

## **DEVELOPMENT OF SPEED ABILITIES OF BASKETBALL PLAYERS 11-12 YEARS OLD**

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*The paper theoretically substantiates the relevance, problem and significance of the development of speed abilities of basketball players. The authors present the developed sets of exercises for the development of the speed abilities of 11-12 year old basketball players, which will improve the reliability of the players' actions at high speeds, the timeliness and correctness of their reaction to the situation that has arisen, the quick choice of a place and the accurate implementation of the decision made.*

**Key words:** *basketball, training of basketball players, speed abilities, complex of exercises.*

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Modern basketball places high demands on the development of speed abilities of players, the pace of the game is increasing, as evidenced by the increase in maneuverability, mobility of players, their desire to actively fight for the ball or place on each site, constant time pressure requires hard work, a combination of quick thinking and quick movements, most of the technical and tactical techniques in terms of the form and nature of actions belong to the group of speed exercises, therefore the level of development of speed qualities is one of the most important indicators of the special physical fitness of basketball players [1, 2, 4].

The problem of improving the speed of movements, as one of the most difficult physical qualities to develop, has attracted and will continue to attract the attention of scientists, teachers, and coaches. The desire to achieve the reliability of the players' actions at high speeds, the timeliness and correctness of their reaction to the situation that has arisen, the quick choice of a place and

the exact implementation of the decision made make the coach devote a lot of time to developing speed [1, 3, 4].

Thus, the importance of speed abilities in the successful conduct of wrestling determines the search for rational means and methods for speed training of basketball players. At the same time, the optimal ratio of loads of various directions, the sequence of their inclusion in the speed training of basketball players of different ages and fitness is an urgent problem, which led to the choice of the research topic and its relevance.

The purpose of the study: to theoretically substantiate and develop sets of exercises for the development of speed abilities of 11-12 year old basketball players.

Research objectives: 1) to study the scientific and methodological literature on the development of speed abilities of 11-12 year old basketball players; 2) to develop sets of exercises for the development of speed abilities of 11-12 year old basketball players.

Results of the study and their discussion. The analysis of scientific and methodological literature revealed that speed abilities are important for basketball players. And also that as one of the main means of developing speed abilities, exercises are used in which the speed of a motor reaction develops, exercises in which the speed of movements develops. It is necessary to develop the speed abilities of 11-12 year old basketball players purposefully and with the rational use of physical exercises, namely, to apply: 1) speed exercises proper, which are performed with little or no weights, 2) exercises that directly affect all components of speed, 3) exercises of conjugated and complex effects.

Taking into account the above, we have developed 2 sets of exercises, 7 exercises each.

A set of exercises № 1, contains exercises mainly aimed at developing the speed of reaction: 1) running facing forward around, by clapping - changing direction, by whistling - squatting, continuing to move; 2) standing behind the side line, performing a step on the spot, on clap - acceleration facing forward, on a whistle - acceleration backwards; 3) catching a tennis ball released by a partner; 4) catching a tennis ball bouncing off a wall; 5) change of places between partners after the release of the gymnastic stick; 6) acceleration facing forward on a visual signal at a distance of 7 meters; 7) acceleration facing forward on a sound signal (calling a number) for a distance of 10 meters.

A set of exercises № 2, contains exercises mainly aimed at developing the speed of movements: 1) running from the front line to the opposite front line with a time limit; 2) running in place with a high hip lift; 3) sitting behind the end line, acceleration facing forward on a signal from a sitting position; 4) standing behind the end line, acceleration facing forward on a signal from the prone support; 5) standing behind the end line, accelerating in a defensive stance touching the cones located at a distance of 3 meters from each other; 6) performing a sit-stand after tossing the ball over oneself; 7) standing behind the end line, performing a step on the spot with your back forward, on a signal - turn 180 degrees and accelerate facing forward.

The developed complexes have a duration of 15 minutes and are applied at the beginning of the main part of the lesson. Rest intervals between series are from 45 seconds to 1 minute, between exercises 15-30 seconds, the intervals can be variable, depending on the recovery time of the athletes.

Conclusions. Speed abilities are the background against which such aspects of speed are manifested, such as the speed of performing technical

techniques by a basketball player. The developed sets of exercises for the development of speed abilities of 11-12 year old basketball players will improve the reliability of the players' actions at high speeds, the timeliness and correctness of their reaction to the situation that has arisen, the quick choice of a place and the accurate implementation of the decision made. We plan to prove their effectiveness in the fall of 2022 during a pedagogical experiment.

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Shagon Victoria Pavlovna,  
Plotnikova Victoria Borisovna,  
Kireev Evgeny Alekseevich. 2022**