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### Methods of Increasing the Technical and Tactical Preparation of Badminton Players During the Training Process

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#### Abstract:

Technical and tactical training is to conduct the game to win, taking into account the real capabilities of the main game qualities of the athletes (stability, accuracy, endurance, mental stability, etc.), from the dimensions of the field, equipment, is a general plan for effective use of yin techniques and tactics.

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Tactics is the use of a set of technical methods of the game in order to gain an advantage in specific game situations. But it is not good to rely only on good technique. The general rule is this - every shot should have a specific goal. The best offensive shot may not always lead to winning points. Different technical methods (strokes and movements) subjugated for the purpose of the overall game are always better than a chaotic rhythm of the game. Combination play is the best way to win.

In badminton, a lot depends on the geometry of the court. Therefore, regardless of the technique of hitting, the main tactical task of a badminton player is to direct the shuttlecock to the parts of the court where it is difficult to return. There are nine such zones for doubles matches, and six for singles matches (Fig. 49). For doubles matches, these are three points on the backline - corners and in the center: in front of the net - three points near the posts and in the center; two dots between side lines; center between players and a point on the player's body regardless of where he is standing. In singles, unfavorable parts are along the sidelines of the court, in front of the net, between the sidelines, far and sidelines at the point of intersection, it is on the opponent's body (conditionally shown in the center). It is necessary to try to direct the flywheel to these points. The golden rule of sports badminton is not to play to a player who is about to return the shuttlecock. It is necessary to direct the flywheel as far as

possible, to force the opponent to do more and try to tire him. It is possible to play against the player himself only in one case - an offensive blow is given to the unprotected part of the opponent's body.

Tactically, it is better to force the opponent to play from a distance, so that his offensive actions will be ineffective, weak and unstable. Practice shows that the receiver of a high-distance shot may be hindered by the following: low-quality lighting of the court, uncomfortable painting of the ceiling and side walls - as a result, it will be difficult to overtake the shuttlecock flying with a high trajectory; strong ventilation directed under the ceiling or air flow coming from the cooling-heating system can also unexpectedly change the trajectory of the flywheel. Another aspect is that it is necessary to direct the opponent to the side that gives a weak counterattack. Usually, this is a shot from the left side with the closed side of the racket. In the language of athletes, the steering wheel should be directed to the left hand.

Badminton has three main tactical ways of playing the game: attack, defense and counter attack. In terms of effectiveness, attack is always superior. Defense - the lack of initiative, passively waiting for the opponent to make a mistake - slowing down and, as a result, losing self-confidence and perspective. But although it is mandatory, the right defense is a preparation for a counterattack. A counterattack, which is considered a very complex tactical element, always gives good results. For example, your opponent is taking the initiative and attacking with a shot from the lane, and you are just busy returning the shuttlecock from near the net. Even in such a situation, it is possible to launch a counterattack. Take a risk and try to catch the volley high and close to the net to bring it down over the net with a clawing motion to land it near one of the side posts. When successfully attempted, this is sure to cause your opponent to rush.

Timing and trajectory are very important. The advantage in the game in most cases depends on how quickly the shuttlecock goes to the place where it is directed on the opponent's court. In this process, its flight trajectory must be at an optimal level. The more the speed of the shuttlecock corresponds to its trajectory, the more difficult it is for the opponent to return it.

The game in the front area is based on the floor method, passing through the net and knocking down. It is very important to learn how to approach the net quickly and correctly in performing all of these technical elements. The player must try to return the shuttlecock around the top of the roof without letting it drop too low. The smash is a short, almost hand-me-down. If your opponent is hitting near the net, drive diagonally across the line or over it with a high attacking shot. Conversely, when he's caught on the backline, use the floor method or direct the shuttlecock across the net to the post away from him. If time is running out, disguise your actions. Fight back more.

The game in the middle zone is mainly based on attacking options. If the athlete returns the flywheel in the middle zone, it means that the opponent has made some kind of mistake. It is necessary to take full advantage of this situation, only not to hurry and not to act recklessly. When the flywheel comes up, it's best to smash hard-to-return points. And on a flat raise, respond sharply along the line. If your opponent attacks, it works well to aim at the posts of the net with your paw.

The game in the back area takes up a large part of the game with the shuttlecock, as you have to fight off the opponent's high and far passes from the back line. Another thing is that in order to have a positional advantage, opponents try to keep each other mainly in the back line. In this case, it is a tactically correct way to combine high-distance shots with quick short increases near the net in order to relax the opponent's defense and create time for a quick and effective attack. Remember to return to the center of your playing area immediately and without fail after being hit from the backline.

