

Physical education and health
(elective course)

Methodical instructions for practical classes of fourth-year students in the specialty 222 "Medicine"

MINISTRY OF HEALTH OF UKRAINE
Kharkiv National Medical University

Physical education and health
(elective course)

Methodical instructions for practical classes of fourth-year students in the specialty 222 "Medicine"

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Physical education: a method. decree. to practical classes of third-year students majoring in 222 "Medicine" / order. VV Shuteev, NV Pochernina MG, Selivanov EV etc. - 20 p.

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**Topic 1. Basic positions and movements in basketball
(basketball racks and various movements). Special exercises for
the development of physical qualities of basketball players.**

Exercises of game character.

Duration of teaching the topic: 2 classes, 4 academic hours

Rationale: Moving on the field is an important section in the training of those involved, aimed at solving attacking tasks using running, walking, stopping, jumping and turning.

Special physical training plays a leading role in the formation of the player's motor abilities and is directly dependent on the characteristics of technology, game tactics, indicators of competitive load and mental tension. A high level of special physical training is an important factor in the psychological state, namely - gives confidence in the fight, promotes the manifestation of high willpower in extreme conditions.

Lesson purpose: Training of racks and movement of the basketball player. Acquaintance with the basic means and methods of development of special physical qualities of the basketball player under the influence of special preparatory exercises.

Graphological structure of the topic:

Introduction	10 min
Checking the knowledge of the passed material	50 min
Mastering and performing movements on the site	50 min
Acquaintance with special preparatory basketball exercises.	60min
Summing up	10 minutes

Training material: basketball.

Technological map of practical training

№	Training material	Methodical instructions
1	Checking the knowledge of the passed material	Survey of students
2	Introduction to exercises that teach racks and movement	Get acquainted with the methods of active learning
3	Mastering and performing movements on the site	Follow the correct execution
4	Acquaintance with special preparatory basketball exercises.	Stick to enough load
5	Summing up	Consolidate students' theoretical knowledge

Content

General characteristics of training for racks and movement of a basketball player.

Moving on the field is an important part of the athlete's training, is part of a holistic system of actions aimed at solving attacking tasks.

To move around the field, the player uses: walking, running, stopping, jumping, turning. With these techniques, he can choose the right place, break away from his guardian opponent and go in the right direction for further attack, to reach the most convenient starting positions for the reception.

STAND - is the starting position for any reception. The basketball player has his feet parallel to the width of his shoulders or puts one foot forward, about half a foot. The legs are slightly bent, the torso is slightly tilted forward. The arms, bent at the elbows, are in front of the chest.

WALKING - the game uses less than other methods of movement. It is used mainly to change positions in short pauses when there is no need to act quickly.

RUN - is the main means of transportation on the site. Running a basketball player is ready to perform acceleration in any direction, face or back forward, a sharp change of direction and stop. At the beginning, running face forward is studied, then an additional step to the side, forward and backward, and then back to front.

STOP - a technique that allows you to stop immediately. It is studied in parallel with running. At first the way of a stop "step", then "jump" is mastered.

TWISTS - used to hide the ball when the player is in place. They are performed on the spot and in motion. Turns back and forth are studied in parallel with the stop. To turn on the spot, the player with the ball determines the supporting (axial) leg on which to perform the turn.

JUMPS. Most of the techniques of modern basketball are performed in combination with jumping up. At the beginning, jumping from a place is studied, and then in motion with a push with one and two legs. When studying jumps it is necessary to teach: the correct repulsion (in the desired directions), the height of takeoff, coordination of movements in the unsupported position and the correct landing.

Special exercises for the development of physical qualities of basketball players. Exercises of game character.

It is known that endurance means the ability to resist fatigue in any activity.

Endurance in relation to a particular activity selected as a subject of specialization is called special. In this sense, they talk about the special endurance of a basketball player.

Exercises to develop endurance:

1. Speed of 1-2 balls in pairs (shuttle)

- a) from the front line to the penalty area and back;
- b) to the center and back;
- c) to the opposite penalty area and back;
- d) to the opposite front and back.

2) Even running for long and medium distances

Human **strength** is defined as his ability to overcome external resistance or counteract it with muscle tension.

