



METHODOLOGY FOR DEVELOPING DIRECTION-CHANGING SPEED IN YOUNG BASKETBALL PLAYERS AT THE INITIAL TRAINING STAGE THROUGH SPEED-STRENGTH EXERCISES

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Abstract: *This article discusses the development of direction-changing speed in basketball players at the initial training stage. It highlights that an athlete's ability to quickly adapt to an opponent's actions, move at high speed over short distances, and effectively perform sharp turns in basketball largely depends on their speed-strength preparedness.*

Keywords: *basketball, initial training, speed-strength qualities, change of direction, agility, physical training, training methodology.*

Modern basketball is a high-speed sport that requires complex coordinated movements.

During a game, athletes repeatedly perform actions such as sprinting, stopping, jumping, turning, and rapidly changing direction.

Therefore, developing change-of-direction speed is an important component of the special physical preparation of basketball players.

According to scientific research, the balanced development of speed and strength qualities in young athletes creates a solid foundation for future sports mastery.

In particular, the rational use of speed-strength exercises at the initial training stage improves athletes' coordination, agility, and special work capacity.

Although training programs are currently conducted in basketball sports schools, there is still a need to further improve specialized methodological recommendations aimed at developing direction-changing speed.

Therefore, this study is of great relevance.

In basketball, direction-changing speed refers to an athlete's ability to alter their movement trajectory in the shortest possible time.

This quality is associated with the following factors:

- Explosive strength of the leg muscles;
- Reaction speed;
- Coordination abilities;
- Balance maintenance;



- Perfection of movement technique.

Studies by Y.V. Verkhoshansky, L.P. Matveyev, V.N. Platonov, and other scholars recognize speed-strength training as one of the key factors in the development of athletic mastery.

According to their findings, the combined development of speed and strength ensures high performance in specialized sports activities.

To develop direction-changing speed in basketball players, it is recommended to use plyometric exercises, sprint drills, movement through obstacles, and coordination exercises.

At the initial training stage, training sessions should be organized taking into account the athletes' age characteristics and functional capabilities.

Recommended exercises include:

1. Agility ladder exercises – two-foot jumps, side steps, single-leg movements, and diagonal running.

These exercises improve foot speed and coordination.

2. Zigzag running between cones – moving at maximum speed through cones placed 5–10 meters apart develops the athlete's ability to change direction quickly.

3. Plyometric exercises – standing long jumps, box jumps, lateral jumps, and single-leg jumps.

Plyometric exercises increase explosive muscle strength and develop speed-strength qualities.

They also improve an athlete's ability to adapt quickly to game situations.

When performing speed-strength exercises, it is advisable to follow these principles:

- Exercises should be performed at maximum speed;
- The number of repetitions should not exceed 6–10 for young athletes;
- Full recovery should be ensured between sets;
- Exercises should be performed 2–3 times per week;
- Proper technique should be monitored.

Gradually increasing the training load improves athletes' adaptation processes and reduces the risk of injury.

Direction-changing speed in basketball is one of the key physical qualities determining game effectiveness.

Purposeful use of speed-strength exercises at the initial training stage significantly improves young basketball players' agility, coordination, and movement speed.

The combined use of plyometric exercises, shuttle runs, coordination ladder drills, and reaction-based tasks is highly effective in increasing change-of-direction speed.

The proposed methodology has practical significance for improving the special physical preparation of young basketball players.





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