Combination game. In badminton, the winner is often not the player who hits the shuttlecock well, but the athlete who can create a winning situation for himself. A skilled athlete always builds the game not on the account of some of his shots, even if they are successful, but on the basis of their correct and step-by-step coordination. In particular, highly skilled athletes always have effective and game-tested combinations of tactical and technical methods that lead to victory in various game situations.

In order to correctly create the tactical form of the game, it is necessary to take into account the physical condition of the opponent. If he is tall, make him lean more; if he's short - either drive the fly over him with a high offensive shot, or drive it to the lines where it's hard for him to reach. If you play against a strong opponent with a method based on frequent left-right, forward-backward, side-to-side movement, he will tire quickly. A fast opponent can be exhausted by slow movements, and a slow one can be exhausted by playing quickly. If your opponent feels comfortable on the court, change the rhythm of the game often.

If you're losing, don't rush to increase the steering wheel, don't act chaotically during the game. Calm down and assess the situation calmly. If you're winning, don't let up, keep scoring points with an attacking game.

Doubles badminton is a team game. It differs from singles matches in that it is technically easy to play in pairs, but tactically difficult. In pairs, players can control almost the entire area of their playing fields and, if positioned correctly, can return any fly. Therefore, the victory in doubles (including mixed) is not individual skill, but the combined games of the partners in a pair. True, it has its own technical and tactical elements, such as: the skill of playing with a short hand; movement based on the "racquet principle" and mainly in a counter-clockwise direction; leaving a controversial, but convenient shot for his partner; the ability to make timely tactical silence before the strike.

The golden rule of the doubles game is the "racket principle" (Fig. 55). What is its essence? Imagine a big badminton racket: one partner is its head and the other is its handle. We draw such a racket on the playground. In this case, its stern should be in the geometric center of the field. The racket rolls along a horizontal surface. The partners, who conditionally imagine themselves to be the shaft and handle of the racket, must make the appropriate rotation around the center of the racket stem, but they should not move along the stem to each other at the same time. If one of the athletes for some reason (walking towards the flywheel, to avoid the flywheel, while changing the axis) is pushed to the side of the partner, he must step to the other side to keep a safe distance according to the conditional steering wheel. This helps to prevent many negative situations, that is, partners: go out on one wheel and get injured; they break their rackets; they pass to one side of the field and leave the other side empty; with deceptive actions and steps, they deceive each other, not the opponent. Follow the "Racket Principle" and your game will be successful and relatively safe. Some badminton players and coaches also call this rule the "compass rule". In this case, it is necessary to imagine that the partners are standing on opposite sides of the compass shaft.

Experts advise athletes (those who play right-handed rules) to move mainly counter-clockwise in order to coordinate movements on the field and create comfortable and effective positions for hitting and moving. By the way, such actions are physiologically easy for young people.

It is very important for partners to practice playing together in doubles matches. It's great if they play together constantly, know each other's strengths and weaknesses, and understand each other implicitly.

If they don't exist, it becomes important to understand each other during the game, or vice versa. According to the rule, it is not allowed to talk while points are being played. But there are certain ways to communicate on the badminton court. After each shot of the opponent, the partners must immediately assess the situation and choose who will return the flying shuttlecock. After reaching a decision, one of the partners goes towards the steering wheel, and the other one does not stop in one place. Following the "racquet principle", he moves towards the space on the field to repel the opponent's next shot and protect the territory of his possible attack. He should do this as soon as possible. In doubles matches, the ability of a badminton player to move without a shuttlecock, in other words, to move on the court while protecting his partner, to put pressure on his opponents with certain actions, and to give a strong and necessary blow to the shuttlecock when the necessary situation arises is very important. Is important.

The modern game of badminton is based on the use of a combination method, in which the position of the partner depends on the situation on the court. If the pair chooses an active attacking style of play, a back-to-back position (behind each other) is considered the best method. When defending, partners usually need to sit next to each other (parallel). In game practice, the intermediate style is more common. In this case, when trying to take a place on the field, maum: follow the "racket principle"; it is important to observe the distance between the players moving symmetrically in relation to the center of the field. The ability to move correctly towards each other shows how much the couple has mastered the practice of playing together. If the shuttlecock hits high on the opponent's side, try to stand side by side on defense. If the steering wheel is above you - take an offensive fore-aft position.

In badminton, the personal playing area of each athlete is important. It is an individual space around the player, consisting of all his physical, technical and tactical elements, methods and capabilities. This area of the game, which is also called the area of responsibility or responsibility, as a rule, consists of a conditional circle around the athlete, in the territory of which the badminton player can effectively deal with the shuttlecock. The radius of this area geometrically consists of the following components: the player's stride or attack the length of his racket-hand extended forward. In highly skilled athletes, the radius of the playing area is about 3 meters which means that a badminton player can skillfully return the shuttlecock at any point of his playing field. In addition, skilled badminton players are constantly moving to stay one step away from the shuttlecock flying toward their court.

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