Exercises for strength development:

- 1) Pushing the medicine ball with your feet from a sitting, lying position. Distance racing.
- 2) Pass the medicine ball with one hand from the shoulder, bottom, side, hook, two hands from below, from behind the head.
- 3) Pushing the nucleus, medical pain.
- 4) Ejection from the circle: back, side, chest (without the help of hands),
- 5) The same - with the ball; the same with two balls.

The speed of a basketball player is manifested in simple and complex motor reactions, accelerations, the ability to quickly develop maximum speed on short distances, as well as in the performance of techniques of the game without the ball and with the ball..

Exercises to develop speed:

- 1) Squats, jumping with a load on one or two legs with the weight mentioned above.
- 2) Fast steps forward, backward, left, right with a load of 25-30 kg - from 30 s to 1 min (2-3 steps).
- 3) Quick steps without burdening forward, backward, left, right with the touch of the floor with your hand with each change of direction - 1 minute (2-3 steps).
- 4) The same steps with touching the floor with one hand and driving the ball with the other.
- 5) High starts at a distance of 5-10 m on the signal for time - in pairs, threes, selected by weight, height, speed. Performed face forward, then back forward.
- 6) Low starts at a distance of 5-10 m. Performed in the same way as in exercise. 5, but with the ball.

Highly coordinated actions with and without the ball in difficult, fast-changing game conditions are very important for basketball players.

Dexterity is defined as the ability to quickly master new movements and as the ability to quickly restructure motor activity in accordance with the requirements of a suddenly changing environment.

Exercises to develop dexterity:

1) Rolling forward over the head with a preliminary jump on the arms bent at the elbows. Having mastered the exercise, you can do up to 10 overturns in a row;

- 2) Rolling back over his head with a fall on the arm bent at the elbow;
- 3) The same overturns as in the exercise. 1, 2, but to the side;
- 4) Falling back and getting up quickly;
- 5) Falling forward and getting up quickly;
- 6) Gymnastic "wheel" left and right.

Control questions:

1. What exercises are used when moving a basketball player.
2. Be able to distinguish between different types of ball handling.
3. Be able to use different techniques of racks and movements in a two-way game
4. Explain the difference between general and special physical training of a basketball player.
5. List the special physical qualities of a basketball player.

Recommended literature

Basic literature

1. Aniskina SN Methods of teaching the technique of playing basketball. - M., 1991
2. Babushkin VS Training of young basketball players. - K., 1985 –144 p.
3. Babushkin VS Specialization in sports games. - K., 1991 – 164p.
4. Valtin AI Problems of modern basketball. - K., 2003-149 p.
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6. Volkov LV Training and education of a young athlete. - K., 1984-144 p.
7. Volkov VM Biological aspects of selection in youth sports \ Age and formation of sportsmanship. - See, 1974
8. Ivoilov AV, Titar VA, Balbenko S.Yu. Sports games. - H .: Publishing house "Osnova", 1993. - 216 p.
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12. Pavlovich M. Theory and methods of basketball: A manual / Per. from Serbian G. Vladimirov; sport. ed .. V. Belash. - Nikolaev; Yuzhny, 2008. - 252 p.

Information resources

1. <https://ukrbukva.net/page,12,113535-Osobennosti-special-noiy-fizicheskoiy-podgotovki-basketbolistov.html>

2. https://ua-referat.com/Техніка_гри_в_баскетбол
3. https://studopedia.net/14_8130_vpravi-dlya-vdoskonalennya-sposobiv-peresuvannya-gravtsya-po-maydanchiku.html
4. <https://nadoest.com/peresuvannya-gravciv-po-majdanchiku>

Topic 2. Tactical - technical actions in basketball. Techniques of attack and defense in interaction with partners during the game. Special exercises for the development of physical qualities of basketball players. Exercises of game character.

Duration of teaching the topic: 2 lessons, 4 hours

Rationale: The main technical and tactical techniques play a leading role in shaping the personal actions of the player and the team on the field, and are directly dependent on general and special physical training, indicators of competitive load and mental tension. A high level of technical skill combined with high tactical training is the key to successful performance of the whole team.

