

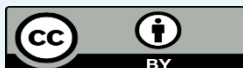
Types of Development of the Quality of Jumping in Basketball Players and Prevention of Injury

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Abstract: This article discusses the role of strength, agility, endurance, agility, dexterity, flexibility and jumping in the physical, technical and tactical training of athletes in general and special training in volleyball, and these physical qualities determine the level of a player's ability to move.

Keywords: Basketball sport, basketball player, injury, sport, prevention, injury, players, professional, pain.



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INTRODUCTION

The effectiveness of movements associated with the interaction of athletes with the objects of the environment is determined by the nature of the forces developing in these exercises, as well as the speed, speed and direction of movements. When we talk about speed-strength training, the authors and researchers suggest that with a decrease in the effect of external resistance in a number, the muscle tissue is connected by an inversely proportional force and movement and its speed A.Hill ratio, the speed of the considered movements increases, and at the same time the displayed muscle strength falls.

In speed-power movements, two components of power can be distinguished:

1. Force component (dynamic force): the higher the speed of performing the movement, the stronger the dynamic force in the low mode of muscle contraction.
2. Speed Force component: increase the rapid contractile abilities of the body muscles and improve their coordination work.

The ratio of fast and slow muscle fibers is of great importance. Yu. M. Portnov said that the show of jumping has the main features: body control during jumping, timely and jumping speed, jump repetition, repetition (consecutive jumps), accuracy of landing and readiness for further actions, performing a jump from place to place or running short.

Basketball is a sport that requires players to have high-speed power skills. Different jumping types are one of the most important components of the competitive activities of players. The mobility of basketball players during training and competitions is characterized by a high level of muscle

contraction. Often in the process of playing from a basketball player, you need to move at maximum speed, stop sharply, put the maximum effort on the jump.

Basketball players' athletic performance is greatly influenced by their speed boost level. It is also of great importance in the performance of technical actions and actions. Each qualified decisive "weapon" basketball player is a technique that is systematically associated with the manifestation of jumping. Jumping is one of the most important qualities that determine the speed of movement of the athlete's body at the final stage of pushing off the surface. The higher the repulsion rate, the faster the athlete exits. To perform any physical activity that involves jumping, you need to have a high level of skill, which is especially important in the flight phase. You also need to have important strength and speed characteristics for the jump to be long and higher.

The success and effectiveness of a basketball player and his contribution to team results depends on the jump performance. In the process of playing, depending on the situation, there may be jumps on one and two legs. Each method of improving the jump quality of basketball players should be complex, developing different physical qualities, as a result of which it allows you to achieve the greatest push strength. As a skill, there are the following basic methods of developing a jump - a method of repeated exercises, characterized by the performance of a certain number of exercises with rest time so that the athlete has strength. This method promotes the development of certain muscle groups of the body. The duration of rest between exercises is determined as follows: changes in the excitability of the central nervous system based on heart rate, blood pressure, breathing rate and oxygen consumption. The rest period should not be too long so as not to miss the optimal state of arousal of the central nervous system, but not too short to restore the strength of the athlete. When using this method, the exercises are achieved during the period of muscle fatigue after each approach. The jump rate improves with 19-30%.

Method of play. The development of a basketball player's jump during the game depends on him, his activity in the game. - Intermediate method. Very similar to the repeated method, but the rest interval between exercises is of great importance here. The most useful exercises for improving the ability to jump in basketball players are dynamic exercises performed with weights placed on the hands (lead belts, dumbbells) (jumping from a jump, jumping from a jump, jumping on objects). During exercise, it is always necessary to do strength-speed exercises before performing speed strengthening exercises.

Basketball is one of the most common sports in the world and is one of the most popular, consequently, the most convenient means of physical development of athletic youth, strengthening their health. It is considered a genuine, folk-friendly sports game that is equally acceptable for both adults and adolescents.

We can see that in any sport there are cases of injury of athletes. There is something worse for a real athlete than injury. Naturally, this is a departure from the sport in which you have been in love and training for a long time. Injuries are part of the world of sports, so it is necessary to know them so that their frequency decreases more and more.

It is estimated that injury occurs every 1,000 hours of athletic training. Some of them are prevented by living a healthy life, although others are inevitable and their appearance is determined by chance.

Any activity that requires the body of those involved to perform more difficult exercises can lead to injury. The probability is even higher if, depending on the sport, there are team sports with "sprints", contact, speed changes, jumps, falls, etc.

Although basketball is not one of those sports that are at high risk of injury, we can see that there are also several cases of injury in this sport. However, given the popularity of this sport, it is important to know the most common injuries worldwide.

