



Methods of Education of Strength Qualities of a Basketball Player

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Abstract: *All types of absolute and relative, static and dynamic, quick and explosive strength endurance are of decisive importance in basketball players' sports activities, especially during competition.*

Keywords: *education, basketball player, exercise, method, experience control.*

Directed development of strength abilities occurs only when the muscles are maximally tensed.

Therefore, the main problem of strength training methodology is to ensure the highest level of muscle tension during training. Methodically, there are different ways to create maximum tension: lifting very heavy loads several times, lifting loads of small weight many times; overcoming external resistance while constantly stretching muscles, etc. There are the following ways to create the mentioned muscle tensions:

1. The method of maximum efforts.
2. Non-boundary attempts method.
3. Method of isometric attempts.
4. Method of isokinetic attempts
5. Method of dynamic attempts
6. "Rapid" method

It should be noted that this naming of methods is widespread in the theory and practice of strength training. The good thing about them is their brevity.

But from a scientific point of view, this naming of methods of strength development is not very correct, because, for example, the methods of maximum isothermal and isokinetic attempts also belong to the class of rebound exercises.

Dynamic contraction of muscles is characteristic not only of the method of dynamic attempts, but also of many other methods.

Maximum Effort Method.

This method is based on training with submaximal, maximal and supermaximal weights. Each exercise is repeated several times. The number of repetitions of the exercises can be 1-2 times, maximum 3 times, when the limit and extremely high resistance is overcome in one attempt, that is, the weight is 100% and more. The number of attempts is 2-3, rest between attempts is 3-4 minutes, between attempts is from 2 to 5 minutes. When performing exercises with resistance close to the limit (with a weight of 90-95% of the maximum), the number of repetitions of movements in one attempt is 5-6, the number of attempts is 2-5. rest time after returning exercises is 4-6 minutes. and 2-5 min between attempts. The pace of movements is free, rapidity - rarely to the maximum.

In practice, there are different ways of this method, based on which are different methods of increasing weights.



It should be borne in mind that limit loads make it difficult to control movement technique, increase the risk of injury and overtraining, especially in children and beginners.

Therefore, it is the main, but not the only, method in the training of highly qualified athletes. It is used 2-3 times a week. Large weights are used in some cases once every 7-14 days. More than 100% of exercises with loads are carried out with the help of partners or by using special equipment. It is not recommended to use this method for children under 16 years of age.

The reverse maximal effort method is fundamental for increasing maximal dynamic strength without significantly increasing muscle size. To use it, the athlete must have prepared in advance. This method can be based on control tests to assess the strength of efforts. Exercises for control, such as pull-ups from the floor; lifting a barbell while lying horizontally; sitting with a barbell on the shoulders.

The method of repeated non-limiting attempts.

Meaning - Repeating non-limiting external resistance until exhaustion or "to the end".

In each approach, the exercises are performed without a break. 2-6 series are performed in one session, 2-4 approaches in one series. The break between classes is 2-8 minutes, between series is 3-5 minutes.

During training, the amount of external resistance is 40-80% of the maximum. The speed of movements is not great. When the number of repetitions with a heavy weight is low, maximal strength is mainly developed, or an increase in strength and an increase in muscle size occur at the same time. And, on the contrary, the number of returns is high, and when the amount of weight is low, the quality of durability increases.

When using this method, the training effect is achieved at the end of each series of repetitions of exercises. In the last repetitions, the number of working movement units reaches a maximum, their synchrony is observed, the physiological process is as if overcoming great resistance.

There are three main paths to the "To the End" method:

1. Exercises are performed "to the end" in one session, and the number of approaches is not "to the end".
2. In several attempts, exercises are performed "to the end", the number of approaches is not "to the end".
3. Exercises are performed "to the end" in each attempt, the number of approaches is "to the end".

Although working in the "to the end" method is less efficient in terms of energy, it is widely used in practice. It allows you to better control the movement technique, avoid injuries, and support muscle hypertrophy. Finally, this method is the only method for training beginners because the development of strength does not depend on the amount of resistance. It is appropriate to use it in cases where the magnitude of force plays a decisive role and the speed of manifestation is not of great importance.

Method of isothermal experiments.

