YOSH KURASHCHILARNING JISMONIY SIFATLARINI RIVOJLANTIRISHDA HARAKATLI O`YINLARDAN FOYDALANISH USLUBIYATI

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ANNOTATSIYA

Maqolada yosh kurashchilarni jismoniy sifatlarini rivojlantirishda harakatli o`yinlardan foydalanish uslubiyati keltirilgan.Kurashchilarning jismoniy sifatlarini rivojlantirish xususiyatlaridan kelib chiqib harakatli o`yinlar tanlab olingan va mashg`ulotlarda keng qo`llanilgan hamda tajriba natijalari qiyosiy tahlil qilingan. Natijalarga asoslanib uslubiy tavsiyalar ishlab chiqilgan

**Kalit so`zlar**: kurash, jismoniy rivojlanish, jismoniy tayyorgarlik, harakatli o`yilar, milliy xalq o`yinlari, umumiy jismoniy tayyorgarlik, maxsus jismoniy tayyorgarlik, texnik tayyorgarlik.

METHODS OF USING MOVING GAMES IN THE DEVELOPMENT OF THE PHYSICAL QUALITIES OF YOUNG WRESTLERS

ABSTRACT

The article describes the method of using movement games in the development of physical qualities of young wrestlers. Based on the characteristics of the development of physical qualities of wrestlers, movement games were selected and widely used in training and comparative analysis of experimental results. Based on the results, methodological recommendations were developed

Keywords: wrestling, physical development, physical training, movement games, national folk games, general physical training, special physical training, technical training.