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Кафедра теории и методики спортивных игр

СПОРТИВНЫЕ ИГРЫ В ФИЗИЧЕСКОМ ВОСПИТАНИИ, РЕКРЕАЦИИ И СПОРТЕ

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РЕКРЕАЦИИ И СПОРТЕ**

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В научный сборник вошли материалы, посвященные актуальным вопросам теории и методики спортивных игр. В представленных научных работах раскрываются аспекты применения спортивных игр, как средства физического воспитания и рекреации, различные проблемы подготовки спортивных резервов и квалифицированных спортсменов, а также общие вопросы теории и методики физической культуры и спорта.

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В результате проведения факторного анализа определились важнейшие признаки, являющиеся основными составляющими в структуре успешности игровой спортивной деятельности высококвалифицированных хоккеистов 17-19 лет. Эти показатели находятся в сильной корреляционной зависимости друг с другом ($p < 0,01$), поэтому могут быть использованы при оценке перспективности хоккеистов.

Заключение. При дальнейшем анализе многофакторной структуры выделился ряд признаков, которые имеют высокие факторные нагрузки для игроков конкретного амплуа. Выделены показатели, имеющие высокие факторные нагрузки только для хоккеистов определенного амплуа.

Таким образом, результаты корреляционного анализа свидетельствуют о том, что высокоинформативными показателями для игроков являются масса тела, уровень анаэробной производительности, показатели в жиме штанги лежа, сила сгибателей и разгибателей верхних конечностей, результат в прыжке в длину с места. Поэтому факторы, образованные этими показателями, определяют успешность спортивной деятельности молодых хоккеистов.

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APPLICATION OF EXERCISES TO DEVELOP STRENGTH FOR MALE STUDENTS OF THE UNIVERSITY OF MINING AND GEOLOGY BASKETBALL TEAM

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Annotation. By scientific research methods, the author has used effective exercises to develop strength for male students on the basketball team of the University of Mining and Geology.

Key words: Strength training exercises for male students.

I. ASK THE PROBLEM

Like other sports, Basketball is one of the most widely developed and popular all over the world. Basketball practice and competition quickly improve physical qualities such as: Speed, strength, endurance, dexterity and coordination ability.

High-resistance basketball competition is evident and intense in both attack and defense. Therefore, in addition to the support of the practitioner's height, strength is an indispensable factor to perform sports movements and techniques.

Today, modern basketball is more and more developed and perfected, new trends have been widely applied in the world, featuring fast, strong attacks, and surprise elements.

In order to help the students of the University of Mining and Geology have a lot of physical strength, meet the needs of training and competition, and at the same time improve their physical strength to meet their learning tasks, I have "Applied the exercises develop strength for male students of the University of Mining and Geology basketball team"

II. Content reports:

II.1. The role and characteristics of strength training in Basketball.

II.1.1. The role of strength in Basketball:

Strength is especially important in Basketball. Basketball is a team sport with high indirect resistance, characterized by fast starting, abrupt stops, jumping to create surprises and opportunities for scoring, passing, and throwing. .., even in defensive moves that require higher strength. Therefore, it can be said that strength plays an important role for athletes to be able to perform well technical movements in Basketball.

As an important quality of a Basketball Athlete, strength enables the Athlete to be able to carry out tactical intentions in practice and competition, to create surprise for the opponent, to improve the effectiveness of the game. competition record.

In short, strength is one of the most important factors in training, playing and improving basketball performance. That's why many famous basketball experts and coaches attach great importance to strength training for their Athletes.

II.1.2. Features of strength training in Basketball:

In basketball training and teaching, when arranging the content of strength exercises for each training session, it is necessary to pay attention to its position. Strength exercises should only be performed with a thorough, complete warm-up and in any case should be arranged after the dexterity and flexibility section. The same goes for techniques and tactics.

Strength training needs to be equipped for children early because it is one of the contents of comprehensive training. When conducting strength training for young players, pay attention to the following points:

- Choice of equipment and training partners.
- Change exercise equipment often.
- Always pay attention to special treatment.
- How to perform exercises and technical movements suitable for the subject. Adequate rest and change of training tempo are required when the volume of training sessions is large.
- Never train with maximum volume.

After strength training always need to relax and calm down.

The explosive force is the highest manifestation of power. Developing explosive force, in addition to relying on the maximum strength level, also needs to pay attention to the following characteristics:

- + On the basis of improving the maximum strength of the muscles from the ability to improve the ability to quickly complete the movement speed.
- + In order to develop the explosive force of the movement, people practice with different volumes of basketball. If training with a small volume, the critical rate of developing strength is fast but does not meet the demand for strength. If you use heavy weight, the speed will be reduced again, but this type of temporary reduction only stops the high volume training

or reduces the maximum weight, it will take 2 to 6 weeks to recover. Therefore, during a period of temporary decrease in movement speed, it is advisable to use exercises that are not weight-bearing or, if available, reduced to give strength and speed training a chance to work together. .

