



ОРИГІНАЛЬНА НАУКОВА РОБОТА

PREPARATION OF SPORTS RESERVES IN BASKETBALL

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Abstract

The purpose of the study. Identify the main aspects of the implementation of physical and technical training of young basketball players.

Materials and methods. The following tests were used for the research,: movement in a protective rack, passing the ball into the wall with two hands from the chest and with one hand from the shoulder for 30 s at a distance of 2 m from the wall, free throws, throws in the jump, complex exercise consisting of running, handing, catching, dribbling and throwing the ball into the basket, running at 20 m, standing long jump, two-legged vertical jump height, running 3x4 s on the basketball court after 1 minute of rest, assessment of the physical development of basketball players (height, weight, dynamometry, spirometry) according to the generally accepted methodology. All tests meet the basic criteria of test theory. A detailed description of the tests can be found in the works of Koryahin V. (1998).

Results of research and discussion. Compared to other sports (especially volleyball players), highly qualified basketball players have low relative jumping height – 53.20 cm. Naturally, this affects the absolute height of jumping. In principle, the height of the jump in basketball players stabilizes up to 18 years. A similar pattern is observed in the indicators of 6 and 20-metre running and standing two-legged vertical jumping.

Conclusions. Studies of the technical and physical fitness of young basketball players aged 11-19 have shown that they are generally at a lower level than recommended by existing programs. The optimal ones include, first of all, the indicators shown by young men aged 18-19.

Along with the introduction of normative indicators in full of physical and technical training, the rational allocation of time for all types of training over the years of training will make it possible to increase significantly the level and efficiency of work in terms of long-term training of young basketball players.

Keywords: basketball, players, physical and technical training.

Introduction

At the present stage, the system of sports training of basketball players should fully reflect and take into account the actions that the athlete performs during the competition (1-5). Modern basketball requires athletes to have high functional training and perfect mastery of all the techniques of the game. It is proved that physical training and its organic connection with technical training are of great importance for the growth of basketball players' sports skills (1,4,6,7). The scientific substantiation of this interrelation will allow training effectively high-class basketball players in the course of long-term training.

The work was carried out according to the plan of research work of the Lviv Polytechnic National University and Lviv University of Physical Culture.

The purpose of the study. 1. Determine the level of technical and physical fitness of young basketball players aged 11-19. 2. Establish the main directions of improving the physical and technical training of young basketball players. 3. Identify the main aspects of the implementation of physical and technical training of young basketball players.

Materials and methods

The following tests were used for the research,: movement in a protective rack, passing the ball into the wall with two hands from the chest and with one hand from the shoulder for 30 s

at a distance of 2 m from the wall, free throws, throws in the jump, complex exercise consisting of running, handing, catching, dribbling and throwing the ball into the basket, running at 20 m, standing long jump, two-legged vertical jump height, running 3x4 s on the basketball court after 1 minute of rest, assessment of the physical development of basketball players (height, weight, dynamometry, spirometry) according to the generally accepted methodology. All tests meet the basic criteria of test theory. A detailed description of the tests can be found in the works of Koryahin V. (1998).

Results of research and discussion

Studies of the growth indicators of young basketball players have shown that they are generally at a level that is lower than recommended by the curriculum. Closer to a good level in the young basketball players studied, first of all, the height at the age of 12 and 13 years, but at the age of 15-17 years, the average height rate is below average and is as follows: 15 years – 181.9 cm, 16 years – 187.6 cm, 17 years – 190.6 cm. Aged 18 and 19 years – 196.4 cm and 199 cm, respectively. This indicates the need to pay attention to breeding work. The results of tests that characterize the speed-strength training of athletes show that in general, young basketball players in Ukraine have low levels of jumping height. The relative height of jumping of basketball players is following: 11 years - 32.17 cm, 12 years - 36.8 cm, 13 years - 42.00 cm, 14 years - 43.10 cm, 15 years - 46.90 cm, 16 years - 48.40 cm, 17 years - 49.90 cm, 18 years - 54.00 cm, and 19 years - 55.0 cm.

Compared to other sports (especially volleyball players), highly qualified basketball players have low relative jumping height - 53.20 cm. Naturally, this affects the absolute height of jumping. In principle, the height of the jump in basketball players stabilizes up to 18 years. A similar pattern is observed in the indicators of 6 and 20-metre running and standing two-legged vertical jumping.

Conclusions. Studies of the technical and physical fitness of young basketball players aged 11-19 have shown that

they are generally at a lower level than recommended by existing programs. The optimal ones include, first of all, the indicators shown by young men aged 18-19.

2. Along with the introduction of normative indicators in full of physical and technical training, the rational allocation of time for all types of training over the years of training will make it possible to increase significantly the level and efficiency of work in terms of long-term training of young basketball players.

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ПІДГОТОВКА СПОРТИВНИХ РЕЗЕРВІВ В БАСКЕТБОЛІ

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Актуальність дослідження зумовлена потребою в аналізі існуючої системи фізичної та технічної підготовки юних баскетболістів, що уможливить на науковій основі цілеспрямовано добирати засоби та методи тренування для удосконалення структури комплексної багаторічної підготовки.

Матеріали і методи. Для проведення дослідження використовувалась «батарея» тестів, які дозволяють визначити рівень фізичної і технічної підготовки юних баскетболістів (4).

Результати дослідження. Результати дослідження показали, що рівень фізичної і технічної підготовленості юних баскетболістів носить неоднорідний характер в різних вікових групах, що вони в цілому знаходяться на рівні, який нижче, ніж рекомендується навчальними програмами. Це стосується ростових показників: 15 років - 181,9 см, 16 ро-

ків - 187,6 см, 17 років - 190,6 см, 18 років - 196,4 см, 19 років - 199 см; та відносної висоти вистрибування: 11 років - 32,17 см, 12 років - 36,8 см, 13 років - 42,00 см, 14 років - 43,1 см, 15 років - 46,9 см, 16 років - 48,8 см, 17 років - 49,9 см, 18 років - 54 см, 19 років - 55 см.

Висновки. 1. Проведені дослідження технічної і фізичної підготовленості юних баскетболістів 11-19 років показали, що вони знаходяться в цілому на більш низькому рівні, ніж рекомендується існуючими програмами. 2. Поряд з введенням нормативних показників у повному обсязі з фізичної та технічної підготовленості, раціональне розподілення часу на всі види підготовки за роками навчання дасть можливість у значній мірі підняти рівень і ефективність роботи в плані багаторічної підготовки юних баскетболістів.

Ключові слова: баскетбол, гравці, фізична та технічна підготовка.

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