The purpose of the lesson: to acquaint with the concepts of game technique, game tactics; deepening students' knowledge of technical and tactical actions in basketball, promote the development of moral and ethical qualities of students.

Graphological structure of the topic:

Introduction	10 min
Checking the knowledge of the passed material	50 min
Getting acquainted with the basic technical and tactical elements of defense and attack	50 min.
Training in the basic technical and tactical elements of defense and attack with the help of special exercises	60 min
Summing up	10 min

Material and technical support of the lesson:

- sports equipment (basketball and soccer balls);
- Stuffed balls, whistle, stopwatch.

Technological map of practical training

№	Training material	Methodical instructions
1	Checking the knowledge of the passed material	Survey of students
2	Introduction to the basic technical and tactical elements of defense and attack	Follow the guidelines for a set of exercises
3	Training in the basic technical and tactical elements of defense and attack with the help of special exercises	Follow the correct execution
4	Educational two-way game	The pace of the game is average. Heart rate 120-140 beats per minute

5	Performing exercises to restore the functional state of the body. Summarizing the lesson	Heart rate 100-120 beats per minute
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Content

Individual tactical actions in the attack are the basis of group and team tactical interactions, both in attack and defense. They in turn are divided into the actions of the player without the ball (separation from his guardian and access to a free place to get the ball or to successfully fight for a rebound) and the actions of the player with the ball (timely passes, speed and etc.)

Group actions are extremely important tactical actions that make up combinations of team actions. Universal for tactical schemes are certain ways of interaction of two and three players.

Tactical actions in defense are divided as well as in attack: individual actions, group actions, team actions.

Individual tactical actions in defense are actions against a player without a ball (counteraction to receiving the ball and entering a free place) and actions against a player with a ball (counteraction to drawing the ball and attacking the basket).

Group actions are actions against attackers of players, by interaction of two defenders (insurance, switching, slipping, group selection) and interaction of three players (against "three", against "small eight", against a double curtain, etc.)

Team actions are tactical actions that are standard and are developed by the team during training. These include: concentrated protection (personal, zone, mixed) and dispersed protection (zone pressure, personal pressure, mixed protection).

Learning the tactics of the game, both in attack and defense is no less important than learning the technique of the game and is of great importance in general for the style of play of the whole team..

Control questions:

1. Define the concept of "tactics".
2. How tactics are performed in sports games.
3. What exercises are performed in the tactics of attack and defense in sports games.

Recommended literature

Basic literature

1. Poplavsky L.Yu. Basketball: a textbook / L. Yu. Poplavsky. - Kyiv: Olympic Literature, 2004. - 446 p.
2. Nesterovsky DI Basketball: Theory and methods of teaching: textbook. manual for students. higher textbook institutions / DI Nesterovsky. - M. : Академия, 2007. - 336 с.

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4. Rodin AV Basketball at the university: Theoretical and educational-methodical support of the system of training students in a sports club: textbook. allowance / A.V. Rodin, D.V. Lip. - М.: Советский спорт, 2009. - 168 с.
5. Leonov AD Basketball: a book for students / A.D. Leonov, AA Small. - К.: Радянська школа, 1989. - 96 с.
6. Basketball: lane. with English / D. Drewet, P. Mason. - М.: Астрель, 2002. - 48 с.
7. Trigorlov VV Basketball. For all and everyone: a textbook / VV Тригорлов. - М.: Спорт, 2007. - 146 с.
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9. Dubenchuk AI Basketball /A.I. Dubenchuk. - Kharkiv: Ranok, 2009. - 144 p.
10. Stonkus S. We play basketball / Stanislav Stonkus. - М.: Просвещение, 1984. - 64 с.

