

MODERN APPROACHES TO THE DEVELOPMENT OF TACTICAL THINKING IN YOUNG BASKETBALL PLAYERS

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In modern sports, in order to win, it is not enough to have only a set of developed physical qualities, but you also need the ability to apply them in time, foresee the opponent's ideas, correctly design the course of your own actions, find the right solution, outwit the opponent, etc. responsible tactical training. The importance of tactical training is characteristic of all game sports, in basketball it is the same in a special place.

Any great athlete or team gains basic knowledge from junior sports, going through many competitions, tempered by huge loads, trained by various methods, as a result they become ordinary athletes from an ordinary child. Every year the level of fitness of athletes is increasingly increasing, even in adolescence in order to compete or be first, you need to use new approaches, methods and means for training. Especially in team sports, the team should work as a well-coordinated mechanism, be combinationally diverse, understand each other from half-words, when one attack can flow into another, where the speed and manner of play constantly change. All this, children need to train a coach, which is not so simple.

Many authors were looking for ways to improve, speed up and facilitate the training of tactical combinations, speed up the development of tactical thinking of the player and the team as a whole. Such scientists as Annenkov V.N., Barbashov S.V., Giryatovich E.G., Kolotilshchikova S.V., Rodionov A.V. Sivitsky V.G. and etc..

All these authors are united not only by the fact that they worked on new methods of developing tactical thinking in athletes, but also by the fact that they used new teaching directions in pedagogy - programmed training that combines cybernetics, psychology, logic and other areas of science. For example, S.V Malinovsky., on the basis of programmed training, created the simplest chain of action algorithms for football players, in which athletes were asked to complete a tactical combination in several moves [1]. This method has shown high efficiency in teaching tactical combinations and the development of tactical thinking in athletes.

Programmed training - is a system of sequential actions and operations, the implementation of which leads to a pre-planned result.

A significant contribution to programmed learning was made by B.F. Skinner, his theory is based on the fact that any action directly affects the outcome of a subsequent action. And because of this, it is possible, through the selection of certain actions, to control the behavior in the right direction.

In the late 60s - early 70s. L.N. Landa, working on programmed learning, proposed to algorithmize the learning process. He singled out such types of programmed learning, as - algorithmization.

The algorithm - is a strict indication of how to perform certain actions, cognitive tasks and operations.

Algorithmization of training involves the construction of models of correct thinking, consistent mental actions that lead to solving educational tasks in a shorter way. Which can be used in the training process.

Material and methods. As a result of studying theoretical material and practical experience, a workbook for tactical training was created on the basis of programmed training. The notebook contains tasks of various difficulty levels from first to third, where the first difficulty level is considered simple in the attack tactic (2-3 players are involved, the combination consists of 2-4 actions, the solution consists of 1-2 "steps" (moves)). The tasks of the second level of complexity involve 3-4 people, the combination may consist of 3-6 actions, the solution is 2-3 "steps" (of a move). The third level of complexity includes actions of 3-5 players, a combination can consist of 5-8 actions, a solution in 3-4 "steps" (turn) (see Figure 1) [2].

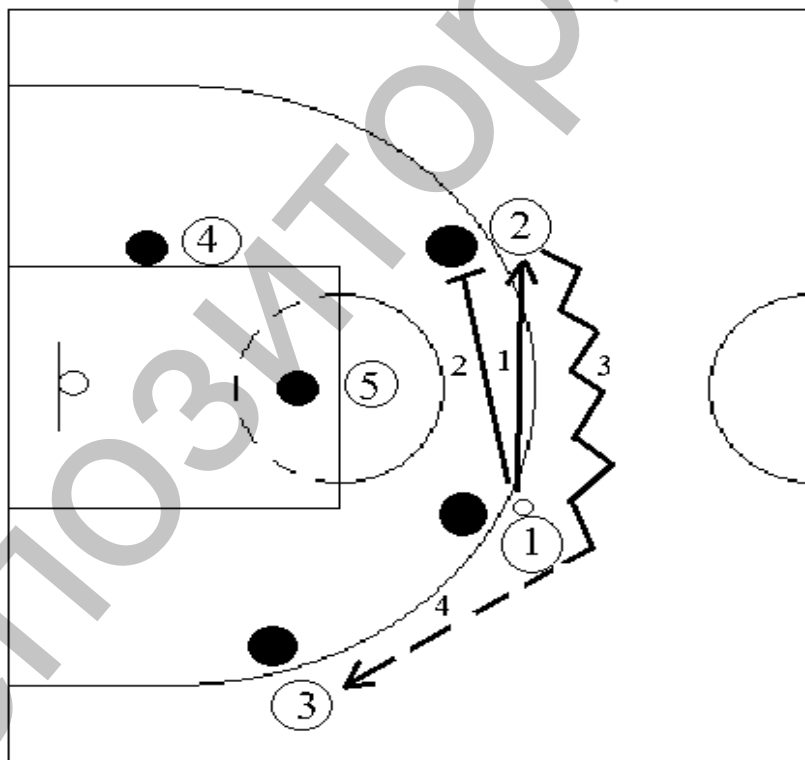


Figure 1 - Example of the task of the third level of complexity

In this task, player number 1, possessing the ball, gives the transfer to player number 2 and puts him a barrier. Player 2 is maintained by shifting along a three-point line in the direction of player 3 and gives that pass. At this time,

one of the players puts a barrier to his partner, and he, freed from custody, passing under the ring, receives the transfer and performs a throw. Need to draw a combination.

In tasks of defense tactics, the complexity of the task is ensured by the number of attackers involved and the interaction between them.

Findings and their discussion. To confirm the developed methodology, a pedagogical experiment was conducted on the basis of the "Youth School TSMOKI-MINSK" on two groups, the control and experimental, each group consisted of 10 people. One group of basketball players was engaged in the standard method of training, the second using the developed workbook for the development of tactical thinking. The whole experiment took 9 months. Initially, the experiment in both groups was tested to determine the initial level of tactical thinking, in which the control group scored 9.2 points for solving tactical problems, and the solution time was 3.8 minutes, the experimental group scored 10.1 points, for which it spent an average of 3, 9 minutes. This suggests a low level of tactical thinking in both groups [3].

At the end of the experiment, control testing was conducted in both groups of basketball players to change the level of tactical thinking, in which the experimental group scored an average of 22.7 points, while the time for solving tactical tasks did not change and was 3.8 minutes. As a result, it can be concluded that, at the same time, the experimental group learned to find much more options for the correct answers to tactical tasks. The control group at the end of the experiment scored an average of 9.8 points, while the time spent on solving tactical tasks also remained practically unchanged and amounted to 4.1 minutes.

Conclusion. As a result of the study, a high efficiency of using the concept of programmed training in the training process and the workbook developed on this basis for tactical training was revealed. This allows the coach to save considerable time on explaining new tactical schemes and to be able to individually control the changes in the level of tactical thinking for each player.

Reference list:

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