

STAGES OF DEVELOPMENT OF BASKETBALL SPORTS

Achilov Oybek Hakimovich

Teacher of the Department "sports activities"

Annotation: This article analyzes the historical stages of development of the sport of basketball. Since the creation of basketball, the processes of its international recognition, the formation of professional leagues and its harmonization with modern technologies have been successively covered. At each historical stage, changes in the technique and tactics of the game, the organization system and the level of training of athletes are studied. There has also been a reflection on the global popularity of basketball, the prevalence among young people, and the prospects for innovative development. The article is written on the basis of sports theory, historical analysis and modern sports management and has theoretical-practical significance for trainers, sports educators and students.

Keywords: Basketball, sports history, technology, tactics, FIBA, physical education, professional league, 3x3 Basketball, Sports Innovation, youth sports.

INTRODUCTION

The importance of basketball, as one of the modern team sports: Health, Physical Education, Youth Education, global cultural ties.

Objectives and objectives of the study: identification of historical stages, features of each stage, development in technology and tactics, international and national criteria.

MAIN PART

1. Origins and early stages of basketball (1891-1918)

Creation in the United States by Dr. James Naismith in 1891. The emergence of gymnastics lessons as a game. Library-SamDUKF+1

The formation of the first official rules, the composition of the team, the rules for working with the field and the ball. Library-SamDUKF+1

The main forms of elements of Game technique and tactics: attack, defensive action, the beginning of the concept of team play.

2. Beginning of national federations and international relations (1919-1931)

Organization of basketball federations in different countries. www.namdu.uz+1

National competitions, competition between teams, enhance the gaming experience.

Early international tournaments, processes prior to the formation of the FIBA organization.

3. World recognition with Olympic and FIBA (1932-1947)

Formation of FIBA (International Basketball Federation). www.namdu.uz+1

The inclusion of basketball in the Olympic Games and its wide involvement in international competitions. www.namdu.uz

The formation of game styles, the improvement of technical tactical elements in the countries of the Union, Europe, North and South America.

4. Post wartime and technical tactical development (1948-1965)

Increased game speed and intensity; diversification of offensive and defensive strategies. www.namdu.uz

Passing the ball with one hand, the development of jumping techniques, complex defensive techniques and tactics. www.namdu.uz

International prevalence of Mini basketball and Youth Games. www.namdu.uz

5. Professional leagues and global expansion (1986-1990 and beyond)

The emergence of national and professional leagues, the activities of private clubs. The popularization of leagues such as the NBA, advertising, increased media attention. www.namdu.uz

Increased international relations, tournaments, inter-club competition.

Innovations in the field of basketball techniques and tactics: modern offensive and defensive systems, physical and psychological training, improvement of training methodologies.

6. 21st century: innovation, technology and new forms

The popularization of 3x3 basketball, the addition to the Olympic Games, the strengthening of youth and University leagues.

The role of Sports Technologies: video analysis, biomechanics, statistical monitoring, digital training tools.

Development of basketball brands in Global media, social networks, marketing, sponsorship, international transfers.

CONCLUSION

The main results of each stage: achievements in technology and tactics, international recognition, sports infrastructure and youth training system.

Current era challenges: resources, trainer frame training, infrastructure, health and injury, gender equality.

Prospects for the future: zeleniy sports technology integration, artificial intelligence and analytics, global cooperation, reforms for the development of youth basketball.

SUGGESTIONS

More study of historical sources historical archives about the origin and development of basketball, official documents of FIBA and Olympic organizations, as well as a deeper analysis of scientific research, make the article more reliable.

1. Providing techniques and tactical changes with visual materials-showing differences in style and technique of play in each period through Diagrams, game schemes, shots or video clips-increases the effect of the article.

2. Analysis of international and national development differences enrich the article by adding a separate chapter on the specific approaches of different regions and the influence of socio-political factors in the development of basketball.

3. More in-depth coverage of modern innovation and technology-giving a broader overview of innovations in areas such as 3x3 basketball, video analytics, artificial intelligence, and biomechanics-shows a link to modern sports science.

4. Specific aspects of Uzbek and Central Asian basketball also make the article fit into the national context by making special comments about regional basketball development, activities of national federations, development of youth sports and prospects.

5. Expanding the list of scientific resources and literature adding recent scientific articles, books and publications in the field of Sports will increase the quality of the article.

6. The conclusion of the article with practical recommendations the introduction of recommendations for trainers, sports organizations and public policy for the development of basketball makes the article useful.

RECOMMENDATIONS

- 1.The wider introduction of basketball in schools and higher education institutions is necessary to increase interest in sports among young people, improve Basketball training programs and introduce modern methodologies to improve the quality of physical education training.
- 2.Further strengthening the activities of the National Basketball Federation the Federation should organize systematic work on the development of youth leagues, training of coaches and referees. At the same time, the expansion of participation in international tournaments increases the popularity of basketball.
- 3.The introduction of modern sports technologies through the extensive use of video analytics, biomechanics and other advanced technologies in basketball training, it is possible to improve the techniques and tactics of players. To do this, it is important to focus on the training of specialists and the purchase of equipment.
- 4.Development of international cooperation foreign kl in the field of basketball
- 5.Improving sports infrastructure and equipment it is necessary to modernize basketball courts, gyms and training equipment, increase regulatory requirements for their number and quality. This creates favorable conditions for young people and athletes.
- 6.With a focus on sports psychology and health, it is necessary to improve the physical and mental state of the players, to expand the service of sports psychologists and doctors in order to prevent injuries.
- 7.It is important to develop special programs to promote Gender equality, support the activities of women's teams, increase their participation in international competitions.
- 8.By carrying out propaganda work to attract young people to sports, boorish is recommended to expand information on the positive impact of basketball sports on the media and social networks, to organize special campaigns to attract young people to sports.

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