When developing the explosive force of the lower extremities, it is necessary to combine leg strength training with jumping exercises. That way there will be a chance to make the peak power turn to explosive power.

II.2. Research and select some strength development exercises for basketball students at the University of Mining - Geology.

In order to select strength development exercises for male basketball students at the University of Mining and Geology, first of all, based on the actual situation of exercises commonly used in physical training sessions for students. school staff, based on the available facilities of the school in combination with analyzing documents and observing Basketball practice sessions in different units to find out suitable exercises to develop strength. strength for male students Basketball University of Mining - Geology.

From the above research results, we selected 38 exercises divided into 2 groups of exercises to develop general strength and exercises to develop specialized strength. Specifically:

Joint strength exercises: 17 exercises.

Expert strength building exercises: 8 exercises.

These exercises are interviewed by teachers and coaches working in teaching and training at universities in Hanoi city to find out the most suitable exercises for development. strength for University of Mining - Geology Basketball students. Specific interview method as described above in the topic. We will select exercises that achieve 70% or more of the total maximum score in two interviews.

The interview results show that: The answers of the teachers and coaches of Basketball are relatively uniform, which exercises are considered important and suitable for coaching students. University of Mining - Geology in the first interview, in the second interview, the same results were obtained and vice versa, any exercises in the first time were evaluated as unsuitable for training. strength for basketball students at the University of Mining and Geology, the second interview was not considered important. Through two interviews, the exercises were highly appreciated (from 70% of the total maximum score or more according to the interview principles set forth) in both interviews and we were selected to participate in further tests. by topic include:

*** *Group of exercises to develop general strength:***

- Turn high without momentum
- Turn on and withdraw the pillow continuously
- Turn high with momentum
- Turn on far in place
- Back muscles - abdominal muscles
- Lie on your stomach doing push-ups
- Holding hands and stretching
- Lie on your stomach with finger push-ups
- Lie on your stomach, push-ups, and clap your hands in front of your chest

Results of the interview to select strength training exercises
for Basketball students at the University of Mining - Geology

TT	Classify	Exercise	1st time (n=34)		2nd time (n=31)	
			n	%	n	%
1.	Joint strength exercises	Can you turn it up high ?	83	81.37	75	80.65
2.		Turn on and pull out the pillow continuously	85	83.33	77	82.80
3.		Can you turn it up high ?	82	80.39	76	81.72
4.		Turn on far in place	87	85.29	79	84.95
5.		Lift weights up and sit down	70	68.63	65	69.89
6.		Hand squeeze force	68	66.67	62	66.67
7.		Back traction force	66	64.71	62	66.67
8.		Muscles - abdominal muscles _ _ _	86	84.31	76	81.72
9.		Lie on your stomach and do push - ups	83	81.37	78	83.87
10.		Squeeze the Tennis Ball	69	67.65	66	70.97
11.		Holding hands and stretching	87	85.29	79	84.95
12.		Hold dumbbells and bend your wrists	63	61.76	61	65.59
13.		Holding a dumbbell at the wrist	65	63.73	62	66.67
14.		Hold dumbbells and turn your wrists	68	66.67	66	70.97
15.		Pulling heavy objects up	62	60.78	62	66.67
16.		Lie on your stomach with finger push-ups	85	83.33	78	83.87
17.		Lie on your stomach , push - ups, and clap your hands in front of your chest	84	82.35	76	81.72
18.	Professional strength development exercises	Toss and catch the stuffed ball quickly in different positions (in place, turning around , moving to catch one-handed, two-handed)	85	83.33	78	83.87
19.		Grip with an elastic band or pull an elastic fixture	69	67.65	62	66.67
20.		Or holding a stuffed ball or a heavy object, making the movement of raising your arms across your chest, shoulder height, back and forth, spinning.)	89	87.25	77	82.80
21.		Jump and throw a long ball in different positions	87	85.29	75	80.65
22.		Hold a ball (Tennis, rubber ball) and throw it into a movement such as passing the ball .	69	67.65	63	67.74
23.		Grab the rubber band or pull the elastic , swing your arms and hit the ball with shoulder strength	eighty seven	85.29	75	80.65
24.		Jump and throw the ball over the net into a certain area	84	82.35	83	78.49
25.		Pass the ball into a position combined with movement	84	82.35	73	78.49

*** Group of specialized strength exercises:**

- Toss and catch the stuffed ball quickly in different positions (on the spot, turning around, moving to catch one hand, two hands)
- Or holding a stuffed ball or a heavy object, making a gesture of raising your hand across your chest, shoulder height, back and forth, spinning.)

