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18-20 YOSHLI KURASHCHILARNING TEZKOR-KUCH SIFATLARINI RIVOJLANTIRISH USLUBIYATI

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ANNOTATSIYA

Ushbu maqolada 18-20 yoshli kurashchilarning tezkor-kuch sifatlarini rivojlantirishda ularning maxsus tezkor-kuch sifatlarini, ularni rivojlantirish usuliyatini aniqlashda o'quv-trenirovkalardagi mashq yuklamalarini ishlab chiqish va ularni rivojlantirish usuliyati bo'yicha trenirovka jarayoni o'rganish yoritilgan.

Kalit so'zlar: kurash, tezkor-kuch, sifat, usuliyat, rivojlantirish, trenirovka, Antropometrik o'lchovlar, tibbiy nazorat, ta'sir vaqti, tezkorlik qobiliyati, yuklama, mashg'ulot.

METHODOLOGY OF DEVELOPING RAPID QUALITY FIGURES OF 18-20 YEAR OLD WRESTLERS

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ABSTRACT

This article describes the development of training loads in the training of 18-20-year-old wrestlers in the development of speed-strength qualities, their special speed-strength qualities, methods of their development and study of the training process on the method of their development.

Keywords: wrestling, fast-power, quality, method, development, training, anthropometric measurements, medical supervision, exposure time, agility, loading, training.