Expressed by performing short-term maximum stresses. The duration of isothermal stresses is usually 5-10 s. The amount of tension can be 40-50% of the maximum and should consist of 5-10 exercises aimed at developing statistical strength complexes and the strength of different muscle groups. Each exercise is performed 3-5 times, with a break of 30-60 seconds. Rest 1-3 minutes before performing the next exercise. Isothermic exercises can be added to training up to 4 times a week, 10-15 minutes. Separation is enough.



Complex exercises can be used unchanged for about 4-6 weeks, and then it will be updated due to changes in some initial conditions.

Method of isokinetic attempts.

The peculiarity of the - by method is that when it is used, the magnitude of the constant speed of the movement is given, not the magnitude of the external resistance. Exercises are performed on special trainers, which allow you to move at different speeds. For example, on the entire amplitude of the stroke in crawling or breaststroke swimming. This allows the muscles to work with a reasonable load throughout the movement.

Isokinetic strength exercises performed on modern trainers allow you to change the speed of movement of the joints from 0 to 200 in 1 second.

Dynamic attempt method.

Exercises are performed with small weights (up to 30%) at maximum speed or pace. It is used to develop speed and power qualities - "explosive" power. The number of repetitions in one approach is 15-25 times. Exercises are performed in 3-6 series, with a break between them of 5-8 minutes.

The weight should be such that it does not cause a violation of the movement technique and does not reduce the speed during the movement. For example, the best results were shown when a 2 kg medicine ball was used to develop throwing power in water polo players, and 3 kg in javelin throwers.

"Intensive" method is based on intensive stimulation of muscle groups using downward load or kinetic energy of body weight.

This method is mainly used to develop the "absorbing" and "explosive" strength of various muscle groups. As an example, to develop the "explosive" power of the legs, we can cite the exercise of jumping into a pit and jumping up. Amortization and subsequent ground clearance should be done as a whole.

The transition from cushioning to jumping should be very quick, a break will reduce the effectiveness of training.

Using the "Rapid" method in these cases requires special training, including a large amount of barbell jumping. It is necessary to start with a small height and gradually wait until the required height. For example, it is effective for gymnasts to jump into a pit from 50-60 cm, jump onto a hill (a pile of mats) or roll over a plank. Jump height for runners is 0.75-1, 1-1.5 l*.

The following amounts are reasonable for jumping: 4 series of 10 times - for well-trained athletes and 6-8 times in 2-3 series - for less trained athletes. Rest between sets is 6-8 minutes. Then light jogging and relaxation exercises are performed.

When performing exercises with weights in an "intensive" method, it is necessary to observe the following rules:

- they can be used after special exercises that warm up the muscles;
- the number of "intense" movements should not exceed 5-8 repetitions in a series;
- the size of the "fast" effect is expressed by the weight of the load and the size of the working amplitude.

In each case, these indicators are determined depending on the level of physical fitness;

- ✓ the initial position of the body is selected in accordance with the state of working tension developed during training.



Paying attention to the development of the type of strength and tension during training is one of the important conditions for the training of qualified basketball players.

In order to study the strength qualities of 12-14-year-old basketball players, the physical fitness of students is controlled through special tests.

Information given in table 1;

The analysis of the obtained results showed that the average indicator of the strength of the shoulder flexor muscles of the arms evaluated by the test "Throwing a 1 kg ball" was 9.79 cm, while it was 9.79 in the experimental group in 5 classes. , equal to 8.93 in the control group.

It is equal to 10.28 in the experimental group in 6th grade, 9.92 in the control group, 11.45 in the experimental group in 7th grade, and 10.59 in the control group.

In the 8th grade, it is 13.15 in the experimental group, and 11.17 in the control group.

These indicators showed that 3.36 in the experimental class and 2.24 in the control class increased by 1 m.2 cm between the experimental and control classes.

1.-Jadval. Indicators of research results

Classes	Groups	Tests	X±m	X±m	T	R
6	Experience	Throwing a 1 kg ball	9.1±0.67	10.68±0.87	1.44	>0.01
	control		8.02±0.40	9.92±0.54	2.83	<0.01
7	Experience	Throwing a 1 kg ball	10.02±0.17	11.45±0.15	3.41	<0.05
	control		9.14±0.20	10.59±0.21	4.2	<0.01
8	Experience	Throwing a 1 kg ball	12.00±1.05	13.15±0.70	0.91	>0.05
	control		10.01±1.10	11.17±0.92	0.81	>0.05

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