

## SCIENTIFIC AND METHODOLOGICAL FOUNDATIONS FOR IMPROVING PHYSICAL AND TECHNICAL-TACTICAL TRAINING IN THE PROCESS OF PREPARING BASKETBALL PLAYERS

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**Abstract:** This article analyzes the scientific and methodological aspects of the training process of athletes in the sport of basketball. The importance of modern training methods in the development of basketball players' physical, technical, and tactical preparedness is revealed. Special attention is paid to considering age-related and individual characteristics in planning the training process. The research findings contribute to increasing the effectiveness of basketball players' training and improving competitive performance.

**Keywords:** basketball, sports training, physical preparedness, technical and tactical training, sports pedagogy.

### INTRODUCTION

At present, basketball occupies an important place in the system of physical education and sports, serving as an effective means of fostering a physically healthy, strong-willed, and goal-oriented young generation. The game of basketball is distinguished by its high mobility, dynamic nature, and a complex combination of technical and tactical actions. Therefore, this sport requires athletes not only to possess a high level of physical fitness but also to demonstrate quick thinking, effective decision-making, and the ability to adapt to rapidly changing game situations.

Current trends in the development of modern basketball necessitate a scientific approach to the organization of the training process. In particular, the harmonious integration of physical, technical, and tactical components of preparation plays a crucial role in the training of athletes. Proper planning and methodological justification of these types of training make it possible to enhance players' performance during competition. At the same time, determining the volume and intensity of training loads in accordance with athletes' age, individual characteristics, and functional capabilities remains one of the most pressing scientific and methodological challenges.

In recent years, the rapid growth of sports results in basketball and the increasing level of competition in international tournaments have required coaches to further improve the training process. This, in turn, calls for the application of modern pedagogical technologies, innovative training methods, and research-based approaches in the preparation of basketball players. Especially important is the correct formation of technical and tactical skills from the early stages of athlete development, as this serves as a key factor in achieving high levels of sports mastery in the future.

Furthermore, the development of physical qualities in basketball players is of particular relevance. A high level of speed, agility, strength, and endurance directly influences the effectiveness of performing technical and tactical actions during the game. For this reason, there is a growing need to apply special physical training exercises in the training process based on scientifically grounded principles.

The above considerations highlight the relevance of scientifically and methodologically studying and improving the process of preparing basketball players. This article analyzes the

main directions for enhancing physical as well as technical and tactical training in the preparation of basketball players and presents scientific conclusions aimed at organizing the training process more effectively.

#### **MAIN PART**

#### **Scientific and Methodological Foundations of the Basketball Players' Training Process**

The process of preparing basketball players represents a complex and multi-stage pedagogical system aimed at the integrated development of athletes' physical, technical, tactical, and psychological preparedness. According to modern sports theory, the training process should be organized on the basis of scientifically grounded planning, individualized adjustment of training loads, and the principle of gradual progression.

When planning basketball training sessions, the annual training cycle, competition period, and recovery phases are taken into account. At each stage, the goals, objectives, and means of training are clearly defined and adapted to the athletes' level of preparedness. In this process, pedagogical monitoring and analytical activities conducted by the coach play a crucial role in ensuring the effectiveness of athletes' development.

#### **Methodological Aspects of Developing Physical Preparedness in Basketball Players**

Physical preparedness is a key component in the formation of basketball players' sporting mastery. In basketball, speed-strength qualities, agility, coordination abilities, and overall endurance are of primary importance. Insufficient development of these qualities negatively affects the effectiveness of technical and tactical actions.

During the training process, general physical training exercises expand the functional capacities of the body, while special physical training exercises improve movements specific to basketball performance. Plyometric exercises, sprinting drills, resistance-based exercises, and game-oriented tasks are widely used to develop physical qualities. The volume and intensity of training loads should be progressively increased in accordance with athletes' age, level of preparedness, and health status.

#### **Effective Methods for Improving Technical Preparedness**

Technical preparedness in basketball forms the ability to control the ball and perform movements accurately during the game. The technical training process involves the systematic teaching of dribbling, passing, shooting, as well as defensive and offensive actions. When mastering technical elements, it is essential to follow the principle of progression from simple to complex movements and from low to high execution speed.

Technical mastery is enhanced through repetitive practice, training in conditions close to real game situations, and the analysis of individual errors. At the same time, integrating technical training with physical loads creates opportunities for the effective application of technical skills under competitive conditions.

#### **Tactical Preparedness and Team Performance Efficiency**

Tactical preparedness trains basketball players to make correct decisions during the game, coordinate team actions, and adapt to opponents' strategies. In modern basketball, various forms of offensive and defensive play, fast breaks, positional attacks, and pressing defense systems are widely applied.

Tactical training sessions are aimed at developing athletes' game intelligence and are implemented through explaining tactical combinations, video analysis, and situational games. Clearly defined tactical tasks set by the coach enhance players' ability to think independently and make responsible decisions during competition.

#### **Individual Approach in the Training of Basketball Players**

The principle of an individual approach plays a significant role in the training of basketball players. Since athletes differ in their levels of physical development, technical skills, and psychological characteristics, it is necessary to individualize training loads. An individualized approach contributes to fully realizing athletes' potential and preventing sports-related injuries. Regular monitoring of athletes' preparedness by the coach and making adjustments to training programs based on performance outcomes is an important indicator of a scientific and methodological approach.

### CONCLUSION

The conducted analysis demonstrates that the close interrelationship between physical, technical, and tactical preparedness in the training process of basketball players is one of the key factors ensuring stable improvement in sports performance. Organizing the training process on a scientific and methodological basis enhances athletes' functional capacities, improves the execution of technical actions, and develops the ability to make correct tactical decisions during competition.

The research findings confirm the necessity of rational use of general and special physical training means in basketball training sessions. Adequate development of physical qualities directly influences the mastery of technical elements and their effective application in game conditions. At the same time, integrating technical training with tactical preparation contributes to increasing overall game performance.

Adherence to the principle of an individual approach in the training of basketball players ensures the appropriate distribution of training loads according to athletes' age and level of preparedness. This approach promotes health improvement, injury prevention, and the achievement of high sports results.

Overall, organizing the training process of basketball players based on modern scientific approaches facilitates the step-by-step development of sports mastery and the formation of competitive athletes.

### PRACTICAL RECOMMENDATIONS

1. When planning basketball training sessions, it is recommended to consider the annual training cycle and develop separate training programs for the general, special, and competitive periods.
2. To enhance physical preparedness, exercises aimed at developing speed, strength, and agility should be used regularly and systematically.
3. Technical training sessions should be organized in conditions close to real game situations, performing technical elements under speed and resistance to ensure their effective application during competition.
4. To develop tactical preparedness, the use of team combinations, situational games, and video analysis methods is recommended, as they contribute to improving players' game intelligence.
5. It is advisable to take athletes' individual characteristics into account during the training process and to conduct regular pedagogical monitoring and assessment.
6. When working with young basketball players, training loads should be increased gradually, with special attention given to health-oriented and injury-prevention training sessions.

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