Information resources

1. http://textovod.com/unique/link?url=http%3A%2F%2Fni.biz.ua%2F9%2F9_18%2F9_185249_strategiya-i-taktika.html&key=73f8a8c1dc22108bc0a9d37c9634e6d3
2. <http://textovod.com/unique/link?url=https%3A%2F%2Fzavntag.com%2Fdocs%2F1474%2Findex-196135-1.html%3Fpage%3D2&key=02f942b3948c10ec6fd4478bff218f33>
3. http://textovod.com/unique/link?url=http%3A%2F%2Fni.biz.ua%2F1%2F1_10%2F1_106907_obuchenie-individualnim-takticheskim-deystviyam.html&key=a70053fa91cb3e398bab1408a1ccde56
4. <http://textovod.com/unique/link?url=https%3A%2F%2Fduvs.in.ua%2Fwp-content%2Fuploads%2Ffiles%2Fstructure%2Flibrary%2Fstudent%2Flectures%2F2020%2Fkfv%2F25.0.pdf&key=2249f52d127b347e2a2e42f8f68012e1>

Topic 3. Passing the ball. Throws the ball with one hand from the shoulder, two hands from the chest from the ground and in motion. Special physical training of a basketball player. Special exercises for the development of physical qualities of basketball players. Exercises of game character.

Duration of teaching the topic: 2 classes, 4 academic hours

Rationale: Passing the ball is the main technique that ensures the interaction of partners in the game. The main desire should be aimed at the

ability to perform transmissions in different directions, quickly, on time, accurately, at different altitudes, with a certain speed

The purpose of the lesson: Teach ball passes: two hands from the chest; two hands with a rebound; two hands on top; with one hand from the shoulder and above; with the ball transferred to the other hand

Graphological structure of the topic:

Introduction	10 min
Checking the knowledge of the passed material	50 min
Introduction to exercises that teach the transfer of the ball	50 min
Learning to pass the ball: two hands from the chest; two hands with a rebound; two hands on top; left and right hand from shoulder and top.	60min
Summing up	10 min

Training and material support: basketball.

Technological map of practical training

No	Training material	Methodical instructions
1	Checking the knowledge of the passed material	Survey of students
2	Introduction to exercises that teach ball passes	Follow the guidelines for a set of exercises
3	Learning to pass the ball: two hands from the chest; two hands with a rebound; two hands on top; left and right hand from shoulder and top.	Follow the correct execution
4	Summing up	Consolidate students' theoretical knowledge

Content

BALL PASSES - a technique by which a player directs the ball to a partner to continue the attack.

Passing the ball is the main technique that ensures the interaction of partners in the game. Transmission training begins with two-handed chest and one-shoulder methods. The procedure for studying other methods is not essential. The main aspiration should be aimed at the ability to perform transmissions in different directions, quickly, on time, accurately, at different altitudes, with a certain speed.

Passing the ball with both hands from the chest is the main way to quickly and accurately direct the ball to a partner at close or medium distance.

Passing the ball with both hands from above is an effective way in conditions of active counteraction. It can be performed in any part of the site. In this transfer, the player holds the ball with both hands above his head. Hands bent at the elbows raised up. The transfer is performed by extending the arms and vigorous work of the hands

Passing the ball with both hands from below - used for a short pass when the ball is caught below belt level and there is no time to change position to use another transfer method.

Passing the ball with one hand from the shoulder is the most common way to pass the ball at close range. Here the minimum time of attempt and good control over a ball. Additional movement of the brush at the time of departure of the ball allows the player to change the direction and trajectory of the ball in a wide range. When performing this transfer, the hands with the ball are taken to the right shoulder so that the elbows do not rise (when passing with the right hand, the ball rests on the palm of the right hand and is supported by the left hand). The transfer is performed by straightening the right arm, simultaneous movement of the brush, torso rotation.

Passing the ball with a straight hand from below - is performed at close or medium distance in situations where the opponent is trying hard to intercept the transfer from above

In addition to the above methods of passing, basketball players widely use direct hand from above ("hook"), one hand from the side, as well as in conflict situations in conditions of active counteraction, players use hidden ball passes, which allow to mask the main movement from the opponent. In practice, three variants of hidden gears are used: under the arm, behind the back, behind the shoulder, under the foot.

Exercises to improve gear should play an important role in the training process at different stages of preparation. It is necessary to strive to achieve maximum accuracy in exercises that can be performed on the spot and in motion, without resistance and with active resistance. Various constructions are used for studying of transfers: in rows, in circles, counter columns, triangles, squares, etc. The choice of construction depends on the number of engaged and balls, as well as the nature of the intended exercise.

