O'ZBEKISTON YETAKCHI TENNISCHILARINING TO‘R OLDIDAGI O‘YINLARINI TAKOMILLASHTIRISH USLUBLARI VA SAMARADORLIK TAHLILI

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ANNOTATSIYA

Ushbu maqolada O‘zbekiston yetakchi tennischilarining to‘r oldidagi o‘yinlarini takomillashtirish uslublari va samaradorlik tahlili bo‘yicha tadqiqot ishlari va uning natijalari bayon etilgan. Tennischilarning tayyorgarlik davrida kuzatiladigan holat va natijalar, sportchi organizmida yuzaga keladigan o’zgarishlarning o’yin ko’rsatkichlariga ta’siri va musobaqa uchrashuvlarida olib borilgan monitoring uslublaridan foydalanib, samaradorlik ko’rsatkichlarining dinamikasi darajalari keltirib o’tilgan.

Kalit so'zlar: Challenger, Futures, Tashkent-Open, ITF Junior Circuit, Djokovich, Federer, Djimmi Konnors

METHODS AND EFFECTIVENESS ANALYSIS OF IMPROVING THE PRE-NET GAMES OF THE LEADING TENNIS PLAYERS OF UZBEKISTAN

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ABSTRACT

This article presents the results of research on the methods and effectiveness of improving the performance of leading tennis players in Uzbekistan. The situation and results observed during the training of tennis players, the impact of changes in the athlete's body on the performance of the athlete and the level of dynamics of performance indicators using monitoring methods conducted in competitions.

Keywords: Challenger, Futures, Tashkent-Open, ITF Junior Circuit, Djokovic, Federer, Jimmy Connors