



THE ROLE OF A COACH IN THE DEVELOPMENT OF THE PHYSICAL ABILITIES OF PROFESSIONAL BASKETBALL PLAYERS

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Focused on the achievement of sportsmanship, the training of basketball players is a long-term pedagogical process, a certain structured system that includes basketball lessons from 8-10 years and from 35 years and older

The basketball players' training system includes 4 stages: fundamental training, mastery of sports skills, professional activity and many years of experience in sports. These stages are determined according to the passport and taking into account the biological age, duration, sequence, consistency and principal orientation of training at each stage based on the analysis of age restrictions from systematic basketball practice to their completion. Each stage depends on a certain duration and focus of training.

The transition from stage to stage takes place in accordance with the laws of sportsmanship, formation and is based not only on the calendar, but also on the biological age of basketball players, their physical development and training, the period of adaptation to age pressure.

In addition to growth, children experience quantitative (height, weight, UHF (vital lung volume), etc.) and qualitative (psychophysiological, morphometric and functional) changes depending on age, gender and individual characteristics of the body.

Each coach chooses and plans loads according to his vision. At the same time, there are a number of organizational and methodological rules common to all training exercises that ensure the intensity of loads, as well as increasing the curiosity and organization of players. Rules for achieving performance in training: special training of a basketball player, the musculoskeletal system must be adapted to high-intensity loads, the formation of active body muscle mass due to fat mass, strengthening joints for powerful "building-up" movements, strengthening individual muscle groups or ligaments with local loads. In each lesson, you should strive to improve the control of movements along the lines:

- A) for maximum manifestation;
- B) accuracy (correctness) execution (taking into account speed, time, etc.);
- C) flexibility and mobility of execution;
- G) thrift.

It is necessary to apply effective training with the strategy and tactics of the team's play in attack and defense, in accordance with specific game situations, as well as with the pedagogical concept that the coach is guided by.

Each lesson should be given a clearly defined technical and tactical character. It should have its own name, which can give players a complete idea of the 105 tasks and the main purpose of performing this exercise. Quantity, mode, method of feeding, mechanism of energy supply first of all, it is necessary to determine the degree to which the selected exercise affects the recovery or development of certain physical qualities, abilities, knowledge or skills. Each training session should be carried out with maximum intensity, with consistent dynamics of speed, coordination abilities, increased mental pressure; and, accordingly, players should be armed with means by which they can control the effect of pressure on the body. It is important to form a player's resistance to power attacks, emotional stresses, as well as "distracting" factors, the ability to overcome them and perform sports, high-speed and cyclic loads during training leads to the improvement of gaming skills. The trainer must have in his reserve a pre-selected set of exercises from different sections of training, be able to solve intricate training tasks and use complexes when developing individual training tasks for a certain stage of work. In the process of completing training tasks, it is necessary to develop the skills of players to concentrate and be, as well as to move from one type of activity to another, to make quick and correct decisions in extreme situations. It is necessary to increase the completeness of training and quickly move from one type of training to another, especially with a circular form of training. Changing positions should not take more than 5-10 seconds. To do this, all the elements are discussed with the participants before the start of the lesson. During the exercise, athletes are not allowed to ask questions; all questions are resolved after training; breaks between training sessions are clearly recorded.

In the process of training, it is necessary to use almost the entire area of the basketball court, additional auxiliary equipment, as well as to occupy all players as much as possible. Basketball players who do not perform the specified training can practice penalty passes, raises, if there is no need to monitor it with a coach. You should not give up training until all participants have done it correctly at least once.

Proper performance is a necessary condition for progress in increasing an athlete's self-confidence. You should return to this exercise at each lesson, focusing on the quality of its performance. Many basic exercises are performed over and over again throughout the season, provided they are of high intensity and good technique, their constant repetition helps the basketball player to develop familiar knowledge and skills. It is advisable to alternate each workout with an emphasis on different elements and methods as an alternative, which causes increased interest among athletes and significantly increases results. After 3-4 training microcycles, it is recommended to alternate the training complex. It is not recommended to stretch training, these are athletes this can weaken his performance, affecting his psyche. Therefore, one lesson should not last more than 7-8 minutes.

