

Данные рекомендации способны сформировать правильное отношение молодых людей к своему здоровью, обеспечить сохранение и укрепление здоровья, а также способствует формированию ценностного отношения к своему здоровью, которое характеризует отношение личности к своей жизни, к труду и обществу. Р.В. Загорулько [3] описывает ценностные отношения как субъективное постижение личности ценностей окружающего мира и созидание своих собственных.

Заключение. Таким образом, сохранение молодого поколения – важнейшая задача, которая стоит перед системой современного образования. В связи с этим, деятельность образовательных учреждений образования должна быть направлена на побуждение студенческой молодежи к сохранению и укреплению здоровья, пропаганду развития культуры и здорового образа жизни. В образовательном процессе должны внедряться знания, направленные на формирование ЗОЖ, начиная с самовоспитания личности. Организация в высшем учебном заведении и за его пределами пропаганды физкультурно-оздоровительной деятельности способствует снижению уровня заболеваний, помогает воспитывать здоровое молодое поколение.

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WAYS OF TACTICALLY BUILDING A GAME IN BASKETBALL

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The growth of high results in basketball led to a high level of not only physical, technical, but also tactical preparedness of athletes. In regular basketball, there are strict time limits for attacking (24 seconds) and possession of the ball in the backcourt (8 seconds). Therefore, the main task of defense is to play actively in defense, so that opponents feel a lack of time to carry out impact [1].

This leads to increased demands on the level of tactical skill of athletes, the basis of which is tactical knowledge, abilities, skills and qualities of tactical thinking [2].

The purpose of the study is to study the defensive tactics of basketball players.

Material and methods. The research material was based on the results of an analysis of the tactical actions of the defensive players of the winning basketball team of the national championship of the Chinese Student Basketball League.

Research methods: theoretical analysis and synthesis of literary sources, pedagogical observation, analysis and synthesis.

Results and their discussion. In order to popularize sports among young people and search for gifted athletes, competitions in various sports are held between universities. Basketball is one of the popular ones. An important component of training is the actions of defenders and their tactical preparedness.

In accordance with the main content of the game, tactics are divided into defensive and offensive tactics. There are several options for team defense. But for all options, some general conditions are mandatory:

– each player must know his place and strictly fulfill his role in the team's defensive formation;

- you cannot allow the quantitative superiority of enemy players under your shield;
- it is necessary in every possible way to prevent opponents from shooting at the ring from close distances and from simulated points.

Zone defense. In zone defense, each player guards his assigned area of the court under his own shield. The defender's tasks in this case boil down to preventing an opponent from appearing in this zone, the opponent receiving the ball, or a shot at the hoop from this zone. The weaknesses of zone defense are its ineffectiveness against long shots and the forced passivity of individual players.

The following arrangement of players in zone defense is shown: 2-3; 2-1-2. In a 2-3 formation, two players are positioned on the first line in the free throw area, and three are also in the same line, but already under the shield; In a 2-1-2 formation, two players also occupy the first line in the free throw area, one player occupies the second line in the middle of the trapezoid, and two players occupy the third line along the backboard. 1-2-2 formations are also used. This formation means that one player is positioned in the area between the three-point line, two in the middle of the trapezoid and two along the backboard. Each formation is used taking into account the weaknesses and strengths of the opposing team, the strong and weak players in your team, as well as the attacking tactics of the opposing team.

Personal protection. Personal defense is characterized by the fact that each player of the defending team takes care of the assigned player of the opposing team, counteracting his participation in attacking actions; this option requires increased attention, endurance and a good understanding of the game from the defender.

One of the options for personal defense is pressure defense, when players personally guard all the opposing players in their own half or throughout the entire court.

The successful use of zone pressing causes confusion for the opponent, destroys his balance and basic interactions, provokes mistakes, interferes with combinations and causes shots from disadvantageous positions, significantly increases the overall pace of the game, demoralizes the players of the opposing team to a certain extent and, in some cases, makes a certain turning point in the course of the game. meetings.

Conclusion. The identified features of the tactical training of basketball defenders of the advanced team are of great importance for coaches and players of all student basketball teams. The results of the study contribute to increasing the level of tactical training of defenders and the successful performance of university teams in competitions.

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