



**METHODOLOGY FOR DEVELOPING THE TECHNIQUE OF  
FUTURE BASKETBALL PLAYERS FERGANA STATE  
UNIVERSITY**

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OF PHYSICAL EDUCATION AND SPORTS GAMES**

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**ABSTRACT**

*The process of training future basketball athletes is very complex and largely depends on a well-planned strategy. This article discusses the key role of the coach or instructor in this process, as well as the relationship between the technical, tactical, and physical development of the athlete and a properly organized training process.*

Preparing aspiring basketball players through technical training and developing them to a high level is a complex and consistent process, which relies on a well-planned strategy by the coach or instructor. In this process, not only improving technical skills but also preparing athletes physically, tactically, and psychologically for the game of basketball is of great importance.

Certainly, the process of training future basketball players is complex and multifaceted, directly dependent on the coach's well-structured strategy. This process focuses on the athletes' development in technical, physical, tactical, and psychological aspects, all of which are closely interconnected. The coach's task is to cultivate these factors together to elevate the players to the highest level.

First and foremost, technical training aims to develop the essential basic skills required for playing basketball. The technical elements of basketball — dribbling, passing, defense, and accurate shooting — are skills used consistently throughout the game. These actions need to be repeated many times for them to become reflexive for the player. One crucial element in improving technique is practicing the game in various situations, including against an opponent's resistance. Additionally, developing proper footwork, a sense of distance, and quickness also play significant roles in technical improvement.

Physical conditioning, on the other hand, is crucial for basketball. As basketball is a fast-paced, high-intensity game, players need to be agile, resilient, and strong. Skills such as jumping ability, quick decision-making, and robust body movements (e.g., when contesting with an opponent) are continuously developed. Specific exercises and drills are designed to



increase the player's physical strength and endurance. Additionally, players engage in regular training for jumping, sprinting, coordination, and balance.

Moreover, tactical training is an integral part of an athlete's development. Since basketball is a team sport, each player needs to understand not only their role but also the team's overall strategy. Making correct decisions regarding positioning, passing, and timing of attacks during the game is essential. Tactics help players identify and exploit the opponent's weaknesses during the game. The coach teaches players various defensive and offensive techniques and trains them to adapt accordingly. In team play, it is essential for every player to act in harmony with each other.

Psychological training, on the other hand, strengthens the players' mental resilience. Athletes often encounter stress during games, so they need to learn how to make the right decisions under pressure. High competitiveness and the desire to win can significantly impact a player's psyche. In this process, the coach teaches athletes how to control their emotions, cope with pressure, and mentally prepare for the game. Motivation, self-confidence, and team spirit are of great importance for basketball players.

Training future basketball players in technical skills and developing them to a high level is a complex and consistent process, rooted in the coach or instructor's carefully planned strategy. This process involves not only improving technical proficiency but also ensuring that athletes are prepared physically, tactically, and psychologically for the demands of basketball.

"Future basketball players need to undergo rigorous technical training and comprehensive development, which is a complex and continuous process based on the coach or instructor's well-structured strategy. This process is not solely focused on enhancing technical skills; it also places great emphasis on preparing athletes physically, tactically, and psychologically for the game of basketball."

In conclusion, a successful basketball training process is based on a perfect blend of technical, physical, tactical, and psychological aspects. A well-planned strategy by the coach fully reveals the athletes' potential, raising them to a high level not only in technical and physical terms but also mentally and tactically. In this way, aspiring basketball players take steps toward becoming professional athletes.

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