

## INJURY PREVENTION IN BASKETBALL

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### ANNOTATION

The continuous growth in the volume and intensity of training loads observed in modern sports, the ever-increasing competition at various levels of sports, the increase in the number of starts and the number of competitive days in the annual cycle requires constant improvement of the training process.

This article describes the technique of injury prevention in basketball

**KEYWORDS:** Basketball, game, technique, tactics, sport, injury, strength, physical qualities.

The nature, circumstances and causes of injuries in basketball players Basketball belongs to the category of contact team games, characterized by a poly-structural form of exercises, large amounts of running, jumping, special-technical load; requiring speed endurance and complex coordination of movements. Sudden jerks, stops, changes in the direction of movements, elements of a kind of martial arts under the shield and during pressure, due to contact, place great demands on the musculoskeletal system of a basketball player. The rules provide for the possibility of periodically turning off participants from the game process. The main traumatic factors in basketball are organizational and methodological errors, as well as shortcomings in the physical, tactical-technical, psycho-emotional and moral-volitional training of an athlete. Organizational reasons that cause injuries to the musculoskeletal system in basketball players include errors in refereeing, unsatisfactory conditions for training sessions and competitions, poor-quality shoes and clothing, and rudeness on the part of the opponent. The methodological reasons leading to the occurrence of injuries should primarily include a violation of the principle of gradualness, i.e. a sharp increase in the volume and intensity of physical activity, individualization of the training process. The most vulnerable parts of the musculoskeletal system of basketball players are the area of the knee and ankle joints, the hand and the lumbar spine. Acute injuries of the musculoskeletal system in this sport 41 account for 70.09%, of which 55% are injuries of the knee joint.

Severe injuries of the musculoskeletal system in basketball players include fractures of long tubular bones and dislocations, which account for about 4 and 2.51% of the total pathology, respectively. Fractures are mainly localized in the forearm and occur during falls, the cause of which is the use (often intentionally) of prohibited techniques. Dislocations are most often localized in the area of the fingers of the hand and occur when the ball is taken off while playing under the shield. Chronic diseases of the musculoskeletal system against the background of repeated injuries in basketball players account for about 30% of the total pathology. These include microtraumas and overstresses of various elements of the knee joint, microtraumas of the capsular-ligamentous apparatus. A special place in this category of chronic diseases of the musculoskeletal system is occupied by chronic pathology of the spine: osteochondrosis,

spondylosis, spondylarthrosis, intervertebral hernia.

Pathology of the spine, hidden and revealed, plays a significant role in the occurrence of pain of a reflected nature in the region of the muscles of the lower extremities, the periosteum of the tibia. In the annual training cycle of basketball players, the largest number of injuries - 56% falls on the main period of training, 39.5% was registered in the preparatory period and 4.6% - in the transition period. Most often, injuries occur during training sessions - 51.1% of cases and somewhat less often - 31.2% of cases during competitions. The main causes of injuries among basketball players: methodological errors - 17%; unsatisfactory condition of the sports ground - 17%; low-quality clothing and footwear - 2.1%; violations of the rules and technically incorrect performance of exercises - 34%; other reasons - 19.1%. Methodological errors that lead to injuries include, first of all, a violation of the principle of gradualness, i.e. a sharp increase in the volume of intensity of physical activity, as well as the complexity of the elements of exercises. These injuries accounted for 52% of the total pathology. In 25.6% of cases during a training session, 6 basketball players are diagnosed with injuries at the beginning of a training session, which is due to poor warm-up and inability to concentrate correctly.

In the main part of the training, the largest number of injuries are diagnosed - almost 49% of cases, which is associated with shortcomings in general and special physical training. Injuries at the end of a workout account for 27.9% of cases and are explained by increasing fatigue against the background of poor physical fitness and the introduction of new complex elements.

Organizational errors include unsatisfactory material and technical conditions; low-quality sports equipment and equipment; changes in the general regimen associated with long and tedious journeys, an unsuccessfully compiled calendar of games, etc. Thus, injuries due to violations of the general regimen were noted in 20.4% of athletes. The direct mechanism of injury (hit, fall, collision) is 30.2%. In basketball players, most injuries are due to violation of the rules of the game (10.6% of the total pathology), as well as technically incorrect execution of the technique in a game situation, i.e. when performing special exercises (34% of all pathology). These are mistakes while dribbling the ball, making the final shot on the basket, changing the direction of the attack, with hard pressing, etc. About a third of injuries occur in basketball when performing non-special exercises (track and field jumps, playing tennis and football, lifting weights - elements of heavy athletics). The mechanism of occurrence of injuries in basketball players is heterogeneous% of the entire pathology.

The indirect mechanism of injury (sharp extension, flexion-extension movement, twisting) accounts for 58.3% of the entire pathology. The combined mechanism of injury (twisting in the joint in combination with a subsequent blow or fall) accounts for 11.5% of the total pathology.<sup>43</sup> The issue of educating basketball players for psycho-emotional stability and high moral and volitional qualities is reflected in the problem of injury prevention. So, according to some data, 9.3% of injuries occur in a state of relaxation or, on the contrary, in a clearly expressed excitation of an athlete. The lack of desire to train leads to injuries in more than 20% of the surveyed basketball players, and an extremely strong desire to play as best as possible leads to injury in 55.8% of the surveyed basketball players. A bad or too high (euphoric) mood of an athlete is quite common - in 76.7% of cases it is the cause of injury. Injury Prevention Measures Pre-season training and continued fitness are two key factors in reducing the number and severity of injuries for basketball players.

According to statistics, the players receive the greatest number of injuries in tense moments of

game confrontation - at the end of periods, with an equal score or a slight advantage in points of one of the teams. Fatigue seems to be one of the main causes of injuries, as it leads to a decrease in the speed of reaction, overstrain and simultaneous weakening of muscles, and impaired coordination of movements. The likelihood of collisions with an opponent, loss of balance and falls increases. The development of general and special endurance allows you to increase the ability to overcome fatigue in training and competitive activities, which greatly reduces the risk of injury.

Prevention of injuries of the musculoskeletal system in basketball involves improving the technical and tactical training of an athlete, conducting a proper warm-up before training or competition, creating safe conditions for classes and competitions, etc. be fenced, the floor must be perfectly smooth and non-slip. Open basketball court 44 should have a flat, dense ground and be watered with water 30 minutes before the start of training. The basketball post should be wrapped with felt or other soft material. The weight and quality of the balls must meet the established standard. The correct equipment of a basketball player is also important for the prevention of injuries.

Due to the high degree of injury to the ankle joint, the choice of sports shoes should be of paramount importance. The rapid movements of a basketball player in the game, maneuvers, turns, a sharp change in direction create a high load on the foot and ankle. Properly selected shoes for basketball should securely fix the ankle joint, create stability during lateral movements; extinguish the force of impact on the surface during the jump, create stability during movement, ensure the freedom of movement of the athlete; The sole of basketball shoes should be wide and flat: the wider the sole, the greater the traction, stability and lower the risk of ankle injury. For professional basketball players, there are two main criteria for choosing a game shoe: 1) a thick, flexible, grooved outsole for cushioning, stability, and side support; 2) high rigid heel part, reinforcing the fixation of the ankle. Another important parameter when choosing the optimal model of sneakers is their height. There are three types of basketball shoes: high, medium (universal) and low. The choice in favor of one or another type is made in accordance with the game role.

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