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High school basketball training and optimization based on streetball games

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Abstract

Purpose: Optimization of physical fitness and physical qualities of high school students based on the integrated use of sports games basketball and streetball.

Methods: 1. Pedagogical test
2. Pedagogical experience;
3. Anthropometry;
4. Somatoscopy;
5. Method of mathematical statistics.

Results: The study showed that as a result of the combined use of basketball and streetball by high school students, the level of physical health of participants in the experimental group increased from 8.1 to 12.9 points, that is, by 4.5 points, which is 2 times more than in the control group;
the indicators of technical readiness in the experimental and test group improved by 7.1%, and the tactical group improved by 7.3% statistically significantly;
After the experiment, changes in the statistical reliability of the test results were revealed ($p<0.05$ and higher than, t_{cr} =1,65).

Conlcusion: the level of physical health in the experimental group increased from 8.2 to 13.0 points, that is, by 4.6 points, which is 2 times more than in the control group;
for teenagers with high and average levels of physical health, it increased from 6.1% in the experimental group to 52.8%, which is 2 times more than in the control group;
at the end of the competition period, the functional level of health on average by group values began to differ significantly in favor of adolescents in the experimental group (P <0,05 in t = 3,02).

Keywords: Streetball, basketball, integral, training, high school students, methods, technical, tactical, summer season, physical training.

Introduction

In recent years, consistent measures have been taken in the republic to popularize physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure the country's worthy participation in international sports arenas (1).

At the same time, there is a need to put into practice specific programs that promote public health in the field of physical culture and sports, widely involve young people in sports and select talented athletes from among them, form national teams with qualified athletes who ensure high results in sports, create additional conditions for coaches (1).

In section 5 of the “Roadmap”, drawn up for the widespread introduction of a healthy lifestyle and the further development of mass sports, measures have been developed specifically aimed at popularizing and developing walking and running, mini-football, cycling, badminton, streetball and “WORKOUT" sports (1).

Based on the integrated use of basketball and streetball tools, effective opportunities are being created to increase the interest of high school students in classes and strengthen their physical health. In the process of conducting classes, students demonstrate great motor activity, while having a positive effect on the respiratory system, cardiovascular and other organs and all body functions, technical and tactical skills are improved, physical abilities are developed (5, 7, 8).

Active streetball classes are organized mainly in the summer. In this regard, it is advisable to provide a convenient and effective approach to streetball training, which is more active than basketball training.

The lack of literature and programs on the integrated use of basketball and streetball means annually in the circle and regular activities of high school students prevents the optimization of these sports, the effective use of physical activity of students in the process of physical education (4).

The existing scientific contradiction is that, on the one hand, there is a need to increase the effectiveness of the physical education process due to the lack of physical activity of students.

Methods

Pedagogical testing. To study and assess the level of physical fitness of high school students, the long jump, high jump (according to Abalakov) (cm), 20 m running, 40 s shuttle run

Table 1. **Classification of exercises used by teenagers in basketball and streetball**

	2	3	4	5	6	7	8	9	10	11	12	13
	Tactical training (attack)											
	Going out for the ball, a distraction		+	+			4-			+		
	Winning the ball, attacking the basket	+		+			+				+	
	"Passing the ball and exit"	+			+		+				+	
	Protection, along the way, alternating, triangle	+			+			+			+	
	Triangle, little eight, X-shaped pass, two-player attack	+		+				+			+	
	Speed system, surprise counterattack system, center attack, centerless attack	+			+				+			+
	Game with the majority, with the minority	+			+				+			+
	Tactical training (defense)											
	Taking the ball, getting to an empty spot, grabbing the ball, attacking the basket	+			+		+			+		
	Defensive system, substitution, sliding, ball possession	+		+				+			+	
	Against three, small eights, X-shaped exit, protection in pairs	+			+			+			+	
	Single system, zonal, mixed protection, individual, zonal pressure system					+			+			+
	Game with the majority, with the minority	+			+				+			+

(on the streetball court), the number of attacks on the basketball basket, free throws (%), jumps to protect the opponent's shield (%) in order to determine the effectiveness of the developed program.

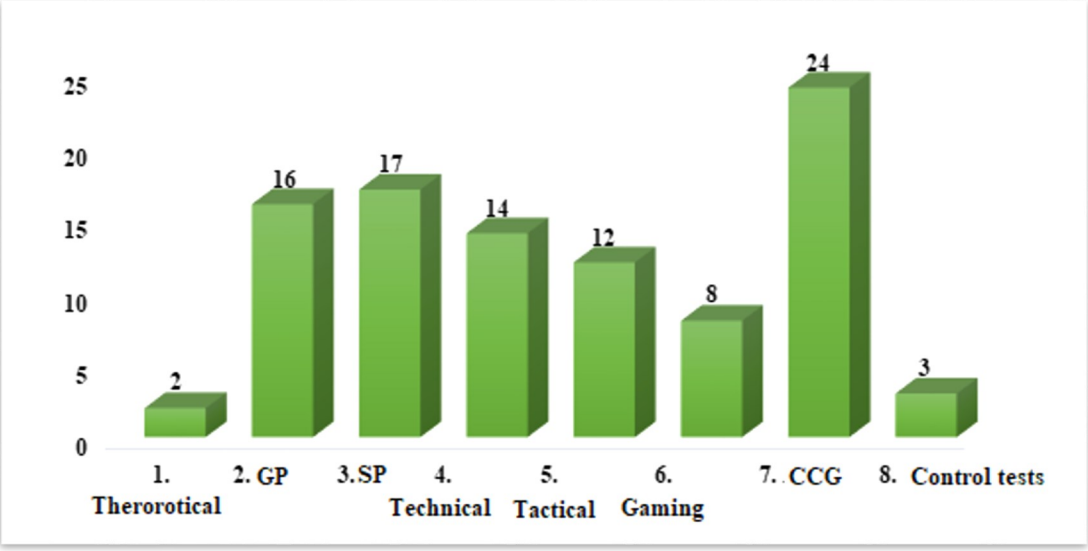
Pedagogical testing. In order to develop the physical fitness of high school students of secondary schools in the city of Samarkand, increase the effectiveness of sports games, and develop their physical qualities, experiments were conducted. The program of the experiment covered the means and methods aimed at solving the problems of physical education of high school students. In order to increase the physical, functional and adaptive capabilities of the body, a team method of performing various running throws, ball movements, sports game exercises in basketball and streetball was implemented.

