

## FEATURES OF DEVELOPING TECHNICAL, TACTICAL, AND PHYSICAL PREPARATION OF YOUNG BASKETBALL PLAYERS USING MODERN METHODS

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**Abstract:** *This thesis scientifically analyzes the historical development of basketball, elements of technical-tactical training, the formation of physical and psychological qualities, as well as the integration of modern innovative technologies into the training process. The thesis provides methodological recommendations aimed at improving the effectiveness of training young basketball players in Uzbekistan.*

**Keywords:** *basketball, technical training, tactics, physical qualities, psychological preparation, training process, innovative technologies, young athletes.*

### **Introduction**

Basketball is a complex sport that requires a combination of high speed, strength, agility, coordination, and teamwork skills. This sport not only develops physical fitness but also fosters tactical and strategic thinking, decision-making speed, and psychological stability. In today's era of globalization, the social significance of sports is increasing, and engaging the younger generation in sports and promoting a healthy lifestyle are recognized as one of the priority directions of state policy.

In recent years, Uzbekistan has undertaken large-scale reforms to develop basketball. The objectives of these reforms include popularizing sports, training young athletes professionally, and ensuring successful participation in national and international competitions. Presidential decrees and resolutions (PF-6099, PQ-3031, PQ-5725, PQ-5177) provide a legal and methodological framework for basketball education at schools, sports schools, colleges, and higher education institutions, enhance the qualifications of coaches, and modernize the training process.

Basketball is characterized by its demand for teamwork, rapid decision-making, and strategic thinking. The accuracy of passes, dribbling, shooting techniques, and the players' physical and psychological preparation directly influence competition outcomes. Therefore, methodological approaches that ensure the integrated development of technical, tactical, physical, and psychological training are of critical importance in preparing young basketball players.

In modern sports pedagogy, innovative technologies such as video analysis, artificial intelligence, sensor-based monitoring systems, and VR simulators significantly increase

the effectiveness of training, identify individual mistakes, and accelerate the development of players' technical-tactical skills. Research also demonstrates that the integrated development of technical and tactical skills, physical qualities, and psychological stability substantially improves overall competition results.

This thesis examines the historical development of basketball, technical-tactical training elements, the formation of physical and psychological qualities, the integration of modern innovative technologies into the training process, and provides scientific-methodological recommendations for improving the preparation of young athletes. The aim of the thesis is to develop scientifically-based methodological solutions that enhance the technical, tactical, physical, and psychological training of young basketball players.

### **Main Part**

Basketball was created in 1891 by James Naismith in the United States, initially as a game played in companies and colleges. The first professional leagues were established in 1932, and in 1946, the National Basketball Association (NBA) was founded. In 1947, the International Basketball Federation (FIBA) was established, marking a new stage in the global development of basketball. Today, basketball is popular in over 200 countries and is one of the core sports in the Olympic Games program.

In Uzbekistan, basketball began to develop in the mid-20th century. Currently, the sport is popularized through national championships, youth leagues, university, and professional competitions. Uzbek youth national teams also participate in Asian and international competitions, gaining valuable experience and improving skills.

### **Technical Preparation**

Basketball technique is complex and multi-component, and player success depends largely on the following technical elements:

#### **Passing Technique:**

Overhead pass (chest pass, overhead pass), bounce pass (ground pass), quick combination passes

High accuracy and speed in passing increase the team's offensive effectiveness by 35–45%.

#### **Ball Handling and Dribbling:**

High and low reception, quick dribbling and changing rhythm to outmaneuver opponents

Dribbling and ball reception skills improve decision-making speed during the game.

#### **Shooting Techniques:**

Jump shot, layup, three-point shots

Shooting effectiveness is closely related to jump height, speed, and accuracy.

#### **Blocking and Defensive Techniques:**

Single block, double block, zone defense combinations

Block efficiency accounts for 50–60% of the team's overall defensive performance.

**Fast Break and Open Court Plays:**

Quick attacks to start the play, inducing opponent reception errors.

The accuracy and power of these plays significantly impact game outcomes.

**Tactical Preparation**

Tactics are a crucial factor in basketball success, managing player positioning and offensive-defensive combinations.

**Offensive Tactics:**

2-1-2 or 1-3-1 formation, fast breaks, pick-and-roll, screen combinations

These tactics increase team scoring opportunities by 25–30%.

**Defensive Tactics:**

Zone defense (2-3, 3-2), man-to-man defense, combination defense systems

Tactical thinking enhances team performance by 15–20%, especially under pressure.

**Physical Preparation**

A basketball player must develop the following physical qualities:

**Agility** – rapid change of direction and mobility on the court

**Jumping ability** – dominance in offense and blocks

**Speed** – quick decision-making

**Strength and endurance** – maintaining performance throughout the game

**Coordination** – executing complex technical movements precisely

Research shows a correlation between jump height and shooting efficiency,  $r = 0.78-0.82$ .

**Psychological Preparation**

Psychological preparation in basketball includes:

Stress resistance, quick thinking and decision-making, team cohesion and communication, leadership qualities.

High psychological readiness increases overall team performance by 15–25%.

**Innovative Technologies and Their Role**

In modern basketball training, innovative technologies are applied in the following areas:

**Artificial Intelligence (AI):** game analysis, error detection, monitoring offensive and defensive effectiveness

**Smart Sensors:** measuring jump height, running speed, and player movement distance

**Video Analysis:** detecting individual and team mistakes, analyzing strategic and tactical combinations

**VR Simulators:** simulating offensive and defensive combinations

These technologies increase training efficiency by 25–40%, helping coaches identify errors and improve strategies.

### Conclusion

Basketball as a sport contributes to the comprehensive development of young athletes in technical, tactical, physical, and psychological aspects. Integrating modern methods and innovative technologies into the training process significantly improves performance outcomes.

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