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ANALYSIS OF INDICATORS OF DEXTERITY DEVELOPMENT OF BASKETBALL PLAYERS AGED 11-12

Introduction. The popularity and colorfulness of basketball is largely ensured by the skill of the players, especially by the variety of technical and tactical actions in constantly changing game conditions (situations). The possibility of realizing the technical and tactical potential of the player is provided by a high level of physical fitness of the athlete at all stages of training [4, p. 129-130].

The most important aspect in the process of physical training of a basketball player, according to A.M. Maksimenko, is the development of dexterity, since dexterity is a complex quality that allows:

- firstly, to master complex motor coordination,
- secondly, in accordance with the changing environment to quickly and rationally rebuild their actions,
- thirdly, it is more accurate to master technical techniques [3, p. 171].

Dexterity allows a basketball player to master new movements in a wide variety of conditions, reproduce the most effective movements with a shortage of time and space, in a state of fatigue, with opposition from an opponent, if necessary improvisation in unexpected difficult situations. The development of dexterity is necessary for both novice basketball players and high-class players [1, p. 95].

Keeping the ball in basketball is the only technique that allows a player to move the ball in any direction without violating the rules of the game, when other techniques are impractical or impossible to apply. A high level of physical fitness, namely the degree of dexterity development, allows a basketball player to use a variety of methods, varieties and conditions for performing this technique. A high-class player should be able to use the ball with active counteractions of the defender, when removing the ball from the rear zone to the front, it is also important for the player to develop a quick attack, find a situation for its continuation or completion. The athlete must be equally proficient with both hands, drive the ball without visual control, at high speed and in any direction, depending on the situation on the court. [5, p. 195-197].

Currently, there is an increasing interest in studying the development of dexterity. Studies have been conducted aimed at studying the development,

improvement and evaluation of the dexterity of players of different ages and fitness levels, as well as their relationship with technical techniques [2, p. 72-74].

The purpose of the study: to analyze the indicators of dexterity and mastering the ball skills of basketball players aged 11-12 years.

Organization and methods of research. The analysis of scientific and methodological and specialized literature allowed us to form a block of test tasks for monitoring and evaluating the dexterity and mastering the ball skills of basketball players aged 11-12:

1. "Illinois Test", (p.). This test allows you to evaluate the physical fitness of basketball players, namely the degree of dexterity development. The evaluation is performed in seconds: 1) 19.8 and less – high level of development; 2) 19.9-20.4 – average level of development; 3) 20.5-21.0 – low level of development.

2. Test "High-speed driving", (p.). This test evaluates the degree of mastering the skills of ball driving along with the level of physical fitness. The evaluation is performed in seconds: 1) 46.9 and less – high level of development; 2) 47.0-56.5 – average level of development; 3) 56.6-58.9 – low level of development.

3. Test "Denver" – dribbling (ball driving), (p.). The test allows you to assess the degree of mastering the skills of ball driving and the level of dexterity development. The evaluation is performed in seconds: 1) 10.2 and less – high level of development; 2) 10.3-10.8 – average level of development; 3) 10.9-11.4 – low level of development.

The study was conducted on the basis of the municipal budget institution "Unics-Junior Sports School" of Kazan (group No. 1) and the municipal budget institution "Sports School of the Olympic Reserve of the Vakhitovsky district" of Kazan (group No. 2). The study involved 24 basketball players aged 11-12 years, 12 people in each group of the training stage of sports specialization.

The results of the study and their discussion. We conducted a study of the indicators of dexterity and mastery of ball skills among basketball players aged 11-12 years (group No. 1 and group No. 2), namely, evaluation and analysis of the data obtained.

The obtained data of group No. 1 on three tests reflect the following:

– according to the indicators of the Illinois Test, 50% of basketball players showed a high level of assessment (n=6), 33% of basketball players have an average level of the studied indicators (n=4), 16% (n=2) have an unsatisfactory level of assessment.

– according to the indicators of the "Speed driving" test, 16% of basketball players demonstrated high performance (n=2), most of the group showed an average level of assessment – 66% (n=8), the assessment of 16% (n=2) of basketball players was unsatisfactory;

– according to the Denver test, only 33% of basketball players (n=4) from the group showed a high result, 8% (n=1) demonstrated an average level according to the studied indicators, most of the group consisted of basketball players with unsatisfactory indicators of 58% (n=7).

The obtained data of group No. 2 on three tests reflect the following:

– according to the indicators of the Illinois Test, 50% of basketball players showed a high level of assessment (n=6), 16% of basketball players have an average level of the studied indicators (n=2), 33% (n=4) have an unsatisfactory assessment of indicators;

– according to the indicators of the "Speed driving" test, 8% of basketball players demonstrated high performance (n=1), most of the group after the test showed an average score of 75% (n=9), the score of 16% (n=2) of basketball players was unsatisfactory;

– according to the Denver test, only 33% of basketball players (n=4) from the group showed a high result, 16% (n=2) demonstrated an average level according to the studied indicators, most of the group consisted of basketball players with unsatisfactory indicators of 50% (n=6).

Consider the average values of the tests performed in each group:

– according to the indicators of the "Illinois Test", in group No. 1, the average was 19.69 s. (high level of development), and the result in training group No. 2 was 19.96 s. (average level of development), the difference was 0.27 s. – the differences are not statistically significant;

– according to the indicators of the "High-speed driving" test, in group No. 1 the average indicator was 50.88 s. (average level of development), and the result in group No. 2 was 50.99 s. (average level of development), the difference was 0.11 s. – the differences are not statistically significant;

– according to the indicators of the Denver test, in group No. 1 the average indicator was 10.8 s. (the lower limit of the average level of development), and the result in group No. 2 was 10.8 s. (the lower limit of the average level of development), there is no difference in average indicators.

Based on the results of the study, it can be concluded that in the Illinois Test, which evaluates exclusively the physical side of training, the groups have on average good indicators, but after the tests "Speed Driving" and "Denver", in which the relationship between physical and technical training is evaluated, we can observe not so high indicators, respectively. This is due to the fact that insufficient funds have been accumulated in the training process of basketball players, which combine both the physical and technical aspects of training.

In our opinion, in order to improve dexterity indicators in combination with ball-handling skills, the following means should be used in the training process of basketball players aged 11-12:

– the combination of several basic types of ball driving in one,
– the manifestation of arrhythmia when conducting,
– the performance of ball driving with limitations of space and support area,
– the performance of ball driving with maximum speed as a whole, or its components,

– to overcome the active resistance of the defender (a combination of several types of ball driving, changes in the "height-speed-direction" of ball driving, taking into account the situation, dexterity, overcoming resistance).

Conclusions. Thus, the analysis of the results obtained allows us to conclude that the combination of physical quality, such as dexterity, together with the

technical technique of driving the ball, is insufficiently accumulated in the training process of basketball players. It is necessary to devote sufficient time to the integral training of basketball players, namely the combination of physical and technical training, because the combination of these types of training plays a significant role in the preparation of basketball players, as it contributes not only to the improvement of technical techniques, but also expands the possibility of their application in an ever-changing game environment.

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