However, in situations where athletes are tired, this exercise should be postponed until the next workout.

For strength training of players, exercises performed in pairs that include resistance elements and correspond to flexible control are recommended. Working with the ball and feet are the simplest and at the same time the most difficult elements in basketball, which you always need to pay close attention to, never forgetting that braking is equivalent to acceleration. The exercise of lifting the ball into the basket from different points is useful to perform together with feints, short entrances.

At the pre-competitive and competitive time stages of the annual cycle, it is necessary to increase pressure, creating situations from the side of attack or defense in competitions, in which the time allotted for playing the ball is reduced, the area of the playing space is limited, conducting, moving, etc. is removed. Each lesson should have a logical conclusion: throwing or throwing the ball, catching the ball, whistle with violation of the rules, etc. The technique of playing in defense must be mastered by appropriate attacking combinations. In the exercise, it is necessary to monitor the correctness of the construction of defensive techniques and movements, creating active resistance to a conditional opponent. It is very important that the terminology of the coach is clear to athletes, so that they understand well what this or that instruction means during training or competitions. The situation during the game training should correspond to the situation during the competition; for this it is important to use a backlit scoreboard, mark personal Tarot cards, etc. Keeping all training statistics, as well as discussing these statistics before training, can also be effective; the coach must make an individual plan daily, taking into account the instructions required from athletes, goals scored in writing, accurate free throws, "scoring" shots, goal selections. This increases the responsibility of the players, requires concentration when performing an exercise.

The coach should use training videos to monitor the processes taking place on the entire basketball court, evaluate the actions of all players during training and, most importantly, improve the effectiveness of training. Tactical exercises performed on the half of the court should include instructions according to which the defending team quickly goes on the attack. This encourages players to pick up the ball so that their opponent increases it. Defensive basketball players also learn to encourage the attacking opponent to make frequent mistakes and use these mistakes effectively. Athletes like games that move from defense to attack. During training, exercises are required that require great physical and mental effort, as well as a high level of technical performance, which will become the basis for high preparation of players for major competitions.

The coach should not ignore the mistakes that basketball players make when performing exercises. Any fictional error is reported with the exclamation "judge". In order not to interrupt the game, a player who violates the rule may need to perform free kicks several times as a punishment. In this situation, without having a big impact on training, the offender tries to fill the time spent on the penalty, which, in turn, increases the pressure and encourages the player to avoid fouls in defense. When performing exercises in training, it is necessary to ensure that couples do not criticize each other. The coach should show maximum interest in the activity performed, express his critical thoughts in a mild form. Symbolic weekly achievements should be included: the best "scorer" with a great result, the best player under the shit, the best increased penalties, the strongest defender, striker, etc

Various variants of existing training tools in the annual cycle are commonly called methods of structuring training.

1. A consistent method of organizing training is the consistent inclusion of means with a higher speed of movement in the training process.
2. A parallel method of training organization is the repeated use of a wide arsenal of training tools for the development of all the qualities necessary for a highly qualified athlete at once; the use of a training complex aimed at developing various physical qualities during one training session at different stages of the annual cycle.
3. Sequential — variable method of training organization -episodic application of training pressure methods that are fundamentally different from those used at this stage against the background of a sequential method of training organization.
4. Contrast (differentiating, contrasting) method of training organization is the use of stages of concentration of training tools aimed at the development of any quality of the player.
5. The higher-level method, which includes the features of the listed methods that receive and at the same time have special properties, consists in the fact that decision-making in this training method is based on the analysis of the training model, evaluation of the effectiveness of one or another option, the nature of the patterns of formation of sportsmanship.

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