

## **An Integrated Approach to Training Sports Techniques Basketball And School**

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**Abstract:** Physical education plays a crucial role in the all-round development of students, promotes both physical and mental well-being. Among the various sports, basketball stands out as an excellent choice for teamwork, coordination and cardiovascular health. This research paper examines the importance of teaching basketball technique in schools and presents a comprehensive approach to enhance the learning experience.

**Keywords:** Sports education, healthy lifestyle, development of young people's will, strength, courage and patriotism, feelings of loyalty to the motherland, basketball, special exercises in basketball training.

Relevance and necessity of the topic. In recent years, serious attention is being paid to physical education and sports in our country. An example of this is the decree of the President of the Republic of Uzbekistan, Sh. Decree "On measures for the wide implementation of a healthy lifestyle and further development of mass sports" dated November 5, 2021 "Formation of the reserve of athletes in Olympic and Paralympic sports by fundamentally improving the system of sports education" the decision of November 5, 2021 "on measures to further develop the sports of walking, running, mini-football, badminton, streetball and workout" decision, as well as the acceptance of the concept "Development of physical education and mass sports in the Republic of Uzbekistan in the period of 2019-2023" in accordance with the decision of the Cabinet of Ministers No. 118 dated February 13, 2019 is a clear evidence.

The purpose of this is to create a healthy lifestyle in our society, to create conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, to develop the will, strength and capabilities of young people through sports competitions. Wide-scale works are being carried out aimed at strengthening their confidence, developing feelings of bravery and patriotism, loyalty to the motherland, as well as systematic organization of selection of talented athletes from among young people, and further development of physical education and mass sports.

Therefore, in general education schools, we should involve students in sports not only during classes, but also outside of classes. For this, it is appropriate to organize various sports sections based on the interests and needs of students.

Basketball is a dynamic and fast-paced sport that requires a combination of physical fitness, agility and strategic thinking. Integrating basketball into school physical education programs gives students the opportunity to develop important life skills, including teamwork, communication and discipline. This article aims to highlight the benefits of teaching basketball technique in schools and suggests effective ways to achieve optimal learning outcomes.

The purpose of the study. The purpose of the research is to increase the rational capabilities of young basketball players studying in schools, and therefore to improve the techniques and tactics of the basketball game together.

To achieve the set goal, the following tasks were assigned to the research:

1. To study the level of physical development of 13-15-year-old basketball players engaged in the initial training stage.
2. Scientifically and practically evaluate the physical fitness of 7-8th grade students, give practical recommendations to increase their physical speed, endurance, flexibility, agility and strength abilities.
3. To check that 7-8th graders can carry out loads specific to physical abilities during the initial training period.
4. To determine the effective methods, forms and ways of educating students' physical qualities through the use of special exercises in basketball sports training in secondary schools.

In this article, the technical and tactical levels of young basketball players, development of quickness, strength, agility, endurance qualities, psychological preparation and behavior during the competition are discussed. Development of such qualities in basketball players is the closest to victory.

It increased mental, spiritual, physical and morphofunctional training of young basketball players. If 7th-8th grade students are taught basketball in class and extracurricular activities, and special exercises are used in the classes taking into account the physical fitness and physical development of each student, then through this sport, the young generation will become a well-rounded person. If various competitions and sports holidays are organized focusing on the formation, it is possible to quickly and easily achieve the successful development of the physical qualities and physical fitness of the 7-8th graders with basketball in extracurricular activities. According to the results of the analysis of basketball players' competitive activities, A. Gomelsky said that the game function of the players on the field is the most complicated.

In their scientific works and books, scientists have justified the fact that individual and group offensive actions in technical-tactical training are connected to physical qualities in training, and in order for basketball players to play effectively, they are at each stage of preparing for the competition (preparation, general, special) admits that he must correctly distribute physical, technical and tactical qualities.

It is important to focus on the goal of developing a certain level of preparation in each training session when training the qualities of physical fitness of basketball players, achieving high-level actions in matches.

Description of the methodology used in the research: When analyzing the scientific literature and conducted research on the subject, it was observed that there is a lack of methods designed to develop the physical fitness and physical qualities of children aged 13-15 for basketball. In particular, in this way, we can select special exercises related to the sport of basketball and show their implementation as a novelty.

During the research, the basics of the development of physical fitness of basketball players were determined. Theoretical analysis and generalization in the organization and conduct of scientific research, pedagogical observation, analysis of special scientific, educational and methodological materials related to the research topic, interview, question-and-answer, questionnaires, participation in student and sports clubs basketball players' learning, attendance, discipline, health, medical-pedagogical control, pedagogical experience and mathematical-statistical processing methods were used.

Practical results of the research: scientific and practical analysis of the development of physical fitness and physical qualities of the 7-8th graders in extracurricular activities related to the sport of basketball, as well as tactical preparation, giving them practical instructions. To record the positive changes occurring in them during training and to apply them in practice later.

Advantages of teaching basketball in schools:

- a. Physical Fitness: Basketball involves a number of physical activities such as running, jumping, and hand-eye coordination that contribute to students' overall physical fitness.
- b. Teamwork and Cooperation: Playing basketball requires effective communication and cooperation among team members, teamwork and sportsmanship.
- s. Development of motor skills: Dribbling, shooting and passing in a basketball game develops students' fine and gross motor skills.
- d. Cardiovascular Health: The continuous movement of basketball gives the cardiovascular system an excellent workout, improving heart health and endurance.

A comprehensive approach to teaching basketball sports techniques:

- a. Dribbling Basics: Begin by teaching students the basics of dribbling, emphasizing proper hand placement, control, and ball handling. Drills and exercises can be done to improve dribbling skills.

- b. Shooting Techniques: The components of shooting, including proper stance, grip, and tracking. Moving from stationary pull-ups to dynamic situations, gradually increasing the complexity of exercises.
- s. Transitions and Receptions: To teach students about different types of transitions and receptions. Emphasize the importance of accuracy, timing and court awareness when conducting drills.
- d. Defensive Strategies: Basic defensive skills including guarding techniques, positioning and anticipation. Engage students in defensive drills to improve their ability to fight shots and create turnovers.
- e. Team Strategies: Emphasize the importance of communication and decision-making on the court, and provide an understanding of offensive and defensive strategies. Add team exercises and scenarios to simulate real game situations.
- f. Game Simulation: Run a guided game simulation to allow students to apply the techniques learned in a real-world setting. This increases their ability to adapt to game dynamics and make informed decisions under pressure.

Integration Technology: Use technological tools such as video analysis and simulation software to enhance the teaching of basketball technique. Video feedback allows students to visually analyze their performance and identify areas for improvement, helping them gain a deeper understanding of the game.

Evaluation and monitoring of progress: Conduct regular evaluations to assess individual and team progress. Use written assessments, hands-on demonstrations, and game scenarios to assess students' understanding and application of basketball technique.

Conclusion: Teaching basketball technique in schools is beyond physical training; develops important life skills and contributes to the overall development of students. By using a holistic approach that includes core skills, teamwork and strategic thinking, teachers can create an engaging and effective learning environment. Integrating technology and implementing regular assessments further enhance the learning experience, ensuring students have a solid foundation in basketball technique outside of the classroom.

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