

Physical education teachers are responsible for cleaning, guiding students to relax, quickly regain physical strength, and prevent sports injuries.

60% of physical education teachers “frequently checked” the stadium and sports equipment before class. 30% of respondents “checked sometimes.” 10% said they “never checked” the stadium or equipment before class.

Conclusion. To ensure the safety of schoolchildren, physical education teachers must prevent sports accidents. Site and equipment safety checks mainly include leveling, stability of equipment, extent of damage, etc. The condition of sports facilities and equipment is still unsatisfactory. Schools should strengthen monitoring of equipment and promptly update and repair it. Schools should also increase the intensity of investment in government institutions to ensure the smooth operation of government institutions in the field of education.

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STUDY ON THE EFFECT OF UPPER LIMB STRENGTH TRAINING ON BASKETBALL PLAYERS' SHOOTING ACCURACY

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Basketball is a high-intensity team sport, and shooting is one of the important skills that determines the outcome of the game. The accuracy of shooting not only depends on the technical level of the athlete, but is also affected by many factors, among which the role of strength training has received increasing attention. Strength training, especially the targeted enhancement of upper limb strength, is believed to significantly improve the stability and accuracy of shooting. Therefore, exploring the relationship between strength training and basketball shooting performance has important theoretical and practical significance for optimizing basketball training programs and improving the competitive level of athletes [1].

In recent years, research on strength training has gradually increased, and scholars at home and abroad have explored the impact of strength training on basketball players' performance from different perspectives. In China, research focuses on the implementation effect of strength training and its combination with shooting technology. Many scientific research results show that upper limb strength training can effectively improve shooting accuracy. At the same time, related foreign research pays more attention to the comprehensive impact of strength training on sports performance and explores the interaction between strength, technology and psychological factors [2].

Although there have been some preliminary research results, there is still a lack of systematic research on the relationship between strength training and shooting performance. Specifically, the design of personalized training programs, the evaluation of long-term effects, and the impact of psychological factors need to be further explored. Therefore, this article aims to review relevant research results at home and abroad, analyze the specific impact of strength training on basketball shooting performance, explore the shortcomings of current research, and look forward to future research directions, in order to provide a theoretical basis and practical guidance for the scientific and systematic basketball training [3].

Purpose of the research: Explore the relationship between upper limb strength and shooting accuracy: By analyzing the effects of upper limb strength training on basketball players' shooting skills and shooting accuracy, clarify the correlation between the two.

Material and methods. Questionnaire survey method, experimental method.

Results and their discussions. Basketball is a competitive sport widely participated in the world. In recent years, with the improvement of competitive level and continuous progress in technology, players have higher and higher requirements in terms of skills, physical fitness and tactics. Shooting is an important means of scoring in basketball games, and its accuracy directly affects the results of the game. Therefore, improving shooting accuracy has become an important task in basketball training. The theory and practice of strength training have gradually been recognized in the sports world. More and more studies have shown that strength training can not only improve athletes' muscle strength and explosiveness, but also improve sports performance and reduce the risk of injury. This makes strength training an important part of modern athletes' training plans, especially in high-intensity and confrontational sports such as basketball.

Most of the current research in this field focuses on overall strength training or the improvement of other physical qualities, but lacks in-depth exploration of specific shooting techniques and the effects of upper limb strength training. In addition, many studies fail to consider individual differences among athletes and the long-term effects of strength training on technical performance.

In foreign research, strength training is widely regarded as a key factor in improving sports performance. Relevant empirical studies have verified the positive impact of strength training on shooting techniques and put forward the importance of comprehensive training methods. The study also emphasized the role of psychological factors in sports performance and pointed out the importance of self-confidence and psychological resilience to athletes' performance.

Overall, although there is a certain theoretical and practical basis for research on strength training and shooting performance at home and abroad, there are still deficiencies such as personalized training and long-term follow-up research. Future research should continue to explore the best implementation strategy of strength training, the interactive influence of psychological factors, and the comprehensiveness of training to further improve the competitive level of basketball players.

Conclusion. Key role: Upper body strength is an important factor affecting basketball shooting performance. Strengthening upper body strength can improve the power and accuracy of shooting, which helps athletes to perform stably in the game.

Effectiveness of strength training: Research shows that specialized upper body strength training can effectively improve athletes' shooting performance. This includes improving the stability, power and control of shooting.

Comprehensive training methods: Excellent shooting performance depends not only on upper body strength, but also on psychological factors (such as selfconfidence). Combining strength training with technical training and psychological training can more comprehensively improve the comprehensive ability of athletes.

Importance of personalized training: Due to the different physical fitness and technical characteristics of athletes, it is particularly important to develop personalized training programs. This can improve their overall performance in the game while strengthening upper body strength.

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