

IMPORTANT TASKS OF PERFORMING THROWING PHASES IN MODERN BASKETBALL

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Abstract. *An important part of activity is the final phase, which includes monitoring the execution of final movements, memorizing the characteristic features of game movements, observing the ball, and anticipating opponent movements. Mastering the execution of such a complex task is one of the most important characteristics of a high-class player.*

Keywords: *The preparatory phase is also complex. In modern basketball, there are several ways to throw the ball from under the basket. Usually, the ball is given a slight spin.*

ВАЖНЫЕ ЗАДАЧИ ВЫПОЛНЕНИЯ ФАЗ БРОСКА В СОВРЕМЕННОМ БАСКЕТБОЛЕ

Аннотация. *Важной частью деятельности является заключительная фаза, которая включает в себя контроль выполнения финальных движений, запоминание характерных особенностей игровых движений, наблюдение за мячом и предвосхищение движений соперника. Освоение выполнения столь сложной задачи является одной из важнейших характеристик высококлассного игрока.*

Ключевые слова: *Подготовительная фаза также является сложной. В современном баскетболе существует несколько способов броска мяча из-под корзины. Обычно мячу придается небольшое вращение.*

In modern basketball, players finish the attack by throwing the ball with one hand. In this case, throwing from a supporting position, jumping, and moving balls are used. Depending on the distance of the basket, many experts distinguish short (up to 3.5m), medium (3.5-5.5m), and long-distance (more than 6.5m) throwing. Considering the player's position relative to the net, the following types of shots can be distinguished: straight ahead of the net, from the corner of the net, and parallel to the net. Throwing can be done with or without hitting the target. In addition to the accepted preparatory, main, and final phases, it is advisable to distinguish them in the preliminary phase of the throw. This phase begins after the preceding game movement and continues until the player moves and performs the standard movement, that is, until the beginning of the preparatory phase. During this period, internal intensive preparation for the upcoming action takes place, which involves developing one's own capabilities, the capabilities of opponents and partners. The athlete accepts one or more options for action, which are

determined in advance of the preparatory phase, and the subsequent development of the situation is predicted to determine what will happen to their team and their personal position in subsequent episodes. The preparatory phase is also complex. In this case, along with completing the tactical solution of the task and concealing the true intention, the athlete concentrates psychological efforts on the accuracy of the preparation. These include, for example, gaining momentum, jumping, etc. The main task of the main phase is to ensure the precise implementation of the adopted conditions through technical and tactical solutions. Therefore, in this phase, athletes who can concentrate their capabilities on the precise execution of the movement task are dominant. Conditions are created for basketball players performing the serve to successfully execute the serve during the preparatory phase. The throwing action takes place in the main or working phase. An important part of activity is the final phase, which includes control over the execution of final movements, memorization of characteristic features of game movements, observation of the ball, and the ability to predict opponent movements. Mastering the execution of such a complex task is one of the most important characteristics of a high-class player. Therefore, when developing appropriate programs for young and experienced athletes, it is necessary to include tools and methods that influence the development of such abilities. There are several ways to throw a ball from under a basket. Any player from any level of the team must know how to throw the ball from under the basket without resistance. However, the player remains unattended for a very short time in this position. Therefore, it is necessary to learn to throw through resistance, as well as to throw from any position, turning right and left, directly in front of the basket. According to experts, throwing the ball will happen soon. When throwing a ball from under the basket, the attacker makes a push-off and jumps straight upwards. The ball should not be lost until it reaches the highest point of the jump. Usually, the ball is given a slight spin. The ball should touch the board very softly and fall into the basket. The other hand uses it to defend the ball. When rising, the ball should not be held far from the body. The throwing hand is located behind the ball, and the throw is executed with the movement of the wrist, fingers, and elbow.

The attacker, that is, the player performing the movement to the basket, encounters the defender's block, and the attacker immediately stops and performs a jump throw. The condition for such a throw is that the attacker must have time to throw the ball before the defender's counter-movement. Two stopping options are used when performing the movement. In the first variant, the stop is performed with a step, followed by the front leg being pulled towards the back leg for a quick push-off and throwing. In the second variant, the same stopping is performed, but the backward movement is performed with the head and shoulder, without pulling the forward leg back. This method is recommended when the speed of movement is high, and the frontal movement to the protective basket is recommended when moving along the face

line. A player can move to a convenient position or throw a simple ball from under the basket. In the preparatory phase, the player takes a step to the side from the opponent and, by jumping upwards, raises their right hand with the ball above their body. The left arm, bent at the elbow at the right angle, acts as if covering the ball from the defender. The right knee is pulled up. The ball is released at its highest point when the hand approaches the head. The ball is directed over the head towards the basket. Under close supervision, central players move the ball to the side above the defender with both hands, then throw the final half with one hand, i.e., the ball in a semi-circle. Wide-amplitude throwing of the throwing hand. Furthermore, a deflected defender can interfere with the serve. Nevertheless, this throwing technique has the best chances of attacking the basket over a defender. Some central players use the technique of throwing the ball from below with turns and feints. This throw is often used by players who haven't mastered the half-circle technique well, meaning players who struggle with the hand-held half-circle technique. However, there are players who, despite their right-handed capabilities, like to throw from below. Throwing is performed with a quick movement of a strong hand. A right-handed player can perform this throw with the left hand instead of a half-circle, and the left-handed player applies the same principles when moving from left to right. The palm of the breaking arm is facing the basket, the fingers are open and directed upwards, the thumb is facing the facial line. The push-off is performed on the opposite leg of the throwing hand. The player face is brought out towards the line and a circle or basket. The ball's spin should not be too strong. The push is performed simultaneously with the turn. This turn ensures the player lands face down towards the basket. Most often, a moving throw is performed after dribbling. Dribbling is a technique that allows a player to move quickly across the court in any direction. Dribbling helps to escape the defender, attack the basket, organize a counter-attack, and attract the opponent's attention. Dribbling is achieved through soft dribbling and mobile movements in the elbow joint. The legs are bent to maintain balance. The body leans slightly forward, and the free shoulder and hand defend the ball from the opponent. When throwing the ball while moving (with the right hand), the player catches the ball with their right foot after dribbling or after a pass from a teammate. The steps in the rhythm are long. The next step will be a short stop. The player is pushed vertically upwards from their left foot. During the push, the ball is brought out over the shoulder and transferred to the right wrist. At the highest point of the jump, the player throws the ball with a straight arm. In the final part, the wrist softly pushes the ball away. The player steps on their left or both feet. The final goal of a player's movement across the court with or without the ball is to throw the ball into the basket. The understanding of this situation by both players and coaches increases the level of motivation in performing exercises. A player can never become a sniper without developing their skills in speed, stopping and turning, catching and

passing the ball. This is also very important because basketball players constantly gain experience.

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