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YOSH KURASHCHILARNING BOSHLANG'ICH TAYYORGARLIK BOSQICHIDA TEXNIK-TAKTIK HARAKATLARINING TAHLILI

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ANNOTATSIYA

Ushbu maqolada yosh kurashchilarning boshlang'ich tayyorgarlik bosqichida texnik-taktik harakatlarining tahlili to'g'risida fikr yuritiladi.

Kalit so'zlar: kurash sport turi, kurash texnikasi, kurashchi, texnik-taktik harakat,qulay dinamik vaziyat, yuqori malakali kurashchi, texnik-taktik mahorat.

ANALYSIS OF TECHNICAL AND TACTICAL MOVEMENTS OF YOUNG WRESTLERS IN THE PRIMARY PREPARATORY PHASE

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ABSTRACT

The article presents experimental data confirming the effectiveness of the developed differentiated method of training sprinters, depending on their individual characteristics.

Keywords: wrestling sports, wrestling technique, wrestler, technique-tactical activity, convenient dynamic positioning, high quality wrestler, technique-tactical skill.