International Journal of
Inclusive and Sustainable Education

ISSN: 2833-5414
Volume 2 | No 6 | June-2023

The Importance of Your Ability to Balance and Shot the Ball into the Basket

Ganieva Fatima Vakhabovna [1]

[1] Uzbek State University of Physical Culture and Sports, teacher, Uzbekistan, Chirchik, sbaratov00@gmail.uz

Annotation: The article studied the influence of circular motion exercises on the technique and accuracy of throwing the ball into the ring among basketball players 15-16 years old, who have been playing basketball for 3-4 years. It has been established that 15-16-year-old basketball players involved in a sports school have a very weak ability to maintain balance under the influence of rotational-motor exercises, the accuracy of throwing the ball into the basket from the penalty line is extremely low, and it is noted that the accuracy of throwing the ball is completely reduced under the influence of rotational movement.

Keywords: vestibuosomatic, coordination, psychofunctional, tactical technician.

Modern basketball is distinguished by its intense technical-tactical methods, combinations, sharp turns to the right and left sides, dribbling, jumping, bending-writing and other situational movements performed in very suddenly changing directions. Many repetitions of such intense movement loads during long-term training and competitive games not only place a great demand on the activity of psychofunctional organs, but also affect the vestibular apparatus and disrupt the function of maintaining balance. the accuracy of the throw to the basket drops dramatically. (E.R. Yakhontev, 1987; V.V. Kuzin, S.A. Polievsky 1999; D.I. Nesterovsky, 2010; N.V. Sonina, 2009). Therefore, in order to prevent such negative consequences and to improve the technique and accuracy of technical-tactical methods against the effects of rotational acceleration movements, it was considered necessary to use technical-tactical exercises together with vestibuosomatic exercises or sequentially.

Purpose of scientific research: It consists in studying the effect of circular movement exercises on the technique and accuracy of throwing the ball into the basket.

Research results and their comparative analysis: A pedagogical experiment was conducted to solve the research problem. 16 young basketball players participated in the experiment. They were divided into control and experimental groups of 8 people each. During the experiment, the control group was engaged in traditional meaningful activities, while the experimental group was engaged in specially designed rotational movement exercises. After the experiment, the results of the study are presented in Table 1.

1-Table Level of balance and accuracy of throwing the ball into the basket in 15-16-year-old basketball players (p=16)

T/r	Test Exercises	Early March 2022	Early May 2022	Performance Difference
1.	Equilibrium time under rotational motion (sec)	5,6	6,8	1,2
2.	Accuracy (times) of throwing the ball into the basket	3,4	3,8	0,4
3.	Accuracy of throwing the ball into the basket under the influence of head movement in a 90° forward position (1 in 6 chances)	0,6	0,9	0,3

As can be seen from the table, the accuracy of throwing the ball into the basket with two arms above the body in a static position is very poorly formed in the young basketball players who participated in the study. For example, balancing under the influence of head rotation was 5.6 seconds at the beginning of 2022 (March), but after two months, this indicator increased to only 1.2 seconds. The pass accuracy has been improved from 3.4 times to 3.8 times accordingly. The growth rate was 0.4 times.

It was observed that the extremely low values recorded for balance time and passing accuracy decreased the passing accuracy by 0.6-0.9 times under the influence of rotational movement. It is clear from the dynamics of these indicators that, firstly, the traditional meaningful training carried out for two months could not significantly increase even the low indicators recorded at the beginning, and secondly, such training could not only form the ability to maintain balance under the influence of rotational movements, but also negatively affect the accuracy of throwing the ball into the basket. can bring.

One of the most powerful factors that dramatically affect the technique and accuracy of movement and reduce their efficiency are rotational movements and sudden accelerations. Rotational movements or sharp movements performed along sharply changing directions primarily affect the receptor of the vestibular analyzer, disrupting its balance, impairing the coordination and accuracy of movement techniques. Therefore, it is important to use rotational movement exercises in the order of "rotary movement-throw the ball into the basket" during the intervals of exercises that shape the accuracy of throwing the ball into the basket.

Based on such a methodical principle, the possibility of increasing the accuracy of throwing the ball into the basket was studied during a 4-month experiment involving young basketball players. The results of the experiment are presented in Table 2.

Table 2 Level of balance and accuracy of throwing the ball into the basket in 15-16-year-old basketball players (p=16)

T/p	Test Exercises	Group	Early March 2022	Early May 2022	Performance Difference
1.	Equilibrium time under rotational motion (sec)	EG CG	6,2 5,8	7,4 18,6	1,2 12,8
2.	Accuracy (times) of throwing the ball into the basket	EG CG	3,6 3,4	4,8 6,6	0,6 3,2
3.	Accuracy of throwing the ball into the basket under the influence of head movement in a 90° forward position (1 in 6 chances)	EG CG	0,5 0,6	0,7 3,8	0,2 3,2

As can be seen from the table, the accuracy of throwing the ball into the basket from the penalty line during the time of balance under the influence of rotational movement was 3.6 times, and the accuracy of throwing the ball into the basket under the influence of rotational movement of the head

at 90° forward position was 0.5 times. Almost the same indicators were recorded in the experimental group. At the same time, these indicators were recorded with very weak differences in EG, who was engaged in traditional training during the 3-month experience. In particular, the time to maintain balance under the influence of rotational movement in this group was 6.2 seconds before the experiment, but by the end of the experiment, this indicator only increased to 7.4 seconds. The difference in indicators is only 1.2 seconds. The accuracy of throwing the ball into the basket increased from 3.6 to 4.8 times out of 10 opportunities in this group. The accuracy of throwing the ball into the basket under the influence of head rotation in a 90° forward position increased by 0.5 times, and at the end of the experiment, this indicator increased by only 0.2 times. In addition, during the 4-month pedagogical experience, it was noted that all the indicators increased rapidly in EG, who used the circular movement exercises developed by me and the exercises that form the accuracy of throwing the ball into the basket under the influence of such exercises. For example, before the experiment, the time to maintain balance under the influence of circular movement was 5.8 seconds in this group, and by the end of the experiment, this indicator increased to 18.6 seconds. The difference in indicators was 12.8 seconds. The accuracy of throwing the ball into the basket from the penalty line has been improved from 3.4 times to 6.6 times.