- Jump and throw the ball long in different positions
 - Hold the rubber band or pull the elastic , swing your arms and hit the ball with the strength of your shoulders

- Jump and throw the ball over the net into a certain area
- Pass the ball into a position combined with movement

The rest of the following exercises because the total maximum score in both interviews is less than 70% of the maximum total score according to the interview principle, we will remove it from the next round of the topic, including:

*** Group of exercises to develop general strength:**

- Hand squeeze force
- Back traction
- Hold double dumbbells and stretch your wrists
- Holding a dumbbell with wrist bends
- Pulling heavy objects up

*** Group of exercises to develop professional strength:**

- Handle with an elastic band or pull an elastic fixture
 - Hold the ball (Tennis, rubber ball) and throw it at the wall with a quick movement like passing the ball

How to do each exercise in detail:

*** Group of exercises to develop general strength:**

Exercise 1: Jump high without momentum.

- Purpose: develop ankle strength in basketball students' jumping movements.
 - Execution: The performer stands in place, turns on with maximum high continuously from the signal to perform until the signal to stop. Perform 3-5 groups, each group for about 10-15 seconds, Rest 15 seconds between each nest, resting actively.
 - Requirements: Perform a high jump and reach with your hands when the body stops at the highest position.

Exercise 2: Turn on and pull out the knee continuously.

- Purpose: develop ankle strength in jumping movements.
 - Execution: The performer stands in place, when there is a signal, makes a high jump at the knee retraction so that when the body is in the highest position, the leg is bent at the knee joint and the knee is at a higher position than the waist. back. Perform continuously until the signal stops. Do 3-5 sets, each group for about 10-15 seconds, rest 15 seconds between each group, rest actively.
 - Requirements: Perform a high jump and reach with your hands when the body stops at the highest position.

Lesson 3: Turn high with momentum.

- Purpose: Increase ankle strength in momentum jumping.
 - Execution: The performer picks up momentum (about 3 steps) and jumps with all his might to the board. Perform 5-7 times/group continuously, perform 3 groups, rest 15 seconds between groups, rest actively. It is also possible to organize the exercise in the form of a continuous circle with a group of about 7-10 people, natural rest, active rest.
 - Requirements: Get the right momentum so that you can bounce the highest, with the board when the body is in the highest position Turn all the way.

Lesson 4: Jump on the spot.

- Purpose: Increase ankle strength in jumping movements.

- Execution: Performers stand in place at the starting line, perform long distance jumps in place continuously 5-7 times/team, perform 3 groups, rest 15 seconds between groups, rest actively. It is also possible to organize the exercise in the form of a continuous circle with a group of about 7-10 people, natural rest, active rest.

- Requirements: The performer shrugs to pick up momentum in place so that he can bounce with the highest achievement, when bouncing forward without supporting his hands or falling backwards. Turn it all the way on.

Exercise 5: Back muscles – Abs.

- Purpose: Develop strength of back muscles - abdominal muscles for students.

- Execution: A group of exercises is counted as 1 group of back muscles and 1 group of abdominal muscles.

+ Abs: Two people a pair, one performer and one server. The performer lies on his back, so that his hips, back and feet touch the ground, his shoulders are about 5-10 cm from the ground, his head is high on the ground in the direction of his shoulders, his hands are behind his neck. The waiter keeps the performer's feet in contact with the ground at all times. When there is a signal to start, the performer uses the strength of the abdominal muscles to raise the entire upper body perpendicular to the ground, then control the body to return to the prepared position. Repeat 20-25 times continuously.

+ Back muscles: Two people a pair, one performer and one server. The performer lies on his stomach, so that his legs, thighs and abdomen touch the ground, his chest is about 5-10 cm from the ground, his head is high on the ground in the direction of his shoulders, his hands are behind his neck. The waiter keeps the performer's feet in contact with the ground at all times. When there is a signal to start, the performer uses the strength of the back muscles to raise the entire body above the highest possible distance from the ground, then control the body to return to the prepared position. Repeat 20-25 times continuously.

Do 2-3 nests, rest 15 seconds between nests, rest actively.

Exercise 6: Lie on your stomach and do push-ups.

Purpose: Increase wrist, arm and full-body strength.

- Execution: The performer is in a prone position with both hands so that the arms are straight (without sagging elbows), the distance between the hands is equal to the distance between the shoulders, legs, hips, back, shoulders on one side. relatively flat. When there is a signal to start, immediately lower the body's center of gravity to the lowest level by relaxing the elbow joint (so that the body is almost touching the ground), then push the elbow joint to bring the body back to the position. prepare. Repeat until the specified number of times is exhausted. Perform 3 groups, each group 15-20 times, rest 30 seconds between groups, rest actively.

