

THE IMPROVING OF PHYSICAL QUALITIES OF FUTURE SPECIALISTS IN PHYSICAL EDUCATION AND SPORTS WITH THE HELP OF BASKETBALL TOOLS

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Annotation. This article is focused on the mechanism of improvement of the physical qualities of students with the help of basketball equipment based on the variable system consists of block V. Exercises that develop students' physical qualities, methods of their application, tasks, direction of influence, and forms of invisibility are explained in the blocks.

Key words: mechanism, model, rapid movements, repeated training method, basic endurance, dynamic and static directions, basketball, physical qualities.

Relevance. In different countries of the world, efforts are being made to solve common tasks related to the determination of ways of theoretical and methodological-technological support of the educational process in the training of physical education specialists in the system of higher education institutions. Physical education determines the need to create an effective innovative curriculum and technologies for training competitive values in the educational system.

In the training of highly qualified specialists in the field of education system in our republic, the tasks of further improvement of the system of their main professional activities, creation of effective mechanisms of implementation of scientific achievements into practice are defined as priorities. Decree of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan." DP - No. 5924 defines the tasks of gradually increasing the quality of trainers and specialists in sports education institutions, in particular, the number of employees with higher education. The implementation of these tasks requires the improvement of the professional training process in pedagogical higher education institutions, the search for scientifically based ways of effective training of future physical education specialists through the means of sports specialization. Acquiring the physical qualities of the future physical education teachers shows their readiness

to effectively solve practice-oriented tasks in the conditions of real physical education and sports activities.

The purpose and tasks of the topic.

It consists of developing proposals and recommendations on the formation of physical qualities of physical education and sports specialists using basketball tools.

Development of a new variant system aimed at teaching the tools and methods specific to the basketball sport for the formation of physical qualities of future physical education specialists. Exercises that develop the physical qualities of students, the methodology of their application, tasks, direction of influence and forms of non-appearance, development of an agility model for training a complex reaction aimed at increasing muscle tension and mechanical activity in a short period of time, taking into account the changing directions of movement in basketball training of future physical education specialists . When planning rest intervals for the development of students' strength abilities, based on the possibility of full recovery of the body, formation of movement qualities due to the use of tools similar to volleyball technical methods in dynamic and static activities in an isotonic and relaxing order (increasing external resistance to the limit level) (Table 1);

Table 1

THE MECHANISM OF IMPROVING THE PHYSICAL QUALITIES OF STUDENTS WITH THE HELP OF BASKETBALL TOOLS ON THE BASIS OF A VARIABLE SYSTEM

EXERCISES	METHODOLOGY	TASKS	DIRECTION OF INFLUENCE	FORMS OF INVISIBILITY
I BLOCK. THE MODEL OF DEVELOPING OF QUICKNESS				
1. Runs by rapidly changing directions of movement from different initial states according to a visual signal. 2. Fast running for short distances (5, 10, 15 meters) while standing sideways.	1. Repetitive training method. This method is used to develop the qualities of quickness, strength and agility, in which rest intervals are necessary to provide an opportunity for the complete	1. Development of simple and complex reactions. 2. Cultivating the ability to show maximum strength (quickness - strength skills) in the conditions of fast movements.	1. Emergence of excitation in the receptor. 2. Transferring the impulse to the central nervous system. 3. Passing the impulse along the nerve paths and forming an effector signal.	1. See the ball. 2. Assessing the direction of the ball and its flight quickness. 3. Choose a plan of action to be executed. 4. Start implementing this plan.



<p>3. Fast runs for short distances on the signal back and forth.</p> <p>4. Relays requiring quickness.</p> <p>5. Different gestures and the quickness of understanding the situation (the gesture of a teammate or several actions, teaching and evaluating the game situation, the position of the opponent's player, etc.). Act quickly and appropriately in these situations.</p> <p>6. The quickness of multiple execution of various actions.</p>	<p>recovery of the body.</p> <p>2. Intermediate style. This method is mainly used to train agility and strength endurance. The rest interval is usually not long.</p>		<p>4. Transfer of the signal from the central nerve fiber to the muscle.</p> <p>5. Excitement of the muscle and emergence of mechanical activity in it.</p>	
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Development of simple and complex reactions to the quickness development model. Cultivating the ability to show maximum power (quickness - power abilities) in the conditions of rapid movements affects the excitation of the muscle and the emergence of mechanical activity in it. Through the development of the quickness filter, seeing the ball, evaluating the direction of the ball and its flight quickness, choosing a plan of action to be executed and seeing, and evaluating the plan through the implementation of this plan became invisible.

