



Basketball How Means Physical Education

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Abstract: This article discusses that a sports game, as Basketball is a means of physical education in higher education institutions and is taught as a subject in the curriculum based on the public education system of our country.

Key words: physical upbringing, basketball, students, educational program.

New Concept development physical cultures and mass sports V The Republic of Uzbekistan for the period 2019-2023 provides for the following main areas: involving young people in regular physical education and mass sports through the improvement and application of innovative methods of physical education in educational institutions, organizing clubs and sections in football, cycling, table tennis, badminton, athletics, volleyball, basketball in educational institutions [1]. It is appropriate to note that in educational institutions of all types, physical education is taught as a subject of the curriculum based on the public education system of our country. In addition, after-school classes are held in sports sections, various sports competitions, and these events are based on an important goal - the physical development of children and adolescents in any area of professional training. That is why it has become a good tradition carrying out prestigious multi-stage sports competitions «Umid nihollari», «Barkamol avlod», "Universiade" which directly

are related to the system of continuous education. It should be emphasized that, thanks to the decrees of the President, government regulations, attention to the work is increasing to popularize sports among young students, select gifted children and train professional athletes.

in the physical education program of the Mirzo Ulugbek National University, and it is also represented in sectional and sports work.

Basketball differs from other sports games by the following specific features: high efficiency - on average, teams score per game 80-85 points, some matches end with a three-digit score; frequent changes in current results (the score



changes on average every 30 seconds); mandatory identification of the winner in each game (no draw possible).

The coordinated actions of all team players must be aimed at achieving victory. Each basketball player has clearly defined functions in the team, aimed mainly at the maximum contribution of each player to team actions. In accordance with these specific functions, basketball players differ in their roles. A tall, athletically built player with good endurance and jumping ability is usually a center. A basketball player who is tall, fast, jumping, with a well-developed sense of time and space, has sniper skills, assesses the game situation well, decisively and boldly attacks the opponent's ring is suitable for the position of a winger. The role of a defender requires a basketball player who is extremely fast, mobile, hardy, judicious and attentive. Distribution of players by functions is one of the main principles of game activity. Players are distinguished by their roles not only by game techniques and location on the court, but also by their psychophysiological characteristics. The effectiveness of game actions is closely related to the indicators of sensorimotor response. Most integrative sensorimotor indicator is "sense of time", which can be considered as a component of special abilities of basketball players. The development of "sense of time" is based on the activity of a complex of analyzers, since the perception of time is associated with spatial perception. Basketball players of various roles need to have specialized perception of time intervals.

Teams strive to gain an advantage over their opponents by disguising their plans and simultaneously trying to expose the opponent. The game is played with the interaction of the basketball players of the entire team and the resistance of the opposing players, who make every effort to take the ball away and organize an attack. In this regard, the requirements for the operational thinking of the player come to the fore. It has been proven that representatives of sports games have a significant advantage in the speed of decision-making compared to representatives of many other sports. Speed of thinking is especially important when it is necessary to take into account the probability of a change in the situation, as well as when making a decision in emotionally tense conditions. To assess the psychophysiological functions that determine the success of the game activity of basketball players, methods are used to study the speed and accuracy of motor actions, as well as the volume, distribution and switching of attention, etc. [2].



In order to throw the ball into the basket, it is necessary to overcome the opponent's resistance, and this is possible only if the players have certain techniques and tactics, are able to move quickly, and suddenly change the direction and speed of movement. The activity of a basketball player in the game is not just the sum of individual techniques of defense and attack, but a set of actions combined common purpose V united dynamic system.

Interaction of team players is the basis of collective activity, which should be aimed at achieving common interests and rely on the initiative and creative activity of the entire team. Each player must not only be able to attack, but also actively defend his ring. In order to intercept the ball from the opponent or not give him the opportunity to freely throw, it is necessary to react promptly and correctly to all his actions, taking into account the location of the opposing team players, partners and the location of the ball. Game activity is based on the stability and variability of motor skills, the level of development of physical qualities, health and intelligence of the players.

When participating in competitions, a basketball player does a lot of work: during a game, a highly qualified athlete covers a distance of 5000-7000 m, making 130-140 jumps, many dashes (up to 120-150), accelerations and stops. Moving at high speed is combined with passes and throws of the ball into the basket. It has been established that a basketball player participating in a game for forty minutes without substitution directly handles the ball for only 3.5-4 minutes, and the rest of the time plays without the ball.

An important indicator of the functional readiness of the body is the state of the cardiovascular system. Heart rate is the most important cardiological criterion, reflecting the degree of physiological load. It has been established that the heart rate of basketball players during the game reaches 180-210 beats per minute.

The magnitude of the training load reflects the degree of impact of certain exercises performed by the player on his body. It has been established that special exercises of basketball players differ significantly in the response of the body. For example, when performing free throws, the heart rate is on average 128 beats per minute, the level of oxygen consumption is 30% of the maximum value; when performing special exercises of medium intensity, the heart rate is within 140-150 beats per minute, oxygen consumption level is within 50%, when performing game exercises, the heart rate reaches 172-187 beats per minute, the oxygen debt is 5-7 liters per minute.



For university students, physical activity is not only a way to stay in shape, but also a means of emotional release and a boost of energy. Basketball also has not only a health and hygienic value, but also an agitational and educational one. Basketball helps to develop persistence, courage, determination, honesty, self-confidence, and a sense of collectivism. But the effectiveness of education depends, first of all, on how purposefully the relationship between physical and moral education is carried out in the pedagogical process.

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