

WELLNESS USE TECHNOLOGY IN THE PREPARATION OF THEIR YOUTH BASKETBALL

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The topic of relevance. Physical culture and mass sport with regularly deal and healthier is a lifestyle on life skills formation through each of the citizen in the disease against a strong immune system, the appearance of that would be to ensure, harmful habits to give up to the night, proper nutrition principles apply to, restoration and rehabilitation works and mass physical activity measures systematic and effective organization to make, this in regard to appropriate infrastructure and other necessary conditions to create, young readers basketball to prepare the initial stage of the recovery technologies that develops tools on research - based recommendations full coverage was not given. This state of the subject that is topical outline gives you.

Present time basketball game development history of 1891 of the year in December from the month of starting. Springfield in the city (Usa, Massachusetts united states) christian – workers of the school (now the Springfield college)it's anatomy and physiology teacher dr. Djeys Neysmit students the winter seasons in the physical training of a number to boost the decision made. Neysmit by performed has been the game the initial version of the five main conditions who and 13 of the main rules is that it is. Q'sha of the game is the first of the rules 1892 , the year of 15 January, on “Triangular” (“Triugolnik”) , the newspaper pages , click or out.

Today's day in millions of boys and girls in most modern sports in koshona basketball game with active dealing, their health strengthened has been.

This with a series, note it is important, the development stopped remains, achievements are significant, but gaps are also not is not. Observations, pupils and students with the objective conversations that testimony to give, yet many only education institutions, especially, rural schools, sports club, organization, to, training in the scientific basis for planning, competition high cultural and spiritual level, transfer to the issues of 8 serious attention almost at he 's, in particular, rural schools basketball on which are held sessions, sports ko'to nikma to teach and them improvement of the process regularity, onglilik and actively perfection and conformity and continuity of the principles asoslanmasligi is observed.

Sport in the practice of initial teaching the process of many years of sports training of the fundamental stage is, this stage is to teach the methods and tools of the proper use of the next stage of the sports skills of effective formation to creates (Yu.D.Jeleznyak, 1998). Initial teaching the process of planning and organization in the children ontogenetik and biopsixologik features into account to be taken need. Different , I say initial teaching in the process which are held sessions of downloads engaged the children with physical and functional reflect the real opportunities depending on me'yorlangan will and be applied should. As it is known, the action (uploads) the size and intensity of human health, his physical and functional in the formation of an important role has.

The purpose and function. Basketbolda also other sports types as teach the main tool of the physical exercise is. They are very different tumandir. This is the reason for them certain of a train in the stage

of the put tasks, the solution of the complexity of the role on turkumlanadi. Such turkumlanadi to readers basketball competition activities based on that I obtained.

Basketbolda to move in teaching the media effect, in many cases, them to apply the style directly related is, the style who put the task, going for preparation level, certain conditions- conditions related without is selected and applied.

The put function are related in just a tool different style used, from different use can. That is in addition to, each a preparation in the type of functions and types of sequence are also certain logical to be connected is able to. Basketbolda the main scan of this walking, running, chip step away running, back , with, step, remove to stop, jump to.

In many cases, move transport difficult is that the comments were, them enough attention is not given. This while the wrong idea. Because the player's various actions to perform to the condition and the place you choose to be fulfilled effort to the efficacy of the direct impact it will make. This is the reason for the move many times to your country to teach great attention to focus necessary

Teaching in the process of specialized harakatli from the game to use great returns (Usmonxo'jaev t. s., F. Khodjaev, 1992; Usmonxo'jaev t. s., h. a. Meliev, 2000; kuzi v. v., s. a. Polievskiy, 2000; m. n. Jukov, 2003).

Basketball training organization to and in itself specific to that equipment and supplies from tools are used.

This equipment and instruments basketball to move to teach, formed have been skills improvement, going for physical preparation and involved health level yaxshilashda recovery technologies (fitness programs)from use in physical quality in the development of an effective tool to be considered.

Sports training initial training process of many years of sports training system foundation is. The initial training of organizational, methodological, scientific and material-technical view point of how the searching based on is, quality is, so sports deputy themselves to prepare for guard shorter and easier it will be. But this, of course, a specialist's knowledge, professional skills and qualifications directly related is. This is the reason for specialist to prepare the designed training program is the most attentive and main is one of the primary teaching methods (technology) to be considered.

Competition in the process of effective result and achieve achievement of the basic conditions of the conditions of one - this is basketball technical training, technical skill improvement at the level that is. Therefore,teaching the process of initial and main goal in this game technique perfect master. That is also to say it is necessary, motion technique, mastering the duration of the child's family 10 of 11 conditions, its social and economic capacity and the mental state of both depends on.

Conclusion. Basketball, physical education and sogiomlashtirish tool as also most popularity are sport type is related. Basketball his hammabobligi, beautiful o'yin the content of, large-yu small young men 's attention to himself of the frame to the attack and defense combinations of minds with not only the city and the district center, but also school, letsiey, college, higher educational institutions in -group competition, sound health, physical and mental perfection means as different age of the population into life entered has. Basketball training science and health is a source of as in all educational institutions to the educational plan is included. Especially, in recent years baketbolni "Hope germination", "Barkamol avlod", "Universiade", "women of spartakiada", the competitions as many stage and regularly held parties which are prestigious sports event from the program place take it geographical boundaries and involved the number of dramatically the medium to go in the ground to create.

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