



THE HISTORY OF BASKETBALL AND DEVELOPMENT STAGES

Turg'Unova Dilnura Mamanazarqizi

Andijan State University, Teacher

Article history:	Abstract:
Received: 3 rd April 2021 Accepted: 22 th April 2021 Published: 8 th May 2021	Nowadays basketball is a popular sport in all countries. There are more people who enjoy watching the game than game players. This article discusses the origins and development stages of basketball.
Keywords: basketball game, history of basketball, the rules of basketball game, development stages of basketball	

The earliest records of game like basketball are related to the 7th century BC. The first tribe in Mexico, The Indians enjoyed a game called "pok-to-pok". The essence of this game is consisted that the players drop the ball into the hoop and they used the rubber which they use a round ball made of rubber instead of a "ball and they only needed to hit the ball with your elbows or thighs to drop it into the hoop. If we add to this the fact that the hoop is set at a very high point and placed perpendicular to the ground, then the only "ball" in the hoop which depended on the fate of the whole game.

Later, Mexican basketball players perfected the game in the 16th century AD. The game creators wanted to pass a ball made of heavy rubber through a stone ring mounted on the wall. A player who successfully moves the ball into the hoop would have the right to "sarupo" the clothes of any of the spectators. The captain of a team that lost a game was often brutally punished and beheaded. An engraving by Bruce in 1603 depicts the game like basketball and Vet described a game in the book "Encyclopedia of Sports" (1818) that people in Florida played with interest: whoever puts more in the basket who was considered the winner and the basket was firmly fixed to the very end of the high pole.

Later, the type of game which reminds the modern form the basketball game playing with ball occurred. For example, in Sparta there was a similar game called "episkirus", the game called "harpastum" in ancient Rome, game of "ringing" in Italy From ancient times the games with the ball have played a special role in the life of many people of the world.

In the early days of the first team system, games helped people to cope with the harsh living conditions of the time, and such games played an important role in their work and domestic life.

Later, in the period when people lived in tribes, various games, especially ball games, gradually separated from labor activities and various entertaining games, dances, celebrations will be one of the ceremonial events of the ceremony. Different games, including basketball, had common features, but differences of opinion among people, limited views such as limited criticality, had a negative impact and did not allow the games to develop on a large scale.

The history of modern basketball dates back to December 1891. Dr. James A. Naismith, a teacher of anatomy and physiology at the Christian Workers 'School (now Springfield College) in Springfield, Massachusetts, has decided to revitalize a number of students' winter physical activities.

The first version of the game, which was invented by Naismith, consisted of five basic steps and 13 basic rules. The first rules of the game were published on January 15, 1892 in the newspaper Triangle. Naismith chooses a soccer ball for a new game because it is easy to pick up by hand, difficult to raise and enjoys the fact that the ball always bounces off the ground when it hits the ground.

The development of such a game may surprise modern basketball fans (by the way, in those days the name of the game was the same as today: "basketball"). Naismith placed a peach basket on the balcony of the hall and a cleaner was sitting on the stairs next to the basket. His task was to take the ball, which was successfully thrown and dropped into the basket, out of the basket and passed it down to the players. On December 21, 1891, the first basketball match was held in the gymnasium of Springfield College. Print sources mention three different dates for the game: December 21, 1891, and January 15, 1892, respectively.

According to the "creator of the game", the first meeting was held on the eve of Christmas in 1891. There were 18 people in the group. Therefore, the game was played by 2 teams of 9 people each. The game was so well received that Naismith was soon asked to copy the rules of the game. Later, in 1892, he published the first "Book of Rules" of his game. It has 13 main points, many of which are still valid today. In principle, it can be considered as the rules of "carrying" the ball, unlike the current "Rules" Naismith did not strictly limit the number of participants in the game.

According to him, from three to 40 people are allowed to participate in the game. However, the best criterion was to have 9 people in each team. A copy of the football match was divided into three strikers and three defenders. They were only allowed to play in their "zones".

The first game was held in front of an audience based on these rules and 200 people gathered to watch it on March 11, 1892. The students played with their teachers and won 5: 1. The game then developed on a large scale and as early as 1892, basketball was played in Mexico. Later, in Hartford, Lew Allen replaced the awkward baskets for peach picking with heavy cylinders made of wire.

The game has developed over the years and its rules have improved a lot. For example, in 1893, a device was installed to prevent the ball from falling into the audience for the first time and a metal ring with a net bag attached to it. The size of the ceiling was 3.6x1.8 m. After a year, the size of the ball was increased to 30-32 inches (76.2-81.8 cm). By 1895, the rules of the game included penalty kicks. The penalty kick was thrown from a distance of 15 feet (5.25 cm). The basket soon took on a modern shape, but the shot reached its current size in 1895.

The rapid improvement of game technique and the increasing mobility of the players led to the fact that in 1896 an agreement was reached to limit the composition of the teams to 5-7 or 9 players. The number of teams in a game depends on the size of the field. The number of players on the team was soon reduced to a standard: no more than five players were allowed to play at the same time.

The First stage. In the years 1891-1918, basketball is in its infancy as a new game. Originally designed to revive gymnastics classes, basketball is slowly becoming a sport and all its unique features are beginning to take shape. The first official rules of the game were created. Its technique and tactics were formed. Each member of the team participating in the game was assigned a specific function.

The Second stage. It lasted from 1919 to 1931 when national basketball federations were formed. It has a positive effect on the development of basketball as a sport. The first international basketball tournament was held at the same time.

The Third stage. It covers 1932-1947. This period is characterized by the development of basketball around the world. During this time, the Basketball Federation (FIBA) was formed. The event coincided with the inclusion of basketball in the Olympic Games. During this period, former Soviet basketball players also entered the international arena. Innovations in basketball technique and tactics.

The Fourth stage. It covers 1948-1965. Not only has basketball developed rapidly around the world over the years, but so has the development of certain types of jumps and the growth of sportsmanship. There is a rule of throwing the ball with one hand, there are more complex techniques in the technique and tactics of self-defense against the opponent's attack. The game of mini-basketball was created and spread all over the world.

The Fifth stage. In 1986-1990, the number of national federations increased. National Professional Basketball Associations (NBAs) emerged. International relations of basketball players will be strengthened, there will be innovations in the technique and tactics of the game. Competition rules and arbitration methods will be improved.

REFERENCE:

1. Xo'jaev F, Raximqulov K.D, Nigmanov B.B Sport va harakatli o'yinlarva uni o'qitish metodikasiю. – Toshkent: TDPU nashriyoti, 2008.
2. Miradilov B.M., Karimov B.Z., Umbetova M.A. Sport pedagogik ahoratini oshirish (basketbol). – Toshkent: «Tafakkur-bo'stoni» nashriyoti, 2018.
3. Нестеровский Д.И. Теория и методика баскетбола. // Учебное пособие для студентов вузов. – М.: "Академия", 2010.
4. Портнов Ю.М. Баскетбол// Учебник для вузов физической культуры. – М.: Астра семь.1997.