The accuracy of throwing the ball into the basket increased from 0.6 times to 3.8 times under the effect of rotating the head in a 90° forward position. The 4-month growth rate was 3.2 times.

From the comparative analysis of the results of the experimental study, it can be seen that the indicators studied in CG engaged in traditional meaningful training increased very slowly during 4 months.

In addition, during the experiment, it was found that all indicators increased rapidly in TG, who used the experimental exercises developed by me in their training.

Conclusions and suggestions

1. In modern basketball, while the accuracy of throwing the ball into the basket from different points and in different ways is improved by means of specialized technical exercises, it was revealed that its accuracy cannot withstand rotational movement loads. It has been found that there is very little data to show that shooting accuracy is stable if circular motion exercises are used regularly in between these exercises.
2. Research has shown that 15-16-year-old basketball players participating in sports school have a very poor ability to maintain balance under the influence of circular movement exercises. Moreover, it was found that the accuracy of throwing the ball into the basket freely from the penalty line is very low. It was noted that the accuracy of throwing the ball was completely reduced by the influence of the rotational movement.
3. During the experiment, the accuracy of throwing the ball into the basket was noted in TG, who regularly used the rotational movement exercises developed by me in his training.
4. The tests used in the research and the tests used in the test are suggested to introduce circular movement exercises, which are distinguished by their effectiveness, into training.

Literature

1. Ashurkova S.F., Ustanovochno-profilakticheskaya znachimost predsorevnovatelnoy razminki u voleybolistov raznoy qualifikatsii - Fan-Cportga, 2019 - elibrary.ru
2. Akulich L.I., Pulatov A.A., Ashurkova S.F., Sportivnye i podvizhnye igry (volleyball), 2021 - elib.sportedu.by
3. Ashurkova S.F., Differentiated analysis of the results of the professional competence of the trainer and the corresponding ego ..., Aktualnye problemy pravovogo ..., 2021 - elibrary.ru
4. Ashurkova S. F., Khudaibergenova E. U. The influence of movement games and the development of skorostnoy vynoslivosti and volleyball players at the age of 10-12 //Fan-Sportga. – 2022. – no. 2. - S. 5-7.

5. Denisova U.J., . Ganiyeva F.V., Masharipova R. Yu. Basketbol Nazariyasi va uslubiyati, Toshkent 2021. – 178.
6. Ganiyeva F.V., Qdirova M.A., Khusanova D.T. Madaminov T. Methodology of forming the technique and speed of hitting the ball in basketball based on situational exercises. // Scientific-methodological recommendation. T.: 2015. - 50p.
7. Karimov B.Z., Theory and methodology of basketball // Uchebnik dlya vysshih uchebnyx zadeniy. T: 2020. – 499 p.
8. M.V.Lenshina., Programmirovanie gruzok skorostno-silovoy napravlennosti v mikrostrukture sportivnoy trenirovki yunykh basketballistov 13 - 14 let. - Moscow, 1999.
9. Miradilov B.M., Karimov B.Z., Umbetova M.A. Improving sports pedagogic skills (basketball). // Tutorial. T.: 2017. – 268 p.
10. Miradilov B.M. Basketball theory and methodology. // Textbook for higher educational institutions. T.: 2021. – 453 p.
11. Norboev K. D., Ummatov A. A., Umarov K. M. Effectiveness of volleyball games for children, active active games //Uchenye zapiski universiteta im. PF Lesgafta. – 2021. – no. 9 (199). - S. 177-183.
12. Nesterovsky D.I. Theory and methodology of basketball. // Uchebnoe posobie dlya studentsov VUZa. M.: "Academy", 2010. - 336p.

    A. Pulatov, A. A. Ummatov - Physical culture. Sports. Tourism ..., 2019 - cyberleninka.ru
13. Sonina, N.V. Technical-tactical training of basketball players 15-16 years old with uchyotom game role: abstract dissertation na soiskanie uchyonoy stepi candidate pedagogic science / N.V. Sonina. - Moscow, 2009. - 23 p.
14. Sergazinova, M.A. Sovremennye predstavleniya o vedenii macha v basketballe / M.A. Sergazinova, L.N. Minina, B.E. Losin, S.N. Elevich // Uchenye zapiski universiteta imeni P.F. Lesgafta. - St. Petersburg, 2020. - No. 3 (181). - S. 397-401.
15. Pulatov A.A., Ashurkova S.F., Vozmojnosti oustraneniya sluchaev netochnoy realizatsii standardnykh deistviy v igrovykh vidax sporta (na primere ..., Fan-Cportga, 2020 - elibrary.ru
16. Ummatov, A. A., and V. V. Shank. "Effekty novogo podkhoda k razvitiyu i otsenke pryjkovyx kachestv v voleybole." CENTRAL ASIAN JOURNAL OF THEORETICAL & APPLIED SCIENCES 2.7 (2021): 24-29.