The following basic exercises are used to improve ball passes:

- 1) transfer of the ball in pairs (in different ways);
- 2) execution of transfers after driving and stopping;
- 3) passing the ball standing in a circle with active defense;
- 4) construction in counter columns. Transfer from one column to another with subsequent movements.

As soon as the basic structure of movements is mastered, it is necessary, without delay, to pass to studying of transfers in the movement. The most effective training using the following exercises:

- 1) passes with two steps: players with the ball alternately move along the side lines, passing the ball to two or three partners, standing on the field one after another at a distance of 5-6m;
- 2) the transfer of the ball in the oncoming movement in the columns;

- 3) moving game "fifteen" with the transfer of the ball;
- 4) 3x3 (4x4) game on one half of the court with the use of gears. Driving the ball is excluded.

Control questions:

1. Define the concept of "ball transfer".
2. How is the transfer of the ball from: chest, rebound.
3. What exercises are performed when learning to pass the ball.

Recommended literature

Basic literature

1. Grasis A. Special exercises of a basketball player - M., 1967-112 p.
2. John R. Wooden. Modern basketball, lane. with English Yakhontov M. –F. and sports. –1987 –256 p.
3. Sports games. / Ed. Zheleznyaka Yu.D., Portnova Yu.N. - M., 2004 - 511 p.
4. Koryagin VM, Mukhin VN, Bozhenar VA, Mozola RS Basketball. - K., 1989-232 p.
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6. Cousy B. and Power F. Basketball: concepts and analysis., Trans. with English Yakhontov ER - M., 1975 - 272 p.
7. Linderberg F. Basketball: game and training. - M., 1971 - 279 p.
8. Leonov AD, Small AA Basketball. - K., 1989-104 p.
9. Nikolic A., Paranosic V. Selection in basketball. - M., 1984 - 144 p.
10. Official Rules of Basketball 2004. - Paris, France, 2004
11. Platonov VN Training of qualified athletes. - M., 1986 - 286 p.
12. Portnov YM Basketball. - M., 1997 - 480 p.
13. Portnov Yu.M. Portnov Yu.M. Basketball. - M., 1988 - 287 p.
14. Khrolmaev ZM, Poplavsky L. Yu., Zashchuk GS Basketball coach's notebook. - K., 2003-129 p.
15. Yakhontov ER The ball flies into the ring. - L., 1984 - 62 p.

Information resources:

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2. <http://textovod.com/unique/link?url=http%3A%2F%2Fum.co.ua%2F10%2F10-6%2F10-6888.html&key=3c4241b2474da8dc311d55c6b14eed9>
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Topic 4. Tactical actions of players in defense in basketball. Tactics of attack and defense in interaction with partners during the game. Special exercises for the development of physical qualities of basketball players. Exercises of game character

Duration of teaching the topic: 2 classes, 4 academic hours

Rationale: The system of interaction of team players in attack or defense is called the tactics of the game. In other words, tactics are the rational use of means, methods and forms of wrestling aimed at achieving victory.

The purpose of the lesson: to master the basic individual and group tactics of the game in defense

Graphological structure of the topic:

Introduction	10 min
Checking the knowledge of the passed material	50 min
Getting acquainted with the tactical actions of the game in defense	50 min.
Performing exercises aimed at mastering the basic tactics of attack and defense in interaction with partners	60 min
Summing up	10 min

Training and material support

- Sports equipment (basketball);
- Stuffed balls, whistle, stopwatch.

Technological map of practical training

№	Training material	Methodical instructions
1	Checking the knowledge of the passed material	Survey of students
2	Getting acquainted with the tactical actions of the game in defense	Follow the guidelines for a set of exercises
3	Performing exercises aimed at mastering the basic tactics of defense in interaction with partners	Follow the correct execution
4	Summing up	Consolidate students' theoretical knowledge

Content

Basketball is a team game, in which a well-played team easily wins, the players of which clearly know and strictly perform their roles, amicably and selflessly seek a game advantage over the opposing team. One player throws

the ball into the ring, and the conditions for this are prepared by all five players of the team.

The system of interaction of team players in attack or defense is called game tactics. In other words, tactics - is the rational use of means, methods and forms of wrestling, aimed at achieving victory.

