高新技术和实现运动成绩很大程度上由系统的和运动行为的组织、管理与控制，理性的应用现代培训技术，考虑的竞技运动的组织特点在竞争中不断寻找新的技术元素和动作、战术的变种、模式和模型的合理利用。研究表明，技术-战术适应性在团队类型运动的发展和比赛的比赛中最大地发展。需要提高的技术-战术适应性在比赛中的比赛的打球是技术-战术适应性行为。
Modern special literature has accumulated a lot of data about different sides of effective fulfillment of different game techniques [3, 5, 20, 23, 24]. Nevertheless, studying of structural components, included in conception of effectiveness of ball’s catch in attack, methodic of training and improvement have not been elucidated sufficiently in methodic and scientific literature. Practical insufficiency of this question’s studying can not but initiate further researches, which would be carried out in compliance with plan of scientific and research works of Tavricheskiy national university, named after V.I. Vernadskiy.

**Purpose, tasks of the work, material and methods**

The purpose of the research is increasing of sportsmanship in ball’s catch in attack at the stage of basketball players’ specialized basic training.

The following tasks were to be solved in the research:

1. Using the data of special literature to select methodic techniques and work out training program, oriented on mastering of rational technique of catching ball, dapped from adversary’s backboard.
2. To ground effectiveness of training program, oriented on rising of effectiveness of catching of ball, dapped from adversary’s backboard at the stage of basketball players’ specialized basic training.

**Methods and organization of the research.** For solution of our tasks we used the following methods of research: analysis and generalization of literature sources; pedagogic observation; pedagogic experiment; control testing; methods of mathematical statistic.

In experiment 30 basketball players of 13-14 years old age took part. All they were pupils of JSS and trained at stage of specialized basic training. The research envisaged several interconnected stages of our work. At first stage we analyzed literature sources in order to work out training program; researches of the second stage included carrying out pedagogic experiment as well as analysis of competition functioning with registration of basketball players’ actions in fight for ball dapped from ring before and after research. Training process in control and experimental groups was conducted in compliance with JSS program and included practical trainings, characteristic for the stage of specialized basic preparation.

Program of experiment envisaged four methods of player’s travelling in adversaries block: direct releasing, dummy, followed by releasing from block, turn and step back (see fig.1).

Evaluation criteria for program’s effectiveness were indicators of competition functioning with registration of daps’ quantity and calculation of effectiveness coefficient for player’s actions in fight for ball, dapped in attack [17], as well as level of effectiveness of ball catch in attack in three exercises: catch in attack “one against two”; soft throw to backboard; ball catches with circular changes of functions [4].

