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SPRINTERLARNI TAYYORGARLIK JARAYONLARINI INDIVIDUALLASHTIRISH

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ANNOTATSIYA

Maqolada yengil atletikachi yuguruvchilarning yillik sikldagi tayyorgarligini rejalashtirish va tashkil etish masalalari yoritilgan.

Kalit so'zlar: mashg'ulot yuklamalari, qisqa sprint, uzoq sprint, jismoniy tayyorgarlikning o'sishi, jismoniy rivojlanish, somatotip, dermatoglifika.

INDIVIDUALIZATION OF SPRINTER PREPARATION PROCESSES

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ABSTRACT

This article deals with the role and features of moral education to the sportsmen and their patience in the physical training team.

Keywords: training loading, short sprint, long sprint, gain physical preparation, physical development, somatotipe, dermothoglific.