Team defense tactics

Zone defense. With zone defense, each player takes care of the area of the field assigned to him under his shield. The tasks of the defender are to prevent the opponent from appearing in this zone, the opponent to receive the ball, and to throw a ring from this zone. At the same time, each defender must constantly feel the team placement, together with all players to move the zone towards the ball, actively destroy the attacking combinations of the enemy, force opponents to throw from long distances, master the bouncing ball, quickly move from defense to attack. Weaknesses of zone defense are inefficiency against long throws and forced passivity of individual players.

Personal defense. Personal defense is characterized by the fact that each player of the defending team takes care of the assigned player of the opposing team, opposing his participation in attacking actions. This option requires from the defender increased attention, endurance and a good understanding of the game. It is necessary to consider individual possibilities of defenders: it is necessary to choose for guardianship ("holding") such player whom you are capable to surpass in skill and in speed. For the personal defense system there is a strict rule: the defender must be with his back to his shield and be in a triangle formed by the player with the ball, the ward and his shield, ie the defender must not miss the ball from the field of vision, the opposing player and always show up on his way to the shield. The defender's tasks are to prevent the ward from receiving the ball. If he still got the ball make him retreat to the sideline and turn away from the court.

Control questions:

1. Describe individual tactical actions in defense.
2. Describe the group tactical actions of defense.
3. Describe the team tactical actions in defense.

Recommended literature

Basic literature

1. Ivoilov AV, Titar VA, Balbenko S.Yu. Sports games. - H. : Publishing house "Osнова", 1993. - 216 p.
2. Leonov AD, Small AA Basketball.- K. : Rad. shk., 1989.- 104 p.
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6. Sports games: a textbook for students of faculties of physical culture of pedagogical higher educational institutions: in 2 volumes: / [Kozina JL, Poyarkov YM, Tserkovna OV, Vorobyova VO]; ed. JL Kozina. - Volume 1: General principles of theory and methods of sports games. - Kharkiv, 2010 - 200 s.
7. Sports games: a textbook for students of faculties of physical culture of pedagogical higher educational institutions: in 2 volumes: / [Kozina JL, Poyarkov YM, Tserkovna OV, Vorobyova VO]; ed. JL Kozina. - Volume 2: Basics of certain types of sports games: basketball, volleyball. - Kharkiv, 2010 - 228 p.
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9. Kaplan IM Fundamentals of physical self-improvement of students. - Tashkent: Fan, 1991. - 139 p.
10. Medvedenko BF Theoretical bases and practice of education of youth by means of physical culture. —Kyiv, 1993.
11. Boyko, JS Lecture notes on the discipline "Basketball." (for students of all specialties of the Academy in the disciplines "Physical Education", "Physical Culture"). / Boyko JS, Kravchuk EV; Hark. nat. acad. city state. - H. : KNAMG, 2009. - 39 p.

Information resources:

1. <http://varva-basketball.blogspot.com/2019/11/basket-ball-5-3-05-10.html>
2. <https://sites.google.com/site/fizicnevihovannametoddovidnik/basketbol/taktika-gri>

Topic 5 Tactical actions of players in the attack in basketball. Tactics of attack and defense in interaction with partners during the game. Special exercises for the development of physical qualities of basketball players. Exercises of game character

Duration of teaching the topic: 2 classes, 4 academic hours

Rationale for the topic: Attack tactics give the team the opportunity to choose and use the most appropriate means, methods and forms of planned attack depending on the specific opponent and the moment of game activity..

The purpose of the lesson: to master the basic individual and group tactics of the game in attack

Graphological structure of the topic:

Introduction

10 min

Checking the knowledge of the passed material	50 min
Getting acquainted with the tactical actions of the game in the attack	50 min
Performing exercises aimed at mastering the basic tactics of attack in interactions with partners	60 min
Summing up	10 min

Training and material support

Sports equipment (basketball);
- Stuffed balls, whistle, stopwatch.

Technological map of practical training

No	Training material	Methodical instructions
1	Checking the knowledge of the passed material	Survey of students
2	Getting acquainted with the tactical actions of the game in attack	Follow the guidelines for a set of exercises
3	Performing exercises aimed at mastering the basic tactics of attack in interactions with partners	Follow the correct execution
4	Summing up	Consolidate students' theoretical knowledge

Content

Team attack tactics.

