

## Modern world trends in basketball sports.

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### Abstract

The relevance of this chosen topic is due to the fact that today more and more people are paying for sports. Each field of sport has its own unique tactics, consider the tactics of working in basketball, and plan the tactical training of the players. Training should include exercises involving the implementation of team and individual interactions over a limited period of time in a rapidly changing game environment.

### Keywords

Basketball, selection, tactical moves, technical skills.

## Introduction

Professional sports are the most widely used recreational sports for the greatest commercial interests. These include: football, hockey, basketball, volleyball and more. This is due to their widespread popularity and the opportunity for club owners to sell tickets and earn high returns from television shows. A retrospective analysis of the scientific and methodological literature of the modern stage of development of basketball (1985-2012) showed that the active spread of basketball led to the current system of training professional basketball players in Russia (this also applies to other sports) does not fully meet the requirements of training not only professional athletes, but also the nearest sports reserves: students, youth teams. The main task of professional sports - to obtain high incomes has led to a significant change in the composition and duration of the calendar of sports competitions in professional basketball, increasing the duration of the competition period. Professional teams have started to play at least 60-80 games in a competitive season. Such an increase in the number of games is due to the fact that in modern society, professional sports are represented as part of the entertainment industry, as a type of entrepreneurial activity whose purpose is to make a profit. From spectacle sales - wrestling. Team owners are interested in increasing the number of games that are a major source of revenue. Holding 2-3 games a week has made it almost impossible to organize a full training and education process during the competitive period of the annual cycle, resulting in problems with maintaining the most optimal shape for athletes. Idi. Long time. The increase in the competitive season has led to a shortening of the training period for individual basketball players and a consequent lack of time, which has contributed to a slow increase in individual skills, especially for young basketball players, as well as an increase in injuries among athletes despite high quality medical care.

In a highly competitive environment, the need to be part of teams where training has already begun required athletes to train at a high level before the start of the training period. Consequently, attention to the individual training of young basketball players should shift to the second half of the transition period. Thus, in the absence of team training, that is, during the transition period of the annual cycle, it is necessary to look for ways to increase the effectiveness of individual independent training of basketball players.

Retrospective analysis of the scientific and methodological literature, sports and pedagogical observations on the competitive activities of professional basketball teams, interviews with coaches who provide professional training of young basketball players allowed to identify inconsistencies between practice requirements and existing ones. Scientific and methodological information, in particular:

The modern practice of holding professional basketball competitions, the significant growth of commercial games has led to the need to adjust the structure and content of the transition period of the annual cycle of training young qualified basketball players;

Reducing the time for individual training of young qualified basketball players in the preparation and competitive periods of team training significantly slows down the growth rate of sports skills and does not allow them to successfully compete with foreign legionnaires - professional basketball players.

- In the context of reducing the duration of the training period, during the transition to the annual cycle, it was necessary to introduce a phase of individual independent training of

young basketball players, candidates for professional teams (mesocycle), which increases their competitiveness, increase the growth rates of their professional sports[1].

### **Material and methods**

The level of development of modern basketball is extremely high, the intensity of competition on international sports are constantly increasing. This requires professionals to use the most modern forms, methods and tools of teaching in the learning process. In the process of developing new theoretical rules of game tactics and strategy, optimizing the process of education and upbringing, it is necessary to take into account the laws and principles of wrestling in basketball. The development trends of modern basketball show that tactics have become a type that determines the readiness of the athlete[3]. This significantly affects the content of work on general and special physical training, increases technical skills. Tactics determine the responsibility of basketball players on the team in different game situations, influence the choice of game style, increase the importance of theoretical and psychological training of players. These indisputable facts force coaches to look for new, unconventional means and methods of tactical training. The development of game models, the prospects of the struggle: how our teams play in a year, four, eight years depends on how successfully theory and practice are combined here. We have huge reserves in this area. If the tactics chosen by the team match the level of performance and functionality of the players, the team will be ready to significantly improve the competitive results. Therefore, the various tactical tools available in basketball can be used to learn and forces you to set aside time to improve. . And the first thing is to reconsider the established principles of planning tactical training in stages, periods, annual and multi-year cycles[2]. At the end of the competition period, work on tactical training should continue. By the end of the sports season, the coach must develop a model of the future game of the team, determine its basic structure in attack and defense, the principles of interaction and the main functions of basketball players. Created in this way, a tactical guide to tactics, players should learn during the transition period[5]. At the beginning of the training cycle, it is useful to check the knowledge of the players on the theoretical part of the tactics, so that in the future functional and technical training will correspond to the overall tactical plan. In the special preparatory stage, all forms, methods and means of playing the game should be studied and improved. On the eve of the competition, the main focus should not be on the study of new material, but on the functional and psychological readiness of players, improving their performance skills, the stability and reliability of the use of tactical moves[3].

### **Conclusion**

Thus, general physical training achieves its goals only on the condition of stability and continuity. It is an integral part of training at all stages of athlete training, both when it is highly skilled and when its role as a means of narrow specialization is enhanced to ensure diversity, change and health of the audience. does not lose its significance. I mean, everything depends on the player, that is, the person himself, if he wants something, he will try to achieve

it. In addition to choosing the right exercise, it is also important to correctly determine the amount of exercise and its distribution during the training process[6].

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## CONFLICT OF INTEREST STATEMENT:

The author declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.