YOSH SAMBO KURASHCHILARNING BOSHLANG'ICH TAYYORGARLIK BOSQICHIDA MAXSUS O'YINLAR ORQALI JISMONIY TAYYORGARLIGINI RIVOJLANTIRISH