Process of formation of specific fighting for dapped ball skills in attack shall be oriented, mainly, on mastering of techniques and variations of theses skills because basketball players’ motion skills are realized continuously in varying game situations, resulted in appropriate changes of motion tasks. Successful mastering of catching of ball dapped from adversary’s backboard increases team’s potential chances on favorable result of game. Catching of ball after not accurate throws happens oftener than in any other way. With catching of ball, dapped from basket, players use techniques, which include a number of indicators, not dependent on each other. With finishing throw basketball player shall pay attention to the following: choice of place; calculation; quickness of jump; keeping arms upward; maximal efforts; work of hands and fingers; dummies; constant readiness [13, 18, 22]. As far as success of ball catch depends on chosen inside position in relation to adversary and following the ball, while the most frequent defense tactic is blocking of forward [4, 19], then key to ball catch in attack is movement. If a player is blocked, it is necessary to use any effort to release from this block. That is why this phase shall be paid as much attention as possible. In experiment, for formation of motion skills to fulfill technical-tactic actions for ball’s catching at attack of backboard, we used the following conditions: relatively standard, unchanged (formation of correct skills and training of them up to automatic level). Main methodic requirement was execution as much techniques and their combinations as possible, increasing their quickness and accuracy as well as fulfillment of a little changeable techniques, oriented on mastering of choosing of actions, on acquiring of initial skills of game functioning. We selected main training means, considering four methods of player’s movement in block: direct releasing, dummy and releasing, turn, step back [4]. In our research we put the main question: if program of training sportsmanship oriented on catching ball in attacking of adversary’s backboard by basketball players at the stage of specialized basic training influences positively. In order to prove validity of the chosen approach we carried out comparison of effectiveness of fight for dapped ball in attacks (n=5) before and after experiment (n =5); also we determined rating of success in control exercises on ball’s catching in attacks. The obtained data showed that training program, oriented on mastering of technique of ball’s catching at adversary’s backboard, facilitated increasing of quantity of ball’s catching in experimental group; coefficient of effectiveness of players’ actions directed on catching of ball, dapped from ring, increased by 28.9% (P<0. 05). Increasing of basketball players’ effectiveness happened against the background of improvement of skills of ball’s catching in block: in exercises 1 (catching in attack “one against two” – by 77% (P<0. 001); in exercise 2 (soft throw in backboard) – by 50% (P<0. 01); and in exercise 3 (ball’s catching with circular change of functions) – by 31% (P <0. 01), changes in control group were much less expressive (see fig.2).
Thus, application of our training program ensured intensification of basketball players’ actions, optimization of scope of exercises in training; unity of technical and tactic fitness of players with accent on mastering of individual techniques (choosing of position, application of dummies for releasing from “care” of adversary’s backs, timely approaching backboard). Application of not difficult for fulfillment of ball’s catching in attack by basketball players, including four methods of blocked players movement, facilitated improvement of accuracy and quickness of the executed technique as well as formation of skill of its fulfillment in game conditions.

Fig. 1. Program dap catch optimization at adversary’s backboard at stage of basketball players’ specialized basic training
Fig. 2. Comparative characteristics of change of effectiveness indicators of ball’s catching in attack, fulfilled by experimental group (EG) basketball players and control (KG) group players after experiment:

% - percentage of change of effectiveness indicators of ball’s catching in attack; criteria – evaluation criteria for effectiveness of dap catching. 1 – exercise for ball’s catching in attack “one against two” and throw; 2 – exercise “soft throw in backboard”; 3 – exercise “circular change of functions”; 4 – coefficient of effectiveness of ball’s catching in attack.

Conclusions:
1. Analysis of scientific-methodic literature witnesses about insufficient quantity, variants and intensity of technical tactic techniques, fulfilled by junior basketball players in course of trainings that result in weak technical fitness of sportsmen.

2. Mastering of catching of dapped ball at adversary’s backboard it is purposeful to fulfill with the help of special exercises, widening arsenal of individual technical abilities to be applied in the following conditions: relatively standard, unchanged, which ensure formation of skills and training of them up to automatic level and a little changeable ones, oriented on mastering of choice of action and initial game skills.

3. For three months of special training, based on application of training means, considering four methods of blocked players’ movement (direct releasing, dummy and releasing, turn, back step), oriented on optimization of ball’s catching in attack, effectiveness coefficient of basketball players in fight for dapped from ring ball in attack increased by 28.9% (P < 0.05), with it increasing of effectiveness happened against the background of skills of ball’s catching by blocked player: in exercise 1 (catching in attack “one against two and throw”) – by 77%, in exercise 2 (soft throw in backboard) – by 50% (P < 0.01); and in exercise 3 (ball’s catching with circular change of functions) – by 31% (P < 0.01), changes in control group were much less expressive.

4. Application of not difficult for fulfillment of ball’s catching in attack by basketball players, including four methods of blocked players movement, facilitated improvement of accuracy and quickness of the executed technique as well as formation of skill of its fulfillment in game conditions.

5. The offered by us program for optimization of catching of dapped from adversary’s backboard ball can be used by coaches for implementation into training process at stage of preliminary basic training.

The further researches are implied to be conducted in direction of searching of new reserves for increasing of effectiveness of training and competition functioning of junior basketball players. In our opinion, in the base of this process there is working out of methodic techniques, ensuring intensification and higher effectiveness of training process.

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