In basketball sports-next to football, there will be no exaggeration to say the king of sports. Due to the influence of the NBA and, to a lesser extent, the European leagues, it has millions of fans and followers around the world.

Alternatively, basketball is one of the most popular sports. Researchers say that more than 400 million people play basketball globally. Almost all of these practitioners are at risk of injury.

We know that professional players are more likely to suffer injuries because the games are much more demanding and they have to push their bodies to the limit in the long run. This is a condition in which injuries occur regardless of how much those involved participate in the diet, sleep, muscle strength and physiotherapy sessions.

Injuries in sports are a situation that occurs, although it is possible to reduce the likelihood of their occurrence. Injuries or superficial injuries are part of the life of athletes who are doing sports, and one of the biggest fears of any professional is also injury.

Injuries can vary in different sports. Below are some of the most common injuries in basketball.

Naturally, we may have a question of what the injury itself is. Injury is a change in the morphology or structure of any of our organs or tissues due to damage. Such changes will continue to prevent the correct execution of motor actions until they are resolved. If we do not force them to the affected organ or tissues, that is, to relax and move away from the playing fields to the desired time, some of them will be solved by the body itself, that is, we will be able to see the state of regeneration . Others require passage through the operating room and surgical intervention to eliminate the damage.

As Dast said earlier, any sport can cause various injuries, which in many ways will depend on the characteristics of the sport. As for basketball, some of the injuries are fast.

We list these injuries below.

Ankle injury. This is the most common injury in basketball. In the ankles we have ligaments that are responsible for giving stability to the foot and preventing it from spinning too much. This kind of strain on the ankle consists of a partial or complete tear of this ligament due to an abnormal movement that is very strong. These tears are divided into different classes, for example, a small ligament, a complete tear, etc. In basketball, these tears can occur when there is a sharp change in direction, falling to the ground after a jump, or when a leg is pressed. The cheeks heal within a week or two, although severe injuries can last up to 2 or 5 months.

Dislocation of fingers in basketball. Dislocation is the separation of two bones that must be together in the joint, causing the bones to not be in normal condition. This can also often lead to paralysis of the fingers. Finger fractures are one of the most common injuries in basketball, and sudden finger strikes are the result of an emergency fall or impact. For recovery, immobilization in plaster is required for about three weeks or more, depending on the condition of the dislocation.

Fracture of the wrist bone. A broken wrist bone is considered one of the most common injuries in basketball. It usually occurs as a result of not holding hands well during a fall. In the case of a broken bone in such a part of the arm, it will be necessary to immobilize the arm and prescribe pain medication.

Shoulder dislocation in basketball players. Shoulder dislocation is observed as a result of dislocation of the shoulder joint. Moving back or forth and adding tension to the rest of the nearby tissue, this popular type of injury is caused by the athlete's shoulder drop and usually fall incorrectly to the ground.

His injury is caused by a very strong bend in the knee. Therefore, it is most common for the meniscus to tear and the anterior cruciate ligament to appear at the same time. It is clear that such

a condition requires surgery, although there is a tear in the meniscus, the recovery time may not stretch.

However, many situations of the game, i.e. sudden changes in speed, can cause the muscle to tear in situations such as falls, poor support. At first, the athlete feels that the muscles are pierced in that area. Recovery does not require surgery, but depending on the degree of muscle rupture, it can last from several weeks to several months.

In addition to these, injuries include a type of injury called capsulitis, and this species is also common. There is no bone or ligament fracture, but from trauma the joint capsule ruptures, releasing synovial fluid, causing stiffness of the joint and the appearance of pain.

This is not a serious type of injury. It improves in a few days with a simple bandage that holds the finger.

Another type of injury is a herniated disc. This disc hernia is another common injury in the basketball world. Due to trauma or excessive bending, the intervertebral disc in the spine ruptures, which can cause a hernia. In this case, the treatment will consist of normalizing the muscles to reduce inflammation.

Sprinters in the sport of basketball also experience injuries such as plantar fasciitis. The sole of the foot has the task of absorbing the energy produced when we step on the ground. When the foot is pressed, this can overload the structure and, as a result, fire. In any case, the pain it causes, although annoying, usually does not stop playing sports.

Conclusion.

We can conclude: the development of such a skill as jumping is fundamental for those who practice basketball. The athlete's ability to jump improves in constant training, performing exercises that help develop strength, speed and agility. It is also possible that the success of their team in competitions and championships often depends on the abilities and training of one player.

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