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## Analysis of Basketball Selection Systems on the Example of the Usa and Uzbekistan

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**Abstract:** *This scientific article examines the issue of selecting players for the basketball section in Uzbekistan, studies the possibility of introducing the selection of the leading basketball regalia in our country. And also we will hold a discussion about the development of the popularity of the game among the population and the increase in the prospects of basketball players.*

**Keywords:** *Basketball, selection, selection of players, regalia, coach, physical qualities, sports standards, championship, league.*

### 1. INTRODUCTION

The relevance of the topic lies in the fact that the selection or selection of players in basketball, as in any other sport, is a fundamental factor for the further development of an athlete and the foundation for achieving team success.

The purpose of studying the issue is to assess the possibility of improving selection in basketball in Uzbekistan and influencing the level of training of players for teams of the national team of all age categories.

To reveal the topic, the following tasks were set:

1. Analysis of the player selection system in Uzbekistan.
2. Revealing the difference between breeding works in the USA and Uzbekistan.
3. Drawing up a plan for the development and increasing the popularity of basketball in Uzbekistan.

The object of study in the scientific article were selected coaches, scouts, candidates for a basketball team.

The subject of study is directly the variety of player selection systems, a list of ongoing work and the study of the role of scouts in modern basketball.



### **Main part**

1. Analyzing the system of selection of players in Uzbekistan, it should be noted that the whole process of selection of players falls on the shoulders of the coach himself. The given process is as follows -

The coach, having decided on the place of training, announces the start of recruiting players, campaigning by attracting and awakening interest in basketball among young people. The next stage is the first training session, during which the coach evaluates the contingent, and from this moment the selection process begins - weeding out the players.

It should be noted that basketball is a rather difficult sport that requires endurance, good coordination and the ability to think analytically. And in case a coach is recruiting a team from scratch, the ideal age for recruiting players is 8-9 years. This age is considered optimal for starting basketball, since the child's body at this age becomes stronger and more prepared for serious stress. After recruiting students to the team, the next step is to screen out. The first stage is a medical examination in sports dispensaries. If a child's illness is detected, the coach must inform the parents about this and suspend further training for this student.

You cannot engage in:

1. Certain cardiovascular diseases;
2. Instability of the cervical vertebrae;
3. Flat feet;
4. Ulcerative disease of the stomach;
5. Asthma;
6. Diseases of the musculoskeletal system. [One]

The next important factor in the selection of players is the very desire to play basketball with a potential recruit. Perseverance and motivation is fundamental to a child's achievement. These qualities must be cultivated from the very first trainings.

After a successful medical examination, the coach must pass the standards of his potential pupils. This activity will help to formulate knowledge about physical fitness and capabilities of students.

In subsequent trainings, coaches need to consider and analyze the potential and growth opportunities of young athletes. But it is worth noting that in cases of working with children, most of the training process must be organized in a playful way, in the form of outdoor games that imitate basketball, and aimed at developing the qualities necessary for playing basketball. So children perceive the training process better, without loading psychologically and physically.

Conducting a conversation with coaches working with children and youth, it was concluded that the fundamental qualities for basketball players are:

- Hand strength
- jumping ability
- Speed of reaction and orientation
- Ability to use peripheral vision
- Fast movement in response to signals
- Special endurance (jumping, speed, speed-power efforts, strong desire)
- Jumping agility
- Special flexibility.



The result of the analysis of the capabilities of recruits is the delivery of control standards at the end of the first year of study. In case of unsuccessful results, having an idea of the physical and psychological predispositions, the child must be given a recommendation and direction to another sport.

2. The next task is to examine the differences in breeding work in the USA and Uzbekistan.

Basketball for Americans is the largest and most popular sport, for them it is a whole culture. What is it caused by?

- The fact that there are many basketball fans in the United States who attend every match of their favorite team (school, college, university teams, city teams, amateur teams, state, and of course the G-League and NBA teams).

Most Americans, thanks to basketball, form an initial understanding of life and the world. In this sport, such important values of society as equality of chances for success, achievement of success, striving to be the first, competition, and promotion of a healthy lifestyle are clearly manifested. It is important to take into account that Americans see basketball as an opportunity to earn money. Basketball players of the National Basketball Association are at the top of the rankings for the highest paid athletes in the world. Examples include Michael Jordan, LeBron James, Steffen Curry, Kevin Durant, and many others.

But before achieving such results and gaining worldwide popularity, a basketball player needs to go a long, difficult, thorny path.

To analyze the formation of a basketball player in the United States, as well as to study selection work, we studied interviews with the former Los Angeles Clippers forward and the Russian national team Yaroslav Korolev [2].

