# QISQA MASOFALARGA YUGURISH TEXNIKASI VA UNING TAHLILI

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## ANNOTATSIYA

Ushbu maqolada qisqa masofalarga (sprinterlik) yugurish, uning texnikasi tahlili,sportchining start va startdan chiqishi,masofa bo'ylab yugurishi, hamda, marraga yetib kelishi haqida so'z boradi.

**Kalit so'zlar:** Yengil atletika, qisqa masofa, yugurish, sprinter, texnika

# SHORT-DISTANCE RUNNING TECHNIQUES AND ITS ANALYSIS

## ABSTRACT

This article discusses running short distances (sprinting), analysis of his technique, starting and exiting the athlete, running the distance, as well as reaching the finish line.

**Keywords:** Athletics, short distance, running, sprinter, technique