Success in attack comes to the team that has more confidence in the ball, whose players make and make decisions faster, throw more often in the ring, aggressively attack and destroy defensive structures of opponents, play a variety and do not allow the defense to adapt to their attack system.

Attack with a quick breakthrough. A very effective version of the attack using the element of surprise: you need to have time to run to the shield and make a throw in the ring before the team returns and organizes the defense. Usually the fastest player goes into the gap, the other two run to the side centers to receive the ball and instantly pass it into the gap. The signal for their jerk is the moment of catching the ball by one of the partners. The first task of the player who has mastered the ball is to see the gap and make a long pass to the exit of the partner who made a leap to the shield. You should not wait for the fleeing player to gain speed: the transfer must be made quickly, ahead of the fleeing player, 4-5 m, assuming that he catches up with the ball. The best in this case will be the transfer of one hand from the shoulder.

However, it is not always possible to make such a long transfer. Then the ball is also quickly passed to one (near) player in the middle, and this player immediately passes the ball to the player who went into the gap.

Attack against zone protection. The best attack against a team that has managed to organize a zone defense is an accurate shot from the middle distance. To do this, the attackers begin to pass the ball to the right and left around the zone, and one or two "snipers" at this time invisibly occupy "their points". When receiving the ball, the "sniper" makes a throw, after which he and two players go under the shield to finish the ball (at least one player remains in the area of the central circle in case of rapid separation of opponents).

However, it is not always possible to make a throw. Then the players of the attacking team one by one (or in pairs with a change of places) run over the three-second zone, stopping for a moment in the center to get the ball and throw. Other players passing the ball to each other around the zone look for a weak spot in the defensive line and, at the first opportunity, pass the ball to a player running over the three-second zone (good rebounds and passes are good for this. , performed suddenly and accurately). After receiving the ball, the player must throw (without hitting the floor!) And stay under the ring in a comfortable position to re-jump and finish the ball. It is joined for the same purpose by 2-3 players closest to the shield.

Attack when throwing the ball through the sideline. This variant of attack should be given special attention, because at the time of throwing in the team that owns the ball, there are four players on the field against five opponents and there may be a situation where all the players are disassembled and pass the ball to someone, ie the team possessing the ball may be helpless to continue the attack. In this case, all players in your team must take active action to get out of the care of opponents, using the exits to free seats, group maneuvering with curtains and feints.

Pressure attack. The solid game of defenders, which restrain the actions of the attacking team, should be contrasted with faster passes to the player, rebounds, hand-to-hand transfers. It is necessary to get rid of dense burns with the help of feints and curtains, that is, it is necessary to suppress the activity of the defending team with even greater activity. However, it does not mean that you need to hurry, forgetting about the accuracy of the transfer and the reliability of the throws. On the contrary, the pressure makes you play more collected and accurate.

Thus, knowledge of the basic tactical options of defense and attack, the ability to own the ball and bring the attack of his team to a productive throw allows you to organize individual independent classes to improve basketball technique, learn to understand the game and useful for the team to participate in it.

Control questions:

1. Describe individual tactical actions in the attack.

2. Describe the group tactical actions of the attack.
3. Describe the team tactical actions in the attack.

Recommended literature

Basic literature

- 1 Ashmarin BA Theory and methods of pedagogical research in physical education. / B. A. Ashmarin. - M. : Fizkultura i sport, 1978. - 223 s.
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- 10 Leonov AD Basketball. / AD Leonov, AA Small. - Kiev. : Рад. shk., 1989. - 104 p.

Information resources

- 1.<https://www.sites.google.com/site/fizicnevihovannametoddovidnik/basketbol/taktika-gri>
2. <http://ptu15.org/wp-content/uploads/2014/05/Basketbol.pdf>
- 3.<https://text.ru/rd/aHR0cDovL2ZpenljaG5hLmJsb2d2zcG90LmNvbS8yMDEzLzA3L2Jsb2ctcG9zdF81Lmh0bWw%3D>

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