- Requirements: During the performance, the legs, hips, back and shoulders are always in a relative plane. Lower the body's center of gravity to the lowest level.

Exercise 7: Holding hands and stretching.

- Purpose: increase the strength of the fingers.

- Execution: The performer stands up naturally, when there is a signal, immediately perform a continuous hand-stretching movement. Perform 3 nests, each group for 15-20 seconds, rest in the middle of the nest naturally (rest during the change of hands), active rest.

- Requirements: Make a tight fist and straighten your fingers before doing the next one.

Exercise 8: Lying on your stomach, push up with your fingers.

- Purpose: Increase wrist, arm and whole body strength and especially finger strength.

- Execution: The performer is in a prone position with both hands so that the arms are straight (without sagging elbows), the distance between the hands is equal to the distance between the shoulders, legs, hips, back, shoulders on one side. Relatively flat, hands on the ground with fingertips. When there is a signal to start, immediately lower the body weight to the lowest level by relaxing the elbow joint (so that the body almost touches the ground), then push the elbow joint to bring the body back to the position. prepare. Repeat until the specified number of times is exhausted.

- Requirements: During the performance, the legs, hips, back and shoulders are always in a relative plane. Lower the body's center of gravity to the lowest level, with both hands on the ground with the tips of the fingers.

Exercise 9: Lie on your stomach, push up, and clap your hands in front of your chest. Purpose: Increase wrist, arm and full-body strength.

- Execution: The performer is in a prone position with both hands so that the arms are straight (without sagging elbows), the distance between the hands is equal to the distance between the shoulders, legs, hips, back, shoulders on one side. relatively flat. When there is a signal to start, immediately lower the body's center of gravity to the lowest level by relaxing the elbow joint (so that the body is almost touching the ground), then push the elbow joint to bring the body up. hands on the ground, perform the movement of clapping your hands in front of your chest, then put your hands on the ground, bringing your body back to the prepared position. Repeat until the specified number of times is exhausted. Perform 3 groups, each group from 8-10 times, rest 30 seconds between groups, rest actively.

- Requirements: During the performance, the legs, hips, back and shoulders are always in a relative plane. Lower the body's center of gravity to the lowest level, hands patting in front of the chest in the process of bringing the body's center of gravity from low to high, returning to the prepared position.

** Group of exercises to develop professional strength:*

Exercise 10: Toss and catch the ball quickly and continuously in various positions (on the spot, turning around, moving to catch one hand, two hands).

- Purpose: Develop hand strength in the movement of receiving and throwing the ball.

- Implementation: Two people in a group, holding a stuffed ball, perform a quick catching ball from 2-3 groups, 15-20 seconds each, 30 seconds between nests, rest actively.

- Requirements: toss and catch the ball quickly and continuously.

Exercise 11: Or holding a stuffed ball, heavy objects make the movement to raise your arms across your chest, shoulder height, back and forth, spinning).

- Purpose: Increase hand strength.

- Execution: Holding the stuffed ball, perform 2-3 nests, each group 15-20 seconds, resting in the middle of the nest naturally (the process of changing hands is done), active rest.

Requirements: Perform the movement continuously.

The reality of using strength-building exercises for basketball students at the University of Mining and Geology has the following points: Actual situation of using strength exercises for male students Basketball at the University of Mining and Geology. The substance is still very simple, the level of use is not much, the exercises used are not diverse and rich.

III. Conclusions and recommendations:

III.1. conclusion:

Through the research, the topic has selected 15 strength development exercises for Basketball students at the University of Mining - Geology, including 9 exercises to develop general strength and 6 exercises to develop professional strength. Detail:

*** Group of exercises to develop general strength:**

- Turn high without momentum
- Turn on and withdraw the pillow continuously
- Turn high with momentum
- Turn on far in place
- Back muscles - abdominal muscles
- Lie on your stomach doing push-ups
- Holding hands and stretching
- Lie on your stomach with finger push-ups
- Lie on your stomach, push-ups, and clap your hands in front of your chest

*** Group of specialized strength exercises:**

- Toss and catch the stuffed ball quickly in different positions (on the spot, turning around, moving to catch one hand, two hands)
 - Or holding a stuffed ball or a heavy object, making a gesture of raising your hand across your chest, shoulder height, back and forth, spinning.)
 - Jump and throw the ball long in different positions
 - Hold the rubber band or pull the elastic , swing your arms and hit the ball with the strength of your shoulders
 - Jump and throw the ball over the net into a certain area
 - Pass the ball into a position combined with movement

III.2. Request

In the process of teaching, learning and practicing, selected exercises should be put into practice to develop the strength of the students of the University of Mining - Geology Basketball team into practice and initially evaluate the effectiveness of the basketball team application results of exercises. Through the evaluation, the above selected exercises proved to be more effective than those commonly used at the University of Mining and Geology.

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