

## **IMPROVING THE ATTACKING ACTIONS OF TOP-LEVEL BASKETBALL PLAYERS USING SPECIALIZED AND RELAXATION-HYPOXIC EXERCISES**

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### **ABSTRACT**

The article presents the results of a study of the methodology effectiveness aimed at improving the attacking actions of top-level basketball players using specialized (test) and relaxation-hypoxic exercises during off/in season preparation. In the given analysis of the dynamics of the indication of the cardiorespiratory reaction of basketball players during the pedagogical experiment, as well as indicators of the volume and effectiveness of attacking actions during their participation in official competitions.

**Keywords:** Top-level basketball players, attacking actions, test and specialized exercises, relaxation-hypoxic exercises, cardiorespiratory reaction, oxygen deficiency (O<sub>2</sub>), current recovery.