II BLOCK. MODEL OF DEVELOPMENT OF POWER QUALITY

<p>1. Exercises to bend the palms and paws, overcoming the resistance of the partner (or with dumbbells).</p> <p>2. When throwing balls of different weights, the main focus is on hand movements.</p> <p>3. Bending the hands while lying down - writing, clapping from the ground.</p> <p>4. Performing exercises similar to technical methods in structure, which go with stretching shock-absorbing equipment.</p> <p>5. Rotational exercises of the body with weights (barbell, dumbbells, bags filled with sand).</p> <p>6. Sitting and standing exercises with a barbell on the chest.</p> <p>7. Jumps with the barbell on the shoulders. Weight is 50% of the maximum volume.</p> <p>8. Jumping with a rope.</p> <p>9. Touching or taking an object hanging from the place and running up.</p> <p>10. Long jumps on one and two legs.</p> <p>11. Many jumps over obstacles.</p> <p>12. Deep jumps.</p>	<p>1. Repetitive training method. This method is used to develop the qualities of quickness, strength and agility, in which rest intervals are necessary to provide an opportunity for the complete recovery of the body.</p> <p>2. Intermediate style. This method is mainly used to train agility and strength endurance. The rest interval is usually not long.</p>	<p>1. Overcoming weights (resistances) that are not close to the limit, repeating many times at the limit level.</p> <p>2. Increasing external resistance to the limit level (in dynamic and static activities).</p> <p>3. Overcome obstacles with limit speed.</p> <p>4. To increase the level of maximum muscle strength (the power abilities themselves).</p>	<p>1. To develop muscle size in a rhythm.</p> <p>2. To dramatically increase muscle size.</p>	<p>1. Without changing its length (static, isometric).</p> <p>2. By shortening their lengths (overcoming resistance, myometric).</p> <p>3. Stretching (flexible, plyometric).</p>
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In the strength quality development model, the tasks of overcoming non-limiting weights (resistances) at the limit level many times, increasing the external



resistance to the limit level (in dynamic and static activities), overcoming resistances at the limit level speed, and increasing the maximum level of muscle strength (the strength abilities themselves) are used in practice. as a result, the gradual development of muscle mass has the effect of dramatically increasing muscle mass. It can be as follows: without changing its length (static, isometric), shortening its length (overcoming resistance, myometric), lengthening (flexible plyometric) forms are improved.

III BLOCK. MODEL OF DEVELOPMENT OF AGILITY				
<ol style="list-style-type: none"> 1. Single and multiple back and forth hip hops. The same exercise after performing some technical methods. 2. One and many jumps from a standing position and running, turning 180, 200, 380. Performing various technical movements with twists. 3. Movements between and over different joints. 4. Jumping from the gymnastic bridge and performing various movements in the air. 5. Relays over obstacles. 6. Responding to various signals and influences with defined actions. Signals and effects are gradually increased. 	<ol style="list-style-type: none"> 1. To supplement the movement experience of the participants with new forms of movement coordination. 2. Introduction of unusual factors in the performance of usual actions. 3. Introduction of strictly standardized changes to certain parameters of the movement. 4. Change the method of performing the action. 5. Introduction of new coordination requirements by performing routine actions in unusual harmony. 6. Changes in external conditions forcing to change the usual forms of coordination of movements. 7. Overcoming chronic muscle tension. 8. Exercises to repeat the actions in the specified conditions. 	<ol style="list-style-type: none"> 1. Cultivating agility consists in cultivating the ability to master coordination-complex movements, to reconstruct movement activities in accordance with the requirements of suddenly changed conditions. In this case, it is important to selectively improve balance, alternating and relaxing movements. 	<ol style="list-style-type: none"> 1. Nervous compatibility. 2. Muscle compatibility. 3. Consistency of action. 	<ol style="list-style-type: none"> 1. Agility is manifested only in unexpected and aggravated situations, when a person is expected to act quickly and precisely in such situations, in sudden and unpredictable situations.

Cultivating agility in the model of the development of the quality of agility consists in cultivating the ability to master coordination complex movements, to reconstruct movement activities in accordance with the requirements of suddenly changed conditions. It has a positive effect on the coordination of nerves, muscles and movements as a result of practicing the tasks of balancing, alternately exerting



and selectively directing the movements of relaxation. Agility becomes invisible only in unexpected and aggravated situations, in sudden and unpredictable situations where a person is expected to act quickly and precisely in such situations.

