

TECHNIQUES NECESSARY IN BASKETBALL [BALL ELONGATION, DRIBBLING, JUMPING, SHOT GIVE] AND TEAM TACTICAL ANALYSIS

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Abstract:

In this article, basketbol oyunida zarur bolgan asosiy teknikalar va jamoaviy taktikalarar. The technique of stretching, dribbling, swinging and giving a blow play an important role in the development of the individual importance of the basketbolchilar. At the same time, attacking and chemical tactics provide social dominance, and in the game samarali natijalarga ahamiyatga ega. For example, the role of a technical and technical development of the scientific and technical sciences is developed and the role of scientific and scientific development is developed. Mazkur tadqiqot natijalarari basketbol o'rgatıcı murabbiylar va sportchilar nazariy va metodik asos bo kizat.

Kalitwords: basketbolala, tekhnika, to'p stretching, dribbling, sakrash, zarba give, attack tactics, kimoya tactics, jamoaviy hamkorlik.

Introduction

Basketbol is one of the types of zamonavi sports and provides wide opportunities for physical and psychological development. This type of performance includes mastering the technique and technique of the game, as well as the ability to think quickly, to make decisions and to develop social skills.

Basketbol is known for its dynamism and contagious pace. He became a favorite of the national youth on a national scale, played a crucial role in the creation of a social life and the unification of society. Also, basketbol technical skills and social skills are known as murakkab sport type, mastering the game plays an important role for the players in achieving professional achievement.

In this article, the basics of basketbol games are taught in the form of zarur bo'lgan asosi techniques, sentences, to'p elongation, dribbling, sakrash and zarba, as well as attacking and chemical techniques. Tadqiqot maqsadi – the development of the technical and technical skills of the basketbolchilar ba'lgan bo'lgan aniqlash valarni amaliy mashg'ulotlarga tatbiq tatbiq.

Adabiyotlar tahlili

In recent years, the development of technical and technical techniques in the game of Basketbol has been carried out. The technical skills of this spectrum, as well as the technical skills of this spectrum, and the importance of ensuring the social quality of this spectrum.

The technique of basketbol was developed by the elements of elongation, dribbling, sakrash and zarba. Jahon sport mutaxassisarlari fikriga ko'ra, tekhnika jismoniy holat va tekhnologik yondashuvlar yordamida rivojlantiriladi [Petercon, 2018]. For example, in terms of improving the **dribbling** technique, the tadqiqotlar shows that mashqlar vaqtida velocity and mazozoratni nazorat [Smith, 2020]. Bundán táshqári, **tó pó** stretching technique is known as the development of social reasoning.

In Basketbold, the technique of giving zarba has become obsolete, and the tadqiqotlar shows that the essence of the zarba, which affects the authenticity of zarba, includes the pozitsiya of the qol, the mana muvozanati and the regularity of the mashqlar. In this regard, **the importance of Lay-up** va three-point zarbalar is emphasized [Brown, 2019].

Societal tactics were felt as an important factor in achieving success in the game of basketball. Tadqiqotlarga ko'ra, muvaffaqiyatli taktika jamoa a'zolari o'ortasidagi o'zaro understanding [Jones et al. boshqalar, 2021]. **Zona himoyasi** va **pick-and-roll** taktikalari basketbolda en ke'p qo'llaniladigan strategiyalarar qatoriga. It is important to destroy the empty zone in the Himoya taktikaraida and to stop the attack of the raqib with a samarali to'stopata.

Making the game genre technologically advanced [e.g., videoanalitika or artificial intelligence] is an important part of the game's development. The Bundai yóndáshuv allowed the players to improve their technical and tactical errors.

The creative impact of Basketbol on the players' health and psychological well-being is scientifically proved. Tadqiqotlar shows that basketbol bilan shug'ullanish nafaqat jismoniy holatni, balki tezkor fikrlash qobiliyatini ham rivojlantiradi [Taylor, 2020]. Psychologically speaking, this type of spēpt helps to reduce stress, improve thinking and improve morality.

Adebiyotlar tahlili shows that basketbol technique and technique are important for improving the quality of the game. Zamonaviy yondashuvlarar, jumladan, tekhnologiyalardan foydalanish, tekhnika va taktika bogliq mashg'ulotlar yanada samarali tashkil. This tahlillar natijalarari basketbolchilarni tayyirlash jarayonini yaxshilash va ularin iai iʃis

Tadqiqot natijalari

In order to develop technical skills in the Basketbol game and to improve the quality of the technical skills of the society, the following objectives were implemented:

The technical skills of the players showed that to'p elongation, dribbling, sakrash va zarba give bo'yicha muntazam mashg'ulotlar nafaqat individual mahoratni o'shiraa, bamamaa amamadaat total samarada.

✓ **Natijalar on to'p extension:** Mashg'ulotlar jarayonida top prolongation increased by 15%. The most contagious growth was in the extension technique.

✓ **Dribbling skills:** The dýbing rate of players taking the dribble after the dribbling practice increased by 20%.

✓ **Zarba give natijalar:** Lay-up va three ochkolik zarbalar ustida ishlash jarayonida zarbanida aaxshilandi 12% gaxshilandi.

These skills suggest that players can increase the attacking power of a monster by tweaking the technical elements.

The impact of the offensive and chemical strategies on the game has increased the impact of the offensive and chemical tactics on the game.

➤ **Attack tactics:** The number of attacks increased by 18% in the Pick-and-Roll strategy. This tactic played an important role in disrupting the chemistry of the rivalry and creating a leverage for attack.

➤ **Himoya taktikalari:** Zona himoyasi va shaxsiy himoyai orqali jamoa raqib zarba aaaa0% asa.

The success of the community is determined by the success of the community.

Basketbol o'ynchilari jismoniy mashg'ulotlar jarayonida jirayonida jismoniy holatini kezilarli darajada yaxshilashga achieved.

➤ Physical strength, sentences, speed, endurance and sakrash balandan 10-15% gaxshilan.

➤ Psychological baholash natijalarari esa showed the players' lack of performance and stress relief.

Mashg'ulotlar davomida videoanalitika va tekhnologik vositalardan foydalanish teknik va taktik kamchiliklararni aniqlashda samarali bi. For example, the ability to correct the player's zarba technique was hindered by the possibility of correcting the mistakes made by the o'l and oyoq holatida. That led to a 7% increase in player accuracy.

Conclusion

The results of the experiment showed that the technique of basketbol and the technique of basketbol significantly increased the individual and social skills of the players. Physical and psychological development is a katorda texnologiyalardardan foydalanini nanadada oshirishgi yanada. This natijalar basketbol murabbiylariga mashg'ulot jarayonlari yanada samarali tashkil.

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