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ANALYSIS OF SELECTION IN THE BASKETBALL TRAINING SYSTEM IN UKRAINE AND ABROAD

Basketball competitions are characterized by special spectacle, high dynamism, emotional intensity and variety of game activities, thus ensuring popularity and arousing increasing interest of spectators in basketball matches, which have been winning people's hearts for the third century. At the same time, they are the central element that determines the entire system of organization, methods of training athletes for the effective activities of the competition. Therefore, the question of the criteria for sports selection of basketball players in competitive activities is important. Thus, the article analyzes the selection in the system of basketball training in Ukraine and abroad.

Training and competitive loads develop innate talents in motor and mental abilities, which determine the success of the chosen sport and the growth of sportsmanship in the educational and training process. This approach to understanding the importance of inclinations is due primarily to the requirements of modern sports, because in the conditions of competition you can explore the psycho-physiological potential of man. Therefore, the necessary information about those genetically determined morphological and psychofunctional traits that determine the content of talents, and is essentially the core of athletic talent. Such information covers the age range from the initial stage of sports to the stage of higher sports achievements. The study of the characteristics of famous basketball players showed that at the beginning of their sports career they stood out among their peers for their tall stature, good physical development, coordination of movements, mobility, intelligence, confidence in acting, psychological stability. These traits developed in the process of training and sports improvement in the system of regular training, which allowed athletes to achieve high sports results.

Key words: basketball, competitive activity, selection of basketball students.

Білоконь В. П., Анікеєнко Л. В. Аналіз відбору у системі підготовки баскетболістів в Україні та за кордоном Змагання з баскетболу відрізняються особливою видовищністю, високим динамізмом, емоційною насиченістю та різноманітністю ігрових дій, забезпечуючи тим самим популярність і викликаючи все більший інтерес глядачів до баскетбольних поєдинків, які вже третє століття завойовують серця людей. При цьому вони є центральним елементом, що визначає всю систему організації, методики підготовки спортсменів для результативної діяльності змагання. Тому важливим є питання критерії спортивного відбору баскетболістів у змагальній діяльності. Таким чином в статті здійснено аналіз відбору у системі підготовки баскетболістів в Україні та за її межами.

Ключові слова: баскетбол, змагальна діяльність, відбір студенти-баскетболісти.

Problem statement and analysis of literature sources. Basketball in our country continues to gain popularity as a spectacular and emotional sport. Current trends in the development of basketball require Ukrainian athletes to fully realize their game potential. It is known that the preliminary stage, followed by a chain of pedagogical and organizational means of a long-term training system, is the selection of athletes. The quality of the first stage of selection depends on the effectiveness of solving the tasks of the next stages of sports training of basketball players, as well as the full implementation of existing competitive talents in youth.

As the analysis of the works of researchers A. Nikolich, I. Loseva [6,7] shows, the diversity and contradiction of different approaches to the problem of sports selection of basketball players led to different understandings of the subject.

Presentation of the main material of the study. The theory and methods of sports selection use a special technology to assess the sports abilities and sports talents of children attending sports sections. According to O. Mozgovy, the main content of technology is to study and determine the model characteristics of athletes of different qualifications, to substantiate and study the informational significance of body development parameters and different types of training that affect sports results, their stability and genetic conditionality and improvement at different stages. sports training.

There is no doubt about the theoretical and practical significance of these studies, but when studying the features of the previous stage of selection of the most talented athletes must first clearly define the concept of "sports selection", and then the content of its criteria, taking into account not only research but also orientation [5].

