

INSTRUCTIONS GIVEN TO QUALIFIED BASKETBALL GIRLS BY THE COACH

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Abstract: Basketball is a sport that requires skill, teamwork, and discipline. In order for a team to be successful, it is essential for the coach to provide clear and concise instructions to the players. This is especially important for the girls' basketball team, as they must be able to execute plays and strategies effectively in order to win games.

Keywords: basketball, sports, activities, effective strategies, players, teamwork, instructions

Introduction: As well as with most sports, girls' basketball involves a lot of running. A great way to warm up the leg muscles is by doing the "ladders" drill. This is where you line up a series of sticks on the ground and make sure you step in and out of the squares. Run back through the squares for the return. Side stepping is also an effective exercise as it increases the strength and flexibility of leg muscles. It is a great way to prevent knee injuries. A good agility warm-up should always finish with sprints. Using the full distance of the court, run from baseline to baseline. A good method is to start with 1 to 2 runs and work up to 5, taking a short rest in between. This will get the entire body warmed up and ready to go. Total time for the agility warm-up should be 20 to 30 minutes.

A good conditioning warm-up can greatly increase the skill and ability of the basketball girls. The most common problem with team warm-ups is that they lack speed and intensity. Encourage all players to participate, paying close attention to the technique in their warm-up exercises. After a few weeks the ability level of team warm-ups should increase and the team can then move onto more advanced drills. This will also increase the morale and attitude of the team. With the game of basketball always changing, and the need to obtain higher fitness levels, an effective warm-up should last the entire training session. Remember it is the coach's responsibility to lead and encourage the warm-up, and ensure that every player takes it seriously. With enough persistence, the team will see the results in the games that they play. Stretching exercises
Calf stretch: This muscle has two different plays. To stretch the gastrocnemius, take a lunge position with back leg straight and front leg bent. Ensure the back foot is pointing directly forwards and then push the back heel into the floor. You should feel a stretch in the upper calf on the back leg. To stretch the lower calf or soleus, from the same position bend the back leg as well so you can feel the stretch go lower down. Hold each stretch for 15 seconds.

Quadricep stretch: Stand on one leg and pull the other leg up behind you towards your buttocks. You should feel this stretch at the front of the thigh of the leg in which you are holding. Ensure that you keep balance by standing straight and not leaning to one side. Hold for at least 15 seconds and repeat with the other leg.

Hamstring stretch: Lay on the floor with both legs bent. Pull the right knee in towards your chest and attach a rope to the ankle of the leg. Use the rope to straighten the leg up in the air and

then try to pull the leg back towards you. You should feel this stretch at the back of the leg in the hamstring. Hold for at least 15 seconds and repeat on the other leg.

Cardiovascular warm-up

A very effective cardiovascular warm-up that is also a good drill for the team to work on is called the three-man weave. This drill gets its name from the weaving path that the players take up and down the court. In doing the three-man weave, the players will be continuously changing directions, running at varying speeds, and handling and passing the basketball. This will help to warm up leg muscles and knee joints and help to increase agility.

Begin by explaining the importance of warming up, followed by an explanation of a three-man weave. Since the game of basketball is one that requires the participants to move up and down a large court for an extended period of time, there are many starts and stops, and quick lateral movements. If a player is not properly warmed up before engaging in these activities, there is a much greater chance for injury to occur. A warm muscle has much more elasticity than a cold muscle and is therefore less likely to be pulled or strained. With this in mind, it is important for a team to partake in a light, yet effective cardiovascular warm-up at the beginning of each practice. This will help to gradually increase the players' heart rates and get blood circulating to all areas of the body before moving on to more physically taxing aspects of practice drills or the practice/game itself.

Agility drills

The author mentions that agility drills are important because "positions are exchanged in a split second during the game, and a player must be able to stop, start, and change direction quickly and smoothly. A well-designed agility program can improve specific basketball moves, cuts, and defensive plays." An effective agility program should contain the following factors: specificity, variety, and individual feedback. A coach can be creative in designing agility programs to mimic basketball activities; however, it is important to adhere to the fundamental principles of agility training to achieve maximal improvement in motor skills and specific conditioning. Agility training can take place on the same days as strength training, following the strength session. On the other hand, if strength and power are the priority, agility drills can be done on cardio days, or even be incorporated into off-court conditioning, provided that the necessary recovery time is allotted. High-intensity interval training (HIIT) can be incorporated into agility sessions in order to improve basketball-specific conditioning. This can be done by engaging in agility drills that last 15-30 seconds, interspersed with rest intervals. Individual feedback is important for ensuring exercise adherence and motivation. The author mentions that it has been shown that athlete motivation towards exercise can be improved by up to 80% if a feedback system is implemented.

As the coach of the girls' basketball team, it is crucial to provide specific instructions to the players in order to help them improve their skills and achieve success on the court. Here are some key instructions that should be given to qualified basketball girls by the coach:

1. Understand the game plan: The first and most important instruction that should be given to the players is to understand the game plan. This includes knowing the plays, strategies, and tactics that will be used during games. It is essential for the players to be on the same page and work together towards a common goal.

2. Communicate effectively: Communication is key in basketball, especially on defense. Players should be instructed to communicate with each other on the court, calling out screens,

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switches, and assignments. This will help the team to stay organized and prevent breakdowns on defense.

3. Play with intensity: Another important instruction for the players is to play with intensity and energy. This means giving 100% effort on every play, hustling for loose balls, and never giving up on a play. Playing with intensity can help the team to outwork their opponents and win games.

4. Focus on fundamentals: Fundamentals are the building blocks of basketball. Players should be instructed to focus on fundamentals such as shooting, passing, dribbling, and defense. By mastering the fundamentals, players can become more skilled and confident on the court.

5. Stay disciplined: Discipline is essential in basketball, both on and off the court. Players should be instructed to follow team rules, show up to practice on time, and stay focused during games. Discipline can help the team to stay organized and avoid distractions that can hinder performance.

6. Support your teammates: Basketball is a team sport, and players should be instructed to support their teammates both on and off the court. This means encouraging each other, communicating effectively, and working together towards a common goal. By supporting their teammates, players can build trust and camaraderie that can help the team to succeed.

CONCLUSION

In conclusion, providing clear and concise instructions to qualified basketball girls is essential for the coach to help them improve their skills and achieve success on the court. By following these instructions, players can become more skilled, disciplined, and effective on the court, leading to more wins and a successful season.

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