

### The Coach's Role in Organizing Training

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#### ABSTRACT

*This article talks about the role of coaches in the development of the team as a team and the important conditions for achieving victory.*

Determining the medium- and long-term perspectives of the development of sports-educational institutions in our country, creating the necessary conditions for the training of athletes in Olympic and Paralympic sports, including improving their management and financing system, as well as In order to further expand the material, technical and resource capabilities, systematic works have been launched in our country. The sport of basketball also attracts people with its uniqueness and attractiveness. The main goal of training athletes in each sport is to prepare sports reserves and raise the status of the country. The role of sports schools, secondary schools, higher education institutions specialized in sports and, of course, Olympic reserve schools, is incomparable in the training of these reserve athletes. An important stage of every athlete's training is initial training. It is during this period that the child's interest in sports increases, determination, patience, love and devotion to this type of sport are cultivated. When we studied the works of several scientists, we were convinced that one of the most important conditions for the renewal of modern society is a high general culture, deep professional competence, a high level of individual sports, a skilled pedagogue with technical and tactical training. , we were sure that the training of pedagogues who are sportsmen and masters of their profession can make a turning point for the life of the country.

Constant homogeneity should be avoided during basketball training. What is sports training? Sports training means the process of systematic implementation of various levels of preparation of an athlete. The measures implemented together with the coach and the athlete are aimed at achieving maximum results and increasing the effectiveness of teaching within a certain discipline. A coach-teacher should help to achieve the maximum indicators of sports performance in a short period of time. Sports training is aimed at achieving collective or individual efficiency in a chosen discipline limited by certain rules. It is important to be able to distribute the loads before giving any exercise. Continuous loading, repeated eccentric exercises

are associated with muscle damage, which can lead to a decrease in jumping and running performance of athletes for up to 7 days after performing these exercises. In this period, it is very important for athletes to optimally adapt to training and improve game performance in order to strengthen recovery. The trainer is the organizer of the training. The coach serves as an important link in the training of athletes. Because the coach takes into account the physical capabilities and mental state of the athlete when training. Technical training of an athlete is a process necessary for acquiring sports skills in the process of learning movement. Physical training helps to develop physical qualities such as strength, endurance, dexterity, speed and flexibility, which are an integral part of various sports activities. Mental preparation - the process of overcoming difficulties that are intrinsically connected with the activity of the athlete includes a complex spiritual preparation process. In order to prepare basketball players for competitions, to increase their confidence in victory, training should be organized in such a way that each let the given task fulfill one aspect of the victory. Team management is the main part of training. In this process, the athlete should feel that the training is interesting and that he got something new from it. It can be seen that there was a change in the athlete's actions, tactically improved with the team's actions. A coach should be creative. When conducting each training process, he should use such methods and ways that the athlete discovers something new for himself from the training. The main criterion for the proper organization of training is that the coach must be able to set high demands on himself. When planning the training, the coach should correctly assess the sequence of the given loads, the skills of the athletes, and plan a load suitable for each of them according to their technical and tactical preparation. Sometimes during the training process there are situations where new movements and elements are born, but this does not mean that the coach should enter the training without preparation. The success of the team depends on the performance of this coach. Because the coach correctly plans individual tasks for each team member, develops programs for technical and tactical training, how many specific baskets were scored during the game, free throws, how many of the passed balls were successful and how many were not. , errors, the number of possessions from the opponent, will record technical errors and assign loads to the team accordingly. At the same time, it models the training processes depending on the player's physical, mental and theoretical preparation.

It is more effective for the coach to work with experienced athletes, but no matter what the group is, he should be able to demonstrate his knowledge and be worthy of leading the team. Also, it should be the golden rule of the coach to never go to the path of anger during the training process and not to solve the problem with anger. Athletes like good, cheerful, energetic coaches who do not lose their temper in any situation, who manage the team well. Regardless of the type of sport, the coach should have a high level of morphological, psychological, as well as sociological and cultural indicators in comparison with each other.

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