan munosabati ahamiyatli darajada uning mashg‘ulot motivatsiyasi va musobqada qatnashishidan kelib chiqadi.

Kalit so‘zlar; psixologiya, sport, basketbol, jismoniy tarbiya, chiniqish, musobaqa, mashg‘ulot, murabbiy, g‘alaba, sport psixologiyasi

ЭФФЕКТИВНОСТЬ РЕЙТИНГОВОЙ СИСТЕМЫ В ПОВЫШЕНИИ ТРЕНИРОВОЧНОЙ МОТИВАЦИИ БАСКЕТБОЛИСТОВ ШКОЛЬНОГО ВОЗРАСТА

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Аннотация;

достижение высоких результатов в современных видах спорта зависит от систематических результатов многолетних тренировок. Отношение спортсмена к тренировочному процессу и своему спортивному долгу в значительной степени проистекает из эго тренировочной мотивации и участия в соревнованиях.

Ключевые слова; психология, спорт, баскетбол, физическое воспитание, подготовка, соревнование, тренировка, тренер, победа, спортивная психология

In psychology, a motive is understood as a thought, aspiration and the wish of a person, connected with the conscious extirpation that motivates him to one or another activity. Basketball is a team game, the successful achievement of competitions is achieved only in the highly specialized position of the team members. Therefore, the basketball team should choose from basketball players such types of motivation in training processes so that they strengthen the activity and responsibility of each basketball player. It is of great practical importance for a coach to represent athletes in competition, to know the motives of training. Because it directly affects the attitude to the upcoming competition and training, the sports regime, the determination of the purpose of dealing with the port. Because the motives help to accumulate the strength of the athlete to the

maximum in order to overcome the difficulties that will be inappropriate during training and competition. In modern literature, there are works devoted to the problem of motives in sports activities. It is worth mentioning that a number of authors have interpreted sports motivation more often, but it is poorly lit to shape and control the motives of young athletes. Babushkin E.G., Mochalov S.Yu. There are several ways to increase the motivation of athletes for training activities in the practical activities of murabiy. That being said, the choice of motivating tools depends on many factors. Chunonchi: engaged inninig Sports, age, gender, sports qualification, etc.

Organization of research. The experiment was held at the children's and Junior Basketball Academy in Tashkent. The observations were mainly conducted in 3 guruches, which are groups of 9“A”, 8“B”, 7“a”. It was initially regularly monitored for each of the sessions that the groups conducted in September. During the observation process, it turned out that 8 “b” Teams were not active in training, did not perform the exercises with much interest, they did not develop consequential motivation, in all Championships held they had more losses than wins. This group has been designated as a basketball chlar research group. Attention was paid to the activation of athletes, taking into account the slowness of the study group in training. The pedagogical experiment is organized in two stages. During the first phase (October, nayabr, December), basketball players were monitored anonymously in the training process, which means that their activity in training was studied in a natural state. During the second phase (January, February, March), a 10-point criterion was developed aimed at raising basketball players ' training motivation. **The 10-point criterion is expressed as follows.**

Maximum 2 points for discipline and activity in the preparatory part
Maximum 6 points for accurate and high-quality performance of each exercise in the main part
Maximum 2 points for accurate and high-quality performance of restorative exercises in the final part of the workout
At the beginning of the pedagogical experiment, the above criteria were announced to young basketball players. At the end of each training session, points determined by this criterion are scored depending on the attitude of athletes to training. Basketball players who are active in training are awarded a higher score, while their silvers are awarded a lower score. It was explained that the athlete who did not earn the maximum score until the upcoming championship will not participate in the competition, the coach of

the pedagogical technology criteria also confirmed the fact that he stood next to the basketball players. Starting in January, basketball players' attitudes towards training changed. Points received at the end of each session were announced and the weekly and monthly points were placed monthly in the classroom corner. At the beginning of the study, the experiment guru had held 8 friendly matches, of which 4 were losses, 2 were durrangs, only 2 were wins. After the pedagogical experiment, the research team again achieved the results below by holding a friendly meeting with the 8th Teams. 4 wins, 2 durrangs, 2 losses. It can be seen from this that the motivational state must be constantly monitored by the coach. From the result of the study, it turned out that if young basketball players are happy with constant control of training motivation, then due to the increase in motivation for training, the effectiveness of their acquisition of technical and tactical tactics increases. This will definitely pay off in the competition. Taking into account the instability of motivation for training, the coach must constantly Mulk with young basketball players, be aware of their internal experiences, befriend children with their thoughts at the beginning of everyday training, and at the end of training, identify them with motivational attitude, and, if necessary, introduce them into the position of training motivation.

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