ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723

VOLEYBOL O'YINIGA DASTLABKI O'RGATISH VA UNING MOHIYATI

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АННОТАЦИЯ

Maqolada yosh voleybolchilarning dastlabki o'rgatishni tashkil etish va mashg'ulotni mazmuni, vazifalari, vositalari hamda mashg'ulot olib borish masalalari yoritilgan.

Калит сўзлар: машғулот, техник тайёргарлик, дастлабки ўргатиш, тайёрлов, ўйин малакалари, ўргатиш воситалари, махсус машқлар, ўргатиш услублари, мослама ва ускуналар.

PRELIMINARY TRAINING IN THE GAME OF VOLLEYBALL AND ITS ESSENCE

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ABSTRACT

This article deals with the development of technical preparation, organizing, their training, the aim and task of training, the aids of it.

Keywords: Training, technical preparation, initial teaching, preparation, special exercises, the methods of teaching.