Results and discussion

In the course of the study, a comparative pedagogical experiment was conducted in order to identify and verify the effectiveness of the experimental-test methodology.

The experiment involved 14-15-year-old respondents, consisting of 80 people from schools (40 - experimental and test group, 40-control group). At the beginning of the experiment, a comparative analysis of the physical development and physical fitness of the respondents of the experimental and control groups was carried out.

Fig 1. The ratio of types of training in traditional and developed programs for teenagers in basketball and streetball



The weekly physical activity of young basketball players averages 8-10 hours and includes various forms of academic and non-academic activity.

The traditional 42-week basketball program consists of theoretical training and control tests (64 and 48 hours, respectively), general and special physical training (52 hours), technical and tactical training (60 hours) and control calendar games (48 hours), as well as game training (48 hours).

During the lessons in the circle (summer season), the stage of streetball training was highlighted, in which a three-month mesocycle:

Fig 1. The ratio of types of training in traditional and developed programs for teenagers in basketball and streetball

Test	Indicators		t	p
	1 X±σ	2 X±σ		
Long jump from standing position, cm.	181,3±4,62	194,1±3,17	2,11	<0,05
Abalakov jump, cm	28,4±1,61	29,9±1,29	0,69	>0,05
Throwing the ball, m	5,44±0,22	6,03±0,12	2,14	<0,05
Shuttle run 5x10 m, s	13,98±0,14	13,96±0,12	0,18	>0,05
A swinging throw, 6 m	1,64±0,05	1,5±0,04	2,07	<0,05
6 minute run, m	1221±40,4	1254,6±38,3	0,53	>0,05
3x5 m moving in the protective zone, s	5,51±0,09	5,45±0,08	0,47	>0,05
Hitting the ball with two hands, number, time	29,2±0,47	30,7±0,52	2,11	<0,05

*The abscissa axis indicates the types of training. The ordinate axis indicates the proportion of types of training in the total time spent on training (%).**1 - theoretical; 2 - general physical; 3 - special physical; 4 - technical; 5 - tactical; 6 - gaming; 7-control, calendar games; 8-control tests***

competitive-pre-competitive, competitive - developing and competitive-auxiliary, containing a trio of microcycles (leading, competitive, restorative microcycles), separated by short (5-7 days) blocks of high loads;

the proportion of exercises of mixed and anaerobic orientation, high coordination complexity and load in the total training time increased by 14-24% ;

The high wellness effect of the developed methodology for the integrated use of basketball and streetball means in training with teenagers is confirmed:

the level of physical health in the experimental group increased from 8.2 to 13.0 points, that is, by 4.8 points, which is 2 times more than in the control group;

for adolescents with high and average levels of physical health, it increased from 6.1% in the experimental group to 52.8%, which is 2 times more than in the control group;

at the end of the competition period, the average group values of the functional level of health began to differ significantly in favor of adolescents in the experimental group (at P <0,05 t = 3,02).

The use of a technique developed for the integrated use of basketball and streetball means in classes with teenagers aged 14-15 years gives students an additional health and wellness effect, optimizes motor activity and, on this basis, increases the effectiveness of the process of their physical education.

The volume of gaming sessions decreased from 60 to 40 hours and amounted to 9.1% of the total training time, which is the share of control and calendar games (17.8%). The above resources relate more to games with an extended calendar due to streetball.

In the experimental group, the athletes' physical fitness indicators improved significantly by 50% (see table 1). There were some changes in streetball that occurred after the introduction of the methodology developed in the process of repeated analysis of the training preparation, composition and content of basketball players.

Conclusion

In conclusion, the successful participation of high school students in streetball classes requires them to prepare purposefully. As an effective training period, it is advisable to use a 6-week microcycle consisting of the initial (2 weeks) and main (4 weeks) phases of training. The high level of the wellness effect of the developed methodology for the integrated use of basketball and streetball means in training with teenagers is confirmed by the following:

The level of physical health in the experimental group increased from 8.2 to 13.0 points, that is, by 4.6 points, which is 2 times more than in the control group;

The ratio of physical health from high to medium increased from 6.1% to 52.8% in the experimental group, which is 2 times more than in the control group;

At the end of the competition period, the average group values of the functional level of health began to differ significantly in favor of the subjects in the experimental group (in P <0,05 t = 3,02).

The application of the developed methodology for the integrated use of basketball and streetball means in classes with adolescents aged 14-15 years gives the effect of additional preservation of health and improvement of training subjects, optimizes motor activity and, on this basis, increases the effectiveness of the physical education process.

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