IV BLOCK. MODEL OF SPECIFIC ENDURANCE DEVELOPMENT

<p>1. Jumps for 15-20 seconds. The maximum number of jumps on the first attempt. On the second attempt, jump as high as possible. Jump without stopping for 1-1.5 minutes in 4-5 series. This exercise can also be done with ropes.</p> <p>2. Movements in different directions for 1-1.5 minutes from a low standing position. 3-4 series with weights of 2-5 kg.</p> <p>3. To alternately perform a round jump in the rear zones, simulating an attack shot and a block. Perform each technique 10 times.</p> <p>4. Carrying out relays with different movements.</p> <p>5. "Shuttle runs" in different directions and distances.</p> <p>6. Educational games in 2x2, 3x3, 4x4.</p>	<p>1. Steady long run to build basic endurance.</p> <p>2. Carrying out work of variable nature while training special endurance.</p>	<p>Anaerobic capacity building methodology. Two tasks must be solved in increasing anaerobic capacity.</p> <p>1. Increasing the functional capabilities of the phosphocreatine mechanism.</p> <p>2. Improvement of the glycolytic mechanism. As a means, as a rule, appropriate intense cyclical exercises are used.</p>	<p>1. The intensity of the work is determined by the length of the distance chosen for the exercise. The speed of movement should be close to the limit speed in this distance (90-95% of the limit speed).</p> <p>2. Rest intervals are determined by the dynamics of glycolytic processes. Rest intervals should be done slowly - gradually decreasing. For example, 5-8 minutes between the 1st and 2nd repetitions, 3-4 minutes between the 2nd and 3rd, and 2-3 minutes between the 3rd and 4th.</p> <p>3. In this case, it is not necessary to fill the rest intervals with other types of work. Only the batam should not remain motionless.</p> <p>4. In activities with decreasing rest intervals, the number of repetitions will not be very high (no more than 3-4) as fatigue increases quickly. Rest time between sets should be at least 15-20 minutes.</p>	<p>1. Increasing the maximum level of oxygen consumption.</p> <p>2. To develop the ability to maintain this level for a long time.</p> <p>3. Ensuring that respiratory processes reach maximum quickness.</p>
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The quality of special endurance is developed by using methods such as doing work of a variable nature in the training of special endurance. It is impossible to develop special endurance, to increase the maximum level of oxygen

consumption, to develop the ability to maintain this level for a long time, to ensure that respiratory processes reach the maximum rate faster.

V BLOCK. MODEL OF SPECIFIC FLEXIBILITY DEVELOPMENT

<p>1. Stretching exercises performed against the partner's resistance.</p> <p>2. Oscillating and rotating movements in gymnastic rings.</p> <p>3. Circular movements (for arms and legs) performed by overcoming the resistance of rubber and spring shock absorbers.</p> <p>4. Sequential forward and backward bends (also done with weights).</p> <p>5. Hold on the object (gymnastic wall) with the legs raised up. The position of the legs is changed.</p>	<p>1. The main method of developing flexibility is repetition, i.e. exercises are performed and rested and performed again. Repeating this situation at certain intervals serves to restore the ability to work. There are different variants of this method: dynamic exercise repetition method and static exercise repetition method.</p> <p>2. Mixed method of flexibility development. One of them is the initial method of slow muscle stretching, which reduces active static tension (relaxation) and then stretches.</p>	<p>1. Performing various movements with the necessary amplitude in all directions with the permission of the locomotor apparatus to ensure comprehensive development of flexibility.</p> <p>2. To meet the requirements of a specific activity (professional, sports) in increasing the level of flexibility development.</p> <p>3. The level of retention of elasticity at different stages of human age.</p> <p>4. To restore elasticity lost due to illness, fatigue and other reasons.</p>	<p>1. Dynamic.</p> <p>2. Static.</p>	<p>1. Two types of elasticity are distinguished: active and passive elasticity. Active flexibility occurs at the expense of a person's own muscle strength. Poor flexibility becomes invisible when external forces are applied to the moving part of the body - gravity, partner's resistance, and similar forces.</p>
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The model of special flexibility development includes performing various movements with the necessary amplitude in all directions with the permission of the locomotor apparatus in order to ensure the comprehensive development of flexibility, meeting the requirements of a specific activity (professional, sports) in increasing the level of flexibility development, maintaining the level of flexibility at different stages of human age, tasks such as restoring elasticity lost due to illness, fatigue and other reasons are set. The tools and methods used in the development of flexibility in students have a positive effect on dynamic and static conditions. Two

types of flexibility are distinguished: active and passive flexibility. Active flexibility occurs at the expense of a person's own muscle strength. Poor flexibility becomes invisible when external forces are applied to the moving part of the body - gravity, partner's resistance, and similar forces.

In conclusion, it can be said that special importance is attached to the issues of physical qualities formation in future physical education teachers: they are separated into a separate block both at the minimum level of content and at the level of requirements for their training level. As a result of testing the method of forming the physical qualities of future physical education specialists with the help of basketball equipment, positive changes in the level of formation of physical qualities of future physical education teachers were revealed.

Also, the effectiveness of the developed methodology was theoretically based and confirmed in practice.

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