

Basketball Sports Tournament With Supporting Backs Supporting the Strengthening of the Muscles And Exercises of the Muscles

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Abstract: out ways to involve young people in sports and further develop their technical and tactical skills.

Key words: modes of action, stages of development, problem solution.

It is undeniable that in these conditions, the nervous system and all other organs of the body are activated in a way that creates favorable conditions for the development of the mind.. In the process of teaching folk folk games, the pupils are well educated in the context of the national traditions, and every learned act can be remembered in the future.. In children, all mental processes (education, listening, observation, etc.) as well as emotional intelligence (guiding, comparing, comparing, synthesizing information, etc.) are developed.. In the process of national games, it is necessary to pay attention to educating young people about the importance of saving money on science and technology, because such an interest is caused by the desire of schoolchildren to be independent, independent, intelligent, inventive, independent of their opinions.

To carry the ball to the basket, to carry the ball to the basket, to carry the ball to the basket, to carry the ball to the basket, to carry the ball to the basket, to carry the ball to the basket. -There should be a basketball team, if the game is not in the hall, it should be on the field.. Prepare the player. Players are divided into teams, the playing field is limited to 4 squares.. Special commanders will be elected in 2 groups. The player can place 2 teams in pairs on the field. Characteristics of the game. In the game , the coach puts the ball in the middle of the soldiers. The heads who bend the ball send the ball to their players. Receives 1 point per team when sent 10 times. After that , the coach throws the ball to the center of the field , to the center of the soldiers and finishes the game .. The team with the most points wins.

The game lasted 10-15 minutes.

1. You can't carry the ball in your hand , but you can hit it.
2. If the ball has left the field, the opposing player must then bring the ball into play.
3. If the player of the 2nd row of the group gets drunk , the coach calls the team and stops the game and puts him in the middle of the contestants.
4. It is not possible to run the ball slowly, but it is possible to carry the ball on the ground, if it goes more than 3 steps, the game is stopped and the ball is thrown from the opposing team's goal. Educational responsibility of the player. Based on this game , a basketball practice will be organized. This game encourages children to develop their skills in basketball and handball and to learn how to play the game with ease.. In addition to this, the game of basketball and handball are also encouraged to utilize tactical skills.

All actions in the game are represented by elements other than throwing the ball in the basket or putting it in the basket in the game of basketball. In all sports , the use of equipment for the erosion of the upper surface is determined by the analysis of the equipment. It is necessary to take full advantage

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of the technology to achieve great results. In the organization, the main tasks of the equipment are solved (control of movements, control of movements, control of enough force, automation of processes for coordination).

In the first round of the basketball tournament, the coach of the national team of the Kazakhstan Basketball Federation has become a master of the sport. Normally, this process is divided into two stages: learning and achievement. This separation process is better regulated, and the athletes are clearly humiliated.. At the training stage, the technician will be able to solve the problem of movement around the machine (no movement around the machine, lack of backward movements, lack of sufficient force, coordination-related automation)..

At the level of acceleration, the technique is improved by the individual components, the individual movements are repeatedly mastered, the physical and power characteristics are determined, and the technical acceleration is applied.. The first stage of technical education is completed in three years by those who have a good physical preparation. This will involve a number of special training and sports activities .. There is no interest in reaching the second stage, because all the rest of the years he improves his technique during training.. Technical training is carried out in training-training gyms from the shoulder to the waist. In the process of technical preparation, some or all of the equipment may be disconnected from the machine. Most of the time , only one part of the glass is removed from the steam. Physical qualities are demonstrated in the learning of movement. In the process of acquiring knowledge for teaching movements in sports games.

Changes in the direction of the movements are detected systematically in the course of training. Three stages are distinguished here: the emergence of the behaviorist, the emergence of the behaviorist, the transformation into a higher-order plural.. The methods used in the teaching of sports games should always be consistent with the teaching discipline, i.e. the specificity of the teaching, the readiness of the participants and the educational characteristics of the teaching.. Sports games are considered to be a long-term process. The structure of teaching children to play sports can be summarized in the following terms: from games to games, from games to sports, children get their first lessons in the field of play thanks to games. Successful learning of concrete actions is independent of the activity of the participants. It is also necessary to keep the children interested. It is advisable not to carry out noise during the recruitment phase of younger students.

Coaches should be able to encourage the student to learn from his own experience and under the coach's supervision. It is possible to reinforce and achieve the learned movement only if there is a significant acceleration.. To teach the learned skills to be used in games. The training of steam boats is carried out using game boats, relay races, training and racing games.. Introduction to the elements of tactical movements by means of instruction to the students of the school in the game of sports chosen by the students. Students of sports schools will play an important role in the development of sports games. Sports games are fun for people of all ages, so much so that handball, soccer, basketball, volleyball are considered to be the most fun games for people of all ages.

He should be entertained by games of his own choice, and he should know the rules of these games well before playing.. From the early school years, children are interested in games, and at that age they learn the secrets of games quickly.. Physical education classes in schools, training activities in sports schools are designed to satisfy the curiosity of children, to replace the lack of motivation in children, and special classes are held for each type of sports game.

The training program of the preparatory teams will reveal the problems of passing the training of children. Thanks to the analysis of the program of this group, the problems in this area have been fully addressed.. It is only through sports and physical activity that people will be able to successfully solve physical education and sports problems. One of the most important tools in solving these problems is the establishment of extracurricular programs.. Team actions are defined as a method of leading the team to the victory by taking the game from the team standpoint. The success of the implementation of tactical actions depends on the initiative of the players.



A schematic hack often leads to an easy game. The correct action of all the players is considered to be the most important sign of the team's actions, as well as the decision of tactical maneuvers by maximizing the knowledge and skill of each player. Theoretically trained basketball players will be encouraged to improve sports skills. When choosing a topic, the team should take into account the background, the overall situation, and the clear and unambiguous information before it. The goal of the project is to give the best basketball players. The best physical preparation of basketball players prepares the physical abilities and enables them to overcome obstacles that exceed their abilities.

Toxicity-inducing exercises and exercises with toxic effects on the body of athletes, derived from other sports, are used in this category. In such loops, the alignment of muscles and tissues is strengthened, the activity of organs is accelerated, the balance of movements is improved, and the quality of movements is improved. In the physical preparation of schoolchildren there is a place for strength, speed, endurance, agility and ephshilik. And these physical attributes show the degree of action potential in a basketball game. Therefore, the technique serves as a player's ability to implement tactical strategies. It is possible to carry out various tactical actions only if the technical readiness is high.

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