According to V. Filin [4], sports selection is a system of organizational and methodological measures, based on which the talents and abilities of children to specialize in the chosen sport. In the field of view of researchers and practitioners should be genetically determined inclinations - natural, individual anatomical, physiological and psychological characteristics of man, on which depends the success of a particular activity. Achieving high results in any activity, including sports, requires the highest forms of manifestation of abilities - talent, talent - the presence of genetically determined morphofunctional, motor and psychophysiological features, a combination of abilities that provide high achievements in sports. Therefore, in the definition of "sports selection" it is advisable to include the concept of "talent", which considers sports selection as a process of finding the most talented people who can achieve high results in a particular sport. Giftedness is interpreted as a combination of abilities that determines the highest level of manifestation of sports abilities.

Training and competitive loads develop innate talents in motor and mental abilities, which determine the success of the chosen sport and the growth of sportsmanship in the educational and training process. This approach to understanding the importance of inclinations is due primarily to the requirements of modern sports, because in the conditions of competition you can explore the psycho-physiological potential of man. Therefore, the necessary information about those genetically determined morphological and psychofunctional traits that determine the content of talents, and is essentially the core of athletic talent. Such information covers the age range from the initial stage of sports to the stage of higher sports achievements [5].

At each stage, together with the current daily care for sports improvement, there are both programmed by nature genetic predispositions, and acquired, qualitatively new forms of their implementation. Selection becomes an organizational form not only of the initial stage of work with the athlete, it lasts all the next sports life [4].

In the system of long-term training of basketball players in the selection there are four stages:

- the first - the initial selection to identify the ability to play basketball;
- second - determining the prospects and differentiation (selection) of athletes by game functions (role);
- third - selection of teams of higher ranks;
- selection to various national teams to participate in high-level competitions.

According to the authors [1, 2, 7], the meaning of the first stage of selection is as follows: you should first determine the degree of manifestation of the most prognostic signs and indicators of development of the future basketball player, which determine the success of this sport. Athletic abilities largely depend on hereditary traits, which are stable, conservative. Therefore, when forecasting sports abilities, one should pay attention first of all to those little-changing (conservative) signs that determine the success of future sports activities. Since the role of hereditary traits is revealed as much as possible when making high demands on the body of those involved, when evaluating the activities of a young athlete it is necessary to focus on the level of higher achievements. At the same time it is necessary to take into account both the initial level of manifestation of the necessary abilities and the growth rate of their indicators. Due to the heterochrony of the development of individual functions and qualitative features of the organism, there are some differences in the structure of the manifestation of the abilities of athletes at different ages. These differences are especially pronounced in athletes of technically complex (difficult coordination) sports, including basketball.

The ideal solution to the problem of selection is model characteristics in all aspects of physical development and sports and pedagogical activities from beginners to highly qualified athletes.

Replenishment of basketball teams of the highest qualification group with young players is closely related to the selection and staffing of initial training groups of sports sections and departments of CYSS, whose task is to train high-tech athletes with modern arsenal of techniques and necessary physical and mental qualities [4].

The study of the characteristics of famous basketball players showed that at the beginning of their sports career they stood out among their peers for their tall stature, good physical development, coordination of movements, mobility, intelligence, confidence in acting, psychological stability. These traits developed in the process of training and sports improvement in the system of regular training, which allowed athletes to achieve high sports results [5].

Interesting are the studies of M. Bezmilov [2], who analyzed the system of training the sports reserve and the selection of basketball players in different countries, especially those who are leaders in the international arena. Lithuania is a clear representative in this regard. Mass basketball and respect for this sport in Lithuania are important factors in the overall success. Basketball has special administrative, financial, informational and other types of support from the state. According to the author, the success of the country's performance in the international sports arena and the number of high-class athletes trained by the national "school of sports" are the best evidence of the correct strategy of long-term training, based on four key factors: 1) the general popularity of basketball in the country, historical traditions and popularity of the sport among the population; 2) the effectiveness of the basketball management system at all hierarchical levels; 3) organized selection of basketball players and a wide network of basketball schools, clubs, a large number of children's and youth competitions.

