ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723
DOI: 10.24411/2181-1385-2021-00298

UNCONVENTIONAL DEVELOPMENT OF BALANCE ON LAND IN YOUNG KAYAKERS

I. O. Egamberdiyev
Uzbekistan State University of Physical Culture and Sports

ABSTRACT

The huge competition in the international arena in rowing requires a tireless and constant search for new, effective means, techniques, approaches and methods of working with aspiring young rowers. At the same time, it should be noted that insufficient attention is paid to the scientific substantiation of the training process both in adult rowing “masters of paddle” and in young athletes.

Keywords: balance, kayakers, football, bosu, coordination, land