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СОДЕРЖАНИЕ

ТЕХНИКА И ТЕХНОЛОГИЯ

Будейкина Е.Ю. ПРОБЛЕМЫ ОБЕСПЕЧЕНИЯ ОХРАНЫ ТРУДА ПРИ ПРОВЕДЕНИИ ГЕОДЕЗИЧЕСКИХ РАБОТ	6
Селюков М.С., Исаев А.А. МЕТОДЫ ОБНАРУЖЕНИЯ ДИПФЕЙКОВ В СИСТЕМАХ ВИДЕОКОНФЕРЕНЦСВЯЗИ	7
Селюков М.С. ПРИМЕНЕНИЕ ВОЛОКОННО-ОПТИЧЕСКИХ ЛИНИЙ СВЯЗИ В СИСТЕМАХ УПРАВЛЕНИЯ БПЛА В УСЛОВИЯХ РЭБ	15

ФИЛОСОФИЯ

Babayeva M., Durdyev B. PHILOSOPHY AND WORLDVIEW: THE STRUCTURAL FOUNDATIONS OF HUMAN EXISTENCE AND COGNITIVE LOGIC	22
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ФИЛОЛОГИЯ

Nguyen Thi Cuc EXPLORING ERROR FREQUENCY AND TYPES IN A2 LEVEL WRITING: A QUANTITATIVE STUDY OF HUMG STUDENTS' PERFORMANCE IN KET PART 9	25
Сенатор В.В. ОБРАЗ ИРЭН ФОРСАЙТ КАК ВОПЛОЩЕНИЕ КРАСОТЫ И СВОБОДЫ В МИРЕ СОБСТВЕННОСТВА	29

ПЕДАГОГИКА

Do Thi Lien Phuong COMPARING TRADITIONAL AND MODERN TECHNOLOGY-INTEGRATED TEACHING METHODS IN PHYSICAL EDUCATION	33
Hoang Hong Gam THE REGULATIONS ON PHYSICAL FITNESS TESTS FOR STUDENTS ISSUED BY THE MINISTRY OF EDUCATION AND TRAINING ARE APPLIED SPECIFICALLY TO STUDENTS OF THE ACADEMY OF FINANCE	36
Le Viet Tuan SELECT SOME SUPPLEMENTARY EXERCISES TO IMPROVE THE EFFECTIVENESS OF PERFORMING THE FRONT HAND LOW SERVE TECHNIQUE FOR STUDENTS OF THE UNIVERSITY OF MINING AND GEOLOGY	38
Nguyen Hong Van STRUCTURAL AND SEMANTIC PATTERNS OF COMPOUND VERBS IN CONTEMPORARY ENGLISH: A DESCRIPTIVE CORPUS-INFORMED STUDY	40
Nguyen Huy Thong, Dinh Thi Hang SOLUTIONS FOR DEVELOPING SPEED AND STRENGTH FOR THE BASKETBALL TEAM OF THE UNIVERSITY OF MINING AND GEOLOGY	44

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SOLUTIONS FOR DEVELOPING SPEED AND STRENGTH FOR THE BASKETBALL TEAM OF THE UNIVERSITY OF MINING AND GEOLOGY

Summary

Using conventional scientific research methods, the author has employed effective solutions to develop speed and strength for the basketball team of the University of Mining and Geology.

Keywords:

solutions for developing speed and strength in students .

I. INTRODUCTION

II. Report Content:

II.1. The role and characteristics of strength training in basketball.

II.1.1. The Role of Strength in Basketball:

Strength and speed are particularly important qualities in basketball. Basketball is a team sport with a high degree of indirect competition, characterized by quick starts, sudden stops, and jumps that create surprise and opportunities for scoring, passing, shooting, etc. Even defensive movements require greater strength. Therefore, it can be said that strength and speed play a crucial role in enabling athletes to perform technical movements effectively in basketball.

As a crucial quality for basketball players, speed and strength enable them to execute tactical plans during training and competition, surprise opponents, and improve their performance.

In summary, speed and strength are among the most important factors in training, competing, and improving basketball performance. Therefore, many renowned basketball experts and coaches prioritize strength training for their athletes.

II.1.2. Characteristics of training strength and speed qualities in basketball:

In basketball training and coaching, when arranging strength and speed exercises for each practice session, attention must be paid to their placement. Strength and speed exercises should only be performed after a thorough and complete warm-up, and in all cases, they should be scheduled after agility and flexibility exercises. The same applies to technique and tactics.

Strength and speed training should be introduced to young players early on, as it is an integral part of comprehensive training. When conducting strength training for young players, the following points should be considered:

- The choice of equipment and training resistance.
- Change your workout equipment regularly.