

SCAN PLAY THE ROLE OF AGAINST THE OPPONENT WITH THE BALL CHIDAMKORLIK HARAKATLI AND ITS DEVELOPMENT

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Any activity concerned with everyone in their life may be (physical or mental labor, sports, arts, and h) and marked the effective implementation of quality that strives for. The priority of these processes is related to specific aspects of a person's chidamkorlik. What is the significance of what Chidamkorlik own internal and external? – that is the question. Chidamkorlik this spiritual – mental and physical functional possibilities toliqmasdan means the ability to retain a long time. His inner essence and content of the human body in the order of the interval of the function means that all psixofiziologik operate. Mohi's outer chidamkorlik and while the content –interval means that could withstand performed in order to downloads. Fulfilled direction of the content and the type of work and is distinguished by his ability chidamkorlik depending on the term internal and external features. So it's not exactly stand out with chidamkorlik chidamkorlik also in sports. But it is noteworthy that needed in every sport that special chidamkorlik (aerobic or anaerobic chidamkorlik jump chidamkorlik, power chidamkorlik the coordination and chidamkorlik. h) or in other words based on the rapid formation of aerobic chidamkorlik can chidamkorlik general.

The actual work of ministry: Modern basketbolda sometimes in the attack, and in sun protection to'psiz or hit the ball, opponents of action against many incredibly abruptly changing directions has been awarded many times. No doubt know of such action functional in almost all organs, including muscle, adrafinil and the occurrence of symptoms leads. Therefore, today's special chidamkorlik considered a form basketball 23 high quality, it may be noted that it is important. But the exercise that develops as a result of a few special chidamkorlik borqo'llash quickly, and symptoms to be observed afford adrafinil is removed. Expert opinion according, basketball arising during those sessions, you can reduce it's based on the application of adrafinil harakatli backyard specialized term. The specific role of athletes in the games because harakatli into the image of, more spiritually early makes it possible to prevent occurrence of the symptoms of fatigue. Consequently, the development of games using the scan so the ball with personalized chidamkorlik harakatli is worthy of the study of the effectiveness of very urgent practical importance.

Consequently, the work on the study on the basis of selected topics worthy of the most urgent practical importance and special tadqiqot it – it may be noted that.

The purpose of the work: 12-13-year-old basketball games running the ball and hit chidamkornigini determine the possibility of using specialized study is dedicated to the formation of harakatli. The objectives of the work:

1. 12-13-year-old basketball with the ball against opponent modeling chidamkorlik I am using the test to assess the scan.
2. With the ball against the opponent the opportunity to study the development of games using harakatli scan.

2x14m this test.before running to the ball and hit every 2x14m.from running with the ball is then taken.

Harakatli developed games.

1. I have 3 width., I have a 14 in length.in the range of “8” is the number of the configured line across, from left to right 1 times, 1 from left to right, time hit the ball, running a total of 10 times in the competition. “8” is the square of the number of left and right side are drawn into the game pair is made.
2. Those who ran 7-8 times take a deep breath, breathe out performs the exercises. 24 25 3. Two side of the area, the line across the chair placed in the range of 5 14. Voters startga the pair of basketball with the ball in places.

Chairs in the range of 2.5 m; the pair hit the ball with a chair and be given the signal long-distance running, a 10 - times -go (come $2 \times 14 \text{ m} \times 10 = 280$ I have.) basketball game competition between two teams of 7 students from each vendor in the form of organized.the game is finished the winner is the team who first discovered it. I finished the game the turn 2 exercise each pair performs.

4. 1- and 3 - games to'psiz also is repeated. In exercise 2 at the end of the game is made. After the experience, the rival of the opposition with the ball in chidamkorlik scan (efficiency will chidamkorlik)to determine the effectiveness of games on the development of special harakatli will be developed. 12-13-year-old basketball scan chidamkorlik hit the ball and its development dynamics.(p=4).

2x14m.hit the ball to running the test 10 times of column 1-nchi NG executed at times the scan speed 8,7 sec.select organization, at this TG 8,9 sec. to , respectively. 16 ng respiratory frequency,2 TG 17,7 times/min. the amount was recorded.