Thus, in order to select promising players in France in the process of reviewing competitions and further determining the capabilities of athletes, representatives of the technical sports consulate and coaches of national teams focus on the following criteria: 1) morphological data and level of functional training; 2) speed capabilities (speed of movement on the site, general mobility, speed of reaction); 3) the level of development of other motor skills; 4) the ability to anticipate (the ability to navigate the site and predict the most likely scenarios during the game) [1].

According to M. Bezmilov [2], the success of many basketball countries is based on similar activities: concentration of the strongest basketball players of each age category within a single training center, holding mass competitions on a territorial basis, uniting the best players of the regions for further participation in domestic competitions of the country, attracting the best coaches to work with the most promising players, regular performance of young players in friendly tournaments of national and international level, which, accordingly, provides an opportunity to gain the necessary competitive experience. The above activities do not require significant financial and human costs and at the same time can be an important basis for future success of domestic basketball.

Competitive activity in basketball is inherent in the fact that the athlete must take into account not only the circumstances known to him, but also, if possible, the decisions that his opponent makes and which he does not know for certain. In variable conflict.

In game situations, it is absolutely impossible to predict the techniques that the opponent will use in order to solve a specific problem, to catch the moment of their application and the development of the entire competition.

At the same time, basketball is characterized by a tendency to a significant increase in competitive loads, an increase in the number starts, tournaments, individual matches, their saturation and density schedule of performances in the

competitive period of preparation.

Competitive activity in basketball is distinguished by the variety and variability of actions, the constant manifestation ingenuity, and sports performance is directly influenced by many factors and joint actions of more than ten players. This greatly complicates the evaluation of the competitive activity of athletes, the accuracy and objectivity of which directly affects the effectiveness of the management process competitive activity and all sports training.

In this regard, the evaluation of competitive activity in gaming sports is one of the most urgent problems that require research.

How to evaluate the effectiveness of the actions of the players and the team as a whole, taking into account the whole variety of factors influencing on the final result in the game, determine the contribution of each athlete in a team achievement.

Experts from many countries offer various options and methods for assessing the competitive activity of basketball players. Today valuable theoretical and experimental material has already been accumulated, requiring scientific verification and systematization of available data.

Thus, selection in basketball is a long-term process of establishing the conformity of interests and abilities of athletes to the requirements of basketball as a sport. The need for selection is due to the fact that not every athlete can reach the heights of technical, tactical and physical skills. The main task of sports and basketball in particular is the search for talent, and therefore an important task is to choose the best, most talented of those who started classes in sports sections [1].

At each stage of sports selection not only the expediency of further training of the athlete is revealed, but also a detailed assessment of his talents and abilities, strengths and weaknesses of technical and tactical skills, functional training, level of physical qualities, mental characteristics, analysis of the previous stage of training. orientation, magnitude and nature of loads, their adequacy to the individual characteristics of the athlete, etc.

The selection is a rather long and multi-stage process of implementing comprehensive measures aimed at assessing the prospects of young basketball players and full-fledged training of training groups. Almost everyone is accepted into the initial training groups, as required by pedagogical ethics and psychological laws of sports orientation. During the first two months, coaches monitor the behavior and activities of children during various exercises, their consciousness and activity. According to these observations, a preliminary conclusion is made about the compliance of students with the basic requirements of basketball. In accordance with the program for selection into groups of initial training should be carried out in two stages [3]. The duration of each stage is the academic year. The first stage determines the suitability of children to master the game of basketball. In the second year of study, children's ability to act effectively in the face of a deficit of energy supply to the body, to the manifestation of intelligence, willpower, independence, discipline, ie those qualities that are leading in basketball. The level of physical and technical fitness of children is determined using the tests presented in the program [7].

Conclusions. The study of scientific and methodological literature on sports selection in basketball suggests that the main direction is a comprehensive approach to the problem at the stage of initial training of young basketball players. Research in this area is mainly related to the study of morphofunctional features of children's development, their psychological qualities, the rate of growth of fitness, as well as monitoring the health of children who play in basketball sections.

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