Yaroslav Korolev has his own basketball school in Los Angeles, designed to educate children from 3 to 13 years old, with a full-fledged coaching staff, manager. The specifics of the schedule of students in this basketball school is weekly competitive games on Sundays. Once a month, the team goes to the tournament, games in this competition are held on Saturdays, in case of victory, the team goes to the playoffs and continues to compete with rivals on Sunday. In addition, the school prepares coaches for schools that work on extended term, in the form of a basketball club. In this case, it is necessary to take into account the fact that coaches do not conduct full-fledged training, but provide the necessary knowledge about basketball and teach basic skills.

In his interview, Yaroslav Korolev shared the idea of arranging basketball in the USA.

The first stage is games in parks and streets. At this stage, the trainers are volunteers. Parents themselves bring their children to training once a week, and on Sundays they are divided into two groups, and they play with each other.

In the second stage, the best players are selected from these children of amateur players, for whom additional training is arranged. These classes may be paid.

The third stage is a basketball school. At this stage, children purposefully begin training twice a day. One day is focused on technical training, the second on tactical training.

The fourth stage is the selection of players from students at the school. With the players who have successfully passed the selection stage, an additional lesson is introduced - the analysis of the video of the past games. With this method, players learn to analyze their games, identify errors and subsequently fix them.

The fifth stage is High School (grades 9-12). At this stage, the preparatory process for professional basketball begins with the players. Students play for their school basketball



teams and defend the honor of the school. The basketball season runs from November to March. The number of games and opponents the school will play against depends on the level of the school. Schools such as Findlay prep or Oak Hill Academy host 40-45 official games per season.

After the end of the official season, many players spend an additional summer season called the AAU season. In this tournament, players do not play for schools, but for teams that are formed from the best players in the city and state.

Sixth stage - College, University. It is no secret that higher education in the United States is considered the best in the world, which also affects the cost of education. So during the training of athletes in high schools, they are looked at by scouts of basketball teams from colleges and universities. After selection, the best players are offered training with partial payment or full contract payment. After choosing the place of training, and most often athletes choose according to the level of the basketball team, they begin to compete in the first division of the NCAA.

Seventh stage - Professional level (G-League, NBA)

As before, all college basketball players are screened by the NBA team scouts. At the end of the training, the players go through a selection stage for the national basketball association called the "Draft Combine".

The best players are selected by the NBA teams, the players who did not manage to break into the best league are sent to hone their skills in the G league and prove their right to play in the NBA.

The study of the selection of basketball players in the United States leads to the conclusion that from the very childhood the player selection program is aimed at training professionals, through constant competition, the need for independent mental, physical development in each age period, which directly affects the upbringing of an athlete as a person who is ready to fight for success. for the sake of their bright future.

3. When analyzing the research of selection in basketball on the example of the United States, the question arises, how can one approach the level of popularity of basketball in the United States in our country?

It should be noted that today the level of skill among children and youth in our country is at a very high level. Young athletes are technically and tactically prepared at a good level. This fact was also noticed by the Serbian specialist Aleksandar Vrzhina, who paid a visit to Uzbekistan to conduct a master class.

The problem is the lack of professional basketball in Uzbekistan. This applies to both the professional championship and professional clubs. Today, most of the sports teams participating in the Major League Championship are teams from sports schools.

To eliminate this problem, increase the popularity of basketball, I have considered and proposed the following development strategy -

Creation of professional basketball clubs.

An excellent initial decision in the creation of professional basketball clubs can be their opening with the support of professional football clubs, that is, the creation of a single sports club. Examples of such clubs are CSKA Moscow, Zenit St. Petersburg, Real Madrid, Barcelona. Sports teams in football, basketball, handball are registered in the system of these professional clubs. In Uzbekistan, the teams Pakhtakor, Lokomotiv, Navbahor, Nasaf, etc. can be excellent candidates for this.



Changes in the structure and regulations of the championship.

After the creation of professional clubs, it is necessary to reconsider the conduct of the major league, both among men's and women's teams. The first step is to work out the calendar of the games.

To change the structure and create new regulations for the championship, it is necessary to cooperate with foreign basketball federations in order to apply their experience.

Attracting sponsors of large companies and corporations, as well as attracting foreign investment.

Implementation of the media. Broadcasting of all matches on national sports channels, as well as Internet platforms, organizing pre-match and post-match programs. Attracting the best basketball players to popular TV programs as well as advertisements.

Creation of a single league among the teams of Central Asia. It is necessary to create a unified Central Asian basketball league following the example of the VTB United League (clubs in Eastern and Northern Europe). The implementation of this venture will increase the number of games, increase interest in basketball, and increase the number of fans due to the awakening of national patriotism. In addition, it will help in strengthening friendly relations with neighboring countries.

**Conclusion and future prospects**

This article examined the difference in the level of basketball between the United States and Uzbekistan, analyzed the selection systems, and also proposed a plan for the development of basketball and increasing its popularity in the Republic of Uzbekistan.

In the future, work will be carried out to study and analyze the contribution to the development of basketball.

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