- t – chidamkorlik only 1,5 and 10 – times 2x14m nchi.ha is determined by the speed of running;

- No, when – test the test before and 1,5 ,10 times and then executed were determined. Section 8,9 sec. with was expressed. Who has completed the test once at the respiratory frequency at 16 when no ng,5 times, while at times 15,3 TG/min.is equal to.

This test 5 times repeated scanning at the speed hit the ball at nchi ng 17,8 sec. TG 17,5 sec.equaled. 17 ng respiratory frequency,3 times/min.At times 17,9 TG/min. The amount was recorded.

This section, as can be seen, the experience did not start and complete the test before as noted before, the results (running speed and no later) from one almost made the difference. But the experience hit the ball after the running test 5-18 nchi ng at running speed in execution times,4 sec.select organization, this section was recorded almost two times less than the amount at TG 9,9 sec. with characterized. So go and apply at tg we developed special harakatli the new part, as a result of performing the quick downloads section 9 of no game,9 times/min.lower pm sent. Consequently, this condition of bilateral relations, in particular its related downloads to readers adaptation tg basketball growing resistant to the place to be shown.

After the experience, the test 5-nchi times the scan speed in doing ng 18,4 sec.no organization in this group had 30 times /min. with was recorded. While at teskorlik section representing chidamkorlik TG – hit the ball running the speed test 5-fulfilling nchi are 9,9 sec.is equal to. This section of the NG from the data recorded at two times or less with a short expression has been diyarli speed.

The respiratory frequency of 30 ng,2 times/min. with has been recorded, if the tg is too small in this section and double 17,6 times/min.equaled.

Teach students experience before: test 10-hit the ball running at the speed in doing nchi ng 23 times,2 sec.see, TG at their 23.6 sec.equaled. In accordance with 23 the respiratory frequency,1 times/min. and is characterized by 23,5 times.

Along with this, the duration of the test when the experiment is over 10-time nchi initially dropped the ball when executed for the column earlier than the running speed ko'satgichlarga hit at this speed and in general from the experience and 23.2 ng sec.tg to 23,6 sec.equaled. 23,1 muvofiv in respiratory frequency times/min. and 23,5 stock company.equaled.along with this, the experience meaningful for traditional classes have been dealing NG 23,8 come to experience the speed of running with the ball at

the end of sec.select organization, tg in this section 11.6 sec. Was expressed. In other words, who were part of the experience we have developed special harakatli tg during playing games into quick at the nearly two times more than the amount considered chidamkorlik form were noted. This conclusion is related to the respiratory frequency , are also confirmed. In particular, no later than at 44 NG,2 times/min.select organization, approximately three times at the tg of this section is less, 18,9 times/min. with was recorded. Therefore efficiency is possible that more rapid development of specific national basketball personalized harakatli games using their chidamkorlik found proof.

Conclusions and suggestions

1. The selected topic on the selected source, the study of their comparative analysis of the information and opinions in quotes muloxaza has identified as a result of shuna does. With the ball against opponents that have important implications in the practice of basketball scan (running the ball hit) of chidamkorlik (efficiency will chidamkorlik)or choose personalized profile harakatli the development of games using it's almost maksalalari has not been under investigation.
2. The initial studies and the current analysis,12-13-year-old opponent to hit the ball at basketball resistance engaged the method of offering the opportunity to repeat many many times over the long term running chidamkorlik extremely weak development ability is known. Such conclusions I test the modeling section and go up and go towards the tasiqlab let go of the respiratory rhythm.
3. As is known from the results of the experiment, conducted at NG cultivate meaningful dynamic efficiency associated with running a traditional exercises chidamkorlik hit the ball it's not. 2x14m.hit the ball to the running test was repeated 10 times the speed of the movement towards also, the respiratory frequency is also increasing. But the experience from the game, which we developed special part in the sessions for the go using regular harakatli teach students at tg: chidamkorlik of extremely rapid rivojlartirilganligi efficiency were observed.
4. I am modeling developed tests will test to determine the frequency of respiratory and develops a dynamic tool that will offer hobby basketball games developed harakatli chidamkorlik introduction.

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