

METHODS OF FORMING TACTICAL PREPAREDNESS IN BASKETBALL**Muhammadiyah Muslimakhon Ilhomjon qizi**

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Abstract

Basketball is a dynamic team sport that requires not only physical and technical abilities but also a high level of tactical preparedness. Tactical training allows players to analyze game situations, make quick decisions, and effectively cooperate with teammates during matches. The purpose of this article is to analyze the scientific basis and methods for developing tactical preparedness in basketball players. The study highlights modern pedagogical approaches, training principles, and practical methods used to improve tactical thinking and team coordination in basketball.

Keywords

Basketball, tactical training, sports methodology, team play, tactical thinking, sports performance.

Introduction

Basketball is one of the most popular team sports in the world. The game was invented in 1891 by James Naismith and has since developed into a highly competitive international sport. Modern basketball requires athletes to possess a combination of physical fitness, technical skills, psychological readiness, and tactical awareness.

Tactical preparedness plays a crucial role in basketball performance. It involves the ability of players to understand game strategies, anticipate opponents' actions, and apply appropriate decisions during the game. Effective tactical training improves team coordination, increases the efficiency of offensive and defensive actions, and enhances overall game performance. Therefore, developing tactical skills through scientifically based training methods is an important aspect of modern basketball coaching.

Research Analysis and Methods

The development of tactical preparedness in basketball players is based on several scientific principles and training methodologies. A systematic training process allows players to gradually develop tactical thinking and decision-making abilities.

The research methods used in this study include:

- analysis of scientific and methodological literature related to basketball training;
- observation of training sessions and competitive games;
- comparative analysis of tactical training methods used by basketball coaches.

Several pedagogical principles guide the development of tactical skills:

Systematic training principle

Training sessions should be organized regularly and according to a structured plan.

Individualization principle

Each athlete's physical abilities and psychological characteristics should be considered during tactical training.

Progressive complexity principle

Tactical tasks should gradually increase in complexity as players gain more experience.

Game-simulation principle

Training exercises should imitate real game situations in order to develop practical decision-making skills.

Results and Discussion

The results of the analysis show that tactical training significantly improves the effectiveness of basketball players during competitions. Players with well-developed tactical thinking demonstrate better cooperation with teammates, faster decision-making, and greater adaptability during matches.

Tactical preparedness in basketball can be divided into three main components:

Individual tactics

Individual tactics involve a player's ability to make correct decisions independently during the game. This includes dribbling past opponents, selecting the best shooting moment, and choosing effective defensive actions.

Group tactics

Group tactics involve cooperation between two or more players. Examples include pick-and-roll plays, quick passing combinations, and coordinated defensive actions.

Team tactics

Team tactics refer to the overall strategy used by the entire team during offensive and defensive phases of the game. Effective team tactics require clear communication, coordinated movement, and strategic planning.

Various training methods are used to improve tactical preparedness, including:

- small-sided games;
- situational drills that simulate game scenarios;
- video analysis of games and training sessions;
- tactical discussions and strategy planning.

International organizations such as International Basketball Federation provide coaching guidelines and educational materials that help coaches develop modern tactical training systems.

Conclusion

Tactical preparedness is a fundamental component of successful basketball performance. The development of tactical skills requires a systematic and scientifically based training approach that includes game simulation exercises, teamwork drills, and analytical methods. Coaches should integrate modern training techniques and strategic analysis in order to improve players' tactical thinking and decision-making abilities. Effective tactical training ultimately enhances both individual and team performance in basketball competitions.

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