

Today, the health of young people acts as the main value in the life of every student. Therefore, we are currently working on the use of health-saving technologies in the educational process, preserving and strengthening the health of students in higher education institutions.

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### MENTAL ASPECTS OF THE THROWS IN MODERN BASKETBALL

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**Annotation.** The article discusses some mental aspects of throws in basketball, which will improve their effectiveness.

**Keywords:** basketball, basketball shots, psychological qualities, mental abilities, auto-communication.

Modern basketball is a very demanding sport in terms of physiology, fitness and biomechanics. The success of a basketball player's playing actions depends on a number of physical and psychological qualities: strength, coordination, technical, general and special endurance, psychological stability [1].

A throw in basketball is one of the most important technical elements, because it is the final goal of the attacking actions of the players, which in turn determines the result of the game. The accuracy of the throw is determined primarily by the correct, stable and brought to automatism technique. However, the correct technique alone is not enough to make successful throws. In basketball, such psychological qualities and personality traits as mental abilities, courage, self-confidence and self-actions have fundamental importance. By paying sufficient attention to the development of these qualities and personality traits, it is possible to improve the effectiveness of throws [4].

Despite the similarity of physical skills and abilities, techniques and tactics, one player is distinguished from another by a way of thinking or mentality. This is what happens in the athlete's head and is expressed in the ability to focus, to fight at the limit of strength, to consistently achieve goals. All thoughts are born in the head, which serve as a source of such emotional reactions as anxiety, pressure, the intention to reach heights and not admit defeat.

*The purpose of the study* is to identify some mental aspects of making shots in basketball.

**Materials and methods.** The inner diameter of the basketball ring according to the official FIBA rules is not less than 450 mm and not more than 459 mm. That is, three and a half balls can fit into the ring at the same time. This fact surprises many players and gives them more confidence. Every time when a player makes a throw, he must be confident in his actions.

Confidence, among other things, largely depends on the knowledge gained about the technical element.

When performing a throw, the extensor muscles of the legs, back, shoulders, the movement of the throwing arm, and elbow, as well as wrists and fingers are simultaneously involved in the work. Throws made with a uniform pace of movement are more likely to be considered effective. The starting impulse and the rhythm of the throw is set by the movement of the legs in the vertical plane.

Studying theoretical materials and practical experience of domestic and foreign specialists, it is possible to identify some fundamental aspects of making shots:

1. a high level of concentration of attention to achieve high performance of throws. The player needs to concentrate on several technical elements of the throw at the same time;

2. good vision is one of the useful tools in the arsenal of any player. The athlete needs to see the ring, fix his gaze over the front of the ring when making any throws, except for throws with a rebound from the shield. Concentration helps to get rid of distractions. The athlete should abstract himself from everything around, focus his attention only on the ring and be determined to make a successful throw;

3. Body balance is the next important aspect of the game. It allows you to control the strength and rhythm of the throw. The player's position and the position of the feet on the floor are the basis of balance. Mandatory and constant control over your stance ensures a good balance of the player;

4. the use of auto-communication or positive internal dialogue.

And if everything is relatively clear about concentration, good vision and body balance, then the use of positive inner dialogue should be given special attention. Autocommunication is a process of communication, which is a form of communication between a person and himself. The understanding of internal dialogue as a mechanism that performs the processes of thinking appeared in L.S. Vygotsky and Zh. Piaget, developed in the works of V.S. Bybler (1981), G.M. Kuchinsky (1985), K.A. Abulkhanova-Slavskaya (1973). With the help of autocommunication, human activity is organized and developed [Andreeva, 2004]. In the process of inner dialogue, a person understands the goals and objectives, the specifics of the activity object and their capabilities as its subject. In the end, a plan of human activity is built. It's evaluates the conditions and requirements of the external world in where his activities are realized [3].

**Results and their discussion.** The word is definitely the most important tool in training. Usually trainers use encouraging words or phrases that, as a rule, have a positive effect on the athlete.

Working with the players and watching them, quite often trainers had to hear from them or their teammates various motivational words that set up and give confidence in a special way. In the process of training throws, players should pay special attention to the so-called signal words-assistants. Accurate execution of throws requires a correct understanding of the structure of the action itself, a combination of positive thinking and correct technique. A positive internal dialogue is one of the means of their combination. Positive internal dialogue means the use of signal helper words to improve the performance of certain actions (throws). The player needs to choose the words individually that will create the right associations with the right technique, rhythm and confidence. As a rule, these words are monosyllabic, simple and short. For example: higher is the command to make a throw from the upper position, excluding lowering the ball; forward is the command to control the direction of the throwing arm; up is the command to indicate the trajectory of the ball; finger is the command to release the ball correctly with the index finger; legs are the command for proper footwork. The mental and consistent pronunciation of these words with the representation of the correct execution of the corresponding phases of the throw sets the necessary pace of the throw, developing the

technique of its execution. The combination of these actions is practically realized in the training process.

To consolidate the image of a productive throw, players use key commands. For example: "ring", "yes", "to the end", "clean". The greatest effect is achieved by combining the use of signal helper words and key commands. The player individually selects a combination of two signal helper words. These are elements that he should especially work on or pay more attention to, and player consolidates them with one key command ("higher" - "finger" – "to the end"). Speaking out loud or to oneself contributes to a better automatism of actions when performing a throw [2, 4].

Many players get upset after a miss, react to it with negative way. By words or gestures, they are again setting themselves up to make a similar mistake in the future. It is necessary to learn to control yourself, your emotions and not allow mistakes to disrupt your spirit. It's possible to evaluate the correctness of player's actions when he is working on the throw, with the help of the trainer's recommendations, when observing the contact of the ball with the ring and watching the video of his own throw, analyzing and correcting it in a work process. **Conclusion.** When an athlete plays basketball, he uses all the possibilities of his body and intellect. Each action has several stages of analysis, decision-making, movements and efforts that lead them to implementation of certain actions.

Athletes as individuals are shaped by thinking (everything that happens in their head), emotions (everything they feel) and actions (this is a separate element of the game in certain context). And although all of the above are interrelated, thinking has the greatest power. Thus, it can be concluded that the players' thinking, their image and auto-communication are important tools in the training process.

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### СОВРЕМЕННЫЕ ПОДХОДЫ В ПОДГОТОВКЕ СТУДЕНТОВ К ВЫПОЛНЕНИЮ ИСПЫТАНИЙ КОМПЛЕКСА ГТО

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**Аннотация.** В статье отражены современные подходы в подготовке студентов к выполнению испытаний комплекса ГТО. Предложена методика подготовки студентов к выполнению норм комплекса ГТО, основанная на индивидуальном уровне физической подготовленности каждого студента к конкретному виду испытаний. С учетом