

IMPROVING GROUP INTERACTIONS TACTICAL BASKETBALL PLAYERS 13–14 YEARS OLD

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The presented work is the modern tactics of basketball has a large arsenal of tools, methods and forms of playing. Their best use is possible only with proper consideration of the main factors that really affect this particular match. They are based on a comprehensive assessment of the capabilities of their team and the opposing team and taking into account certain external conditions in which this meeting takes place. Without taking into account these factors, the team cannot achieve the maximum result. The requirements to the system of training basketball players determine the need to create optimal conditions for the education of the reserve, capable of performing adequately in the international sports arena. One of the perspective directions of improvement the system of preparation is the purposeful formation of tactical readiness of the team.

Keywords: *arsenal of basketball players, tactical training, young basketball players.*

Introduction. The work due to the increasing requirements of modern basketball to the ways of improving the level of play, and increasing the level of tactical preparedness, will allow achieving higher results [1; 2].

Purpose of research purpose: to substantiate the effectiveness of the developed complex of tactical actions aimed to improving group tactical interactions in the offense of basketball players of 13–14 years.

Research results and discussion. The study took only 24 people, which were divided into two subgroups: experimental and control. At the beginning of the study, tests were conducted, where initial indicators of tactical training in the offense of basketball players of 13–14 years of control and experimental groups were revealed.

To compare the performance of tactical training in the attack were given the following tests:

1. Two.
2. Barrier.
3. Triangle.
4. Three.

After the tests, it can be concluded that at the beginning of the experiment, the difference between the control and experimental groups was unreliable, since the groups have almost the same performance and are in equal conditions [3].

During the six months from October 2017 to March 2018, we introduced experimental sets of exercises in the training process 6 times a week, at the end of the main part of the lesson. Mode of operation 6–1 (six days of training, one day of rest, which corresponds to this age group). At the end of the experiment, measuring the performance of tactical training in the offense

basketball players of 13–14 years of experimental and control groups, we conducted a comparative analysis to test the effectiveness of the developed sets of exercises. The testing, carried out at the end of the experiment, allowed to establish that in all four control exercises significant intergroup differences between basketball players of experimental and control groups are registered [4].

The analysis of the results recorded at the end of the experiment showed that the basketball players of the experimental group showed significantly higher results compared to the basketball players of the control group in all control exercises.

Conclusions

1. It is revealed that the main means of training of young basketball players are exercises in which individual tactical actions are learned and improved; exercises for the assimilation of tactical interactions of several players; bilateral training games with different numerical composition of teams: with quantitative equality or inequality of players.

2. Developed a set of tactical actions was developed aimed at improving group tactical interactions in the offense of basketball players of 13–14 years. The peculiarity of the complex of tactical actions is that the proposed tactical interactions were performed alternating with active and passive actions of the defender.

3. As a result of intra — group analysis of performance indicators of group tactical interactions, it was determined that the athletes of the control group after the pedagogical experiment revealed statistically significant differences in indicators — «barrier» — the number of effective attempts, «Troika» — the number of attempts and the number of effective attempts, the

rest marked positive changes, while the athletes of the experimental group-revealed statistically significant differences in all indicators [5].

4. As a result of the intergroup analysis of performance indicators of group tactical interactions in the attack, it was determined that the initial level of tactical preparedness of both groups was uniform. After the pedagogical experiment in the experimental group, all the indicators of the level of tactical interactions were significantly higher compared to the control group, which shows the effectiveness of the developed complex of tactical actions aimed at improving the group tactical interactions in the attack of basketball players of 13–14 years.

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Совершенствование групповых тактических взаимодействий в нападении баскетболистов 13–14 лет

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Раскрывается, что современная тактика баскетбола располагает большим арсеналом средств, способов и форм ведения игры. Совершенствование групповых тактических взаимодействий в нападении баскетболистов 13–14 лет возможно только при правильном учёте основных средств, способов и форм ведения игры. Подготовка базируются на всесторонней оценке возможностей своей команды и команды соперника и учёте определённых внешних условий, в которых протекает данная встреча. Без учёта указанных фак-

торов команда не может достигнуть максимального результата. Требования, предъявляемые к системе подготовки баскетболистов, определяют необходимость создания оптимальных условий для воспитания резерва, способного достойно выступать на международной спортивной арене. Одним из перспективных направлений совершенствования системы подготовки является целенаправленное формирование тактической подготовленности команды.

Ключевые слова: *арсенал баскетболистов, тактическая тренировка, молодые игроки баскетболисты.*

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