

BASKETBALL AS A MEANS OF PHYSICAL EDUCATION

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Basketball, as a sports game, first of all attracts with its bright entertainment, the presence of a large number of technical and tactical techniques. Having high dynamism, emotionality and at the same time individualism and collectivism, basketball, according to many experts in the field of sports, is one of the most effective factors of comprehensive physical development.

By the way, it is safe to say that basketball is probably the only one of the most popular sports, the date and place of origin of which are precisely known. A lot has been written about the history of this popular game. Numerous articles and books have written true and fictional details about the formation of the future addiction of millions of players and fans. In a fairly short time, basketball has passed the stage of formation and subsequent rapid development. For several decades, this game has won the hearts of many fans on all continents of the planet, which in itself is an inexplicable phenomenon.

The game consists in the fact that the players of the two teams move around the court with or without the ball and, overcoming the opponent's resistance, try to throw the ball into the opponent's basket, while at the same time not allowing them to take possession of the ball and throw it into their basket. The winner is the team that, after the end of the game time, has thrown the most goals into the opponent's basket.

In the system of physical education, basketball has become so popular because of the economic availability of the game, high emotionality, great entertainment effect, and most importantly, that this game has a positive effect on the human body.

The basis of basketball is simple natural movements – jumping, running, passing and throwing. Such techniques are easily learned by both adults and children. Therefore, basketball was included in the program of the system of education and physical education of children, which begins with kindergartens.

During the game, each player strives to surpass his opponent by the speed of his actions, which are aimed at achieving victory. The game teaches players to maximize their strength and capabilities, to overcome the difficulties that arise during the game, to act with the maximum effort of physical and moral strength. All these factors contribute to the education of young people's determination, perseverance and purposefulness.

During the game, movements and actions are constantly alternating, which constantly change in intensity and duration, and as a result, they have a complex effect on the athlete's body. Basketball promotes the development of many physical qualities, the formation of motor skills, and also strengthens the internal organs.

The situation during the game is constantly changing and new game situations are created all the time. Such conditions force players to constantly monitor the progress of the game, develop their ability to instantly assess the position, act quickly, resourcefully and proactively in any situation. Watching the game, players develop the ability to concentrate, time and spatial orientation.

Continuous changes in the game environment, luck or defeat cause players to display various feelings and experiences that affect their activities. A high level of emotions constantly support the

activity and interest in the game. Having such features, basketball creates a number of favorable conditions for training athletes to manage their emotions, not to lose the ability to control their actions.

During the game, each player, taking into account the change in the game environment, independently determines what actions to perform, as well as decide when and how to act. Such actions contribute to the education of creative initiative in the players. It should also be remembered that unlike all team sports, basketball provides an opportunity to show the individual abilities of each player, and also sometimes gives you the opportunity to decide the outcome of the game alone.

The rules of the game also provide for the ethics of athletes' behavior towards their opponents and judges. To regulate the relationship on the playground between the participants, there are personal and technical penalties. This feature creates conditions for the education of friendship and camaraderie and develops the habit of athletes to subordinate their actions to the interests of the team.

Basketball, as a game, has become widespread and developed, and it seems that there is no such corner on the planet where basketball is not played. Interest in this game is constantly growing, and competition in the international arena is increasing. This situation makes it necessary to improve the training methods, taking into account the trends in the development of basketball.

During the game, athletes perform a large number of different motor actions, which makes it much more difficult to quantify their components. Modern training techniques force us to create new ways of integrative qualitative and quantitative description of the state of the player's body as a large system, with the aim of its rational modeling.

Such game situations are quite difficult to simulate. But it is still possible to identify such components of the movement that can be studied in detail and described. Such a component is one of the varieties of throwing the ball into the basket.

Currently, the study of the motor and informative activity of the athlete's body is being conducted. Such activities are crucial in the implementation of skills in basketball. Combining such factors into a single functional system that will create conditions for high reliability of throwing the ball into the basket should create a wide access to the practice of training as guidelines for improving sports skills, and for conducting tests to identify the functional readiness of players. Golomazov R. S., Kasymov S. V., Lunichkin V. G., Mozola R. S. we conducted the most fundamental research, which to some extent related to the above aspects. However, in the literature on this topic, the dynamics and relationship of time components and the effectiveness of throws are rather poorly described. The influence of information that comes from the five sensory systems of the body on the parameters of game skills and the effectiveness of their implementation is also poorly studied. The existing pedagogical literature is actually created on the basis of the experience of advanced trainers.