

THE FINNLAND EXPERIENCE OF USING ACTIVITY GAMES IN TEACHING THE ELEMENTS OF BASKETBALL TO HIGH SCHOOL PLAYERS

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Abstract: *In this article, the Finnish experience of using action games in teaching basketball elements to high school students is presented in detail.*


Key words: *Professional skills, action games, relay games, physical qualities, healthy lifestyle, physical activity.*

Introduction: Fundamental changes are being made in the field of sports development in our country. Taking into account the role of physical education and sports in the healthy education of the future generation, further improvement of sports activities in our country, creation of educational and material-technical base at the level of modern requirements, as well as targeted state-level activities to increase the population's interest in sports is being developed and implemented. Sport plays an important role in understanding the identity of the nation, in its consolidation and unification towards specific goals, and in showing its full potential and power as a nation to the world. From this point of view, the development of the country's sports is an urgent and extremely important issue. After all, a nation that is physically strong, healthy and has many young people will be powerful, its state will be strong in all respects, and it will develop towards great progress.

Literature analysis and methodology

It is aimed at creating conditions for the young generation to engage in physical education and mass sports, selecting and purposefully preparing talented athletes, and developing their physical qualities with the help of mobile and relay games. Because there are various guidelines and methods for the development of physical qualities, and there are many factors. Active participation of young basketball players in the popular sports competitions "Umid Niholari", "Barkamol Mavlod", "Universiade", increasing their interest in physical education and sports, forming a healthy lifestyle is one of the important and necessary tasks. A number of scientific studies devoted to the problems of the Finnish experience and practice of using mobile games in teaching the elements of basketball to high school students were carried out. . In addition, Z.Azizova 2010, M.A. Gurbanova, M.U. Kasimova, etc., developed a number of problems in their scientific works, but in their work, the qualities of agility, quickness and strength were not sufficiently covered. Finland's






experience of the use of yins determines the physical fitness of students and draws certain conclusions by observing the development process; - general education schools, consists in determining effective methods, forms and ways of education. The Finnish experience of using action games to teach the elements of basketball to high school students is to increase the physical qualities of young basketball players, professional skills, technical and tactical training, and interest in the sport of basketball.

Results

The Finland experience of using mobile games in teaching basketball elements to high school students. It has been proven that the possibility of using all qualities of movement and relay games in physical education lessons in students is effective in the process of conducting research. The possibility of developing the physical qualities of the participants was observed. As a result of the use of dynamic and relay games in basketball players, they develop their physical qualities, general working abilities, and determine their health level, as well as serve as a basis for special endurance. It was observed that the higher the general endurance, the better the development of specific endurance. As a result of regular participation in physical education classes held in general secondary schools with basketball, it has a positive effect on vision, hearing, vestibular and other analyzers and shapes their activity. Exercises used in basketball and this game itself affect the movement apparatus, develop muscle fibers, as a result, their tone increases, physical qualities improve. At the same time, it is difficult to imagine without basketball, the age, gender and other characteristics of children should be taken into account when playing basketball. The most important difference between games in physical education classes and other forms of training is that it is necessary to pay attention to the educational and health aspects of the game. Action and relay games are considered an effective tool for the physical qualities and development of basketball players. Relay games help in proper physical development and training of the body. Formation and improvement of movement skills and abilities of young basketball players, teaches new movement types and movement activities. In the process of teaching movement and relay games, students' mental processes, as well as thinking activities, all begin to develop. It is necessary to pay attention to the education of children's ability to creatively use the knowledge and skills gained in the process of active games, because children achieve this ability due to their good qualities such as diligence, independence, intelligence, resourcefulness, punctuality. This is especially important for quick and accurate scoring in basketball. To develop the qualities of quickness, agility, agility






and dexterity of basketball players, "Battle for the ball", "Do not catch the ball", "Fight of the cocks", "Hunters and ducks", "Defense the castle", "Wrestling" ", "Kangaroos"; Effective use of games such as "fight for the ball" is appropriate. The constantly changing situation in the game, which requires players to move quickly from one action to another, helps to develop agility. Speed-strength games train strength. In these action games, the players are required to be fast (quick escape, chasing, quick response to sound, visual signal). a constantly changing situation that requires players to move quickly from one action to another helps to develop agility. Fast-paced games train strength. Games that involve the expenditure of more effort and energy than the action performed with great enthusiasm develop endurance. Games help to develop flexibility, which is related to frequent changes of direction. Most of the actions of basketball players are related to the above qualities.

Conclusion: The results of the study showed that the result of running 60 meters in the control group was 10.6 before the experiment, and the result in the experimental group was equal to 10.6. Jumping rope in the control group was 88 times, while the result in the experimental group was about 89 times. Running and throwing a small ball was 20 meters in the control group and 21 meters in the experimental group. 6:30.06 was recorded in the control group for 1000 meters. The study showed 10.5 minutes in the control group to run 60 meters after the experiment. The result in the experimental group was equal to 10.1 minutes. Jumping rope was 92 times in the control group, and 105 times in the experimental group. After the experiment, the result of running and throwing a small ball did not change in the control group, and the result in the experimental group was 24 times. Running 1000 meters was 6:30.03 in the control group, and 5:55.01 in the experimental group. we can see the improvement. It can be seen that the physical qualities (hand strength, quick-strength, strength endurance qualities) of active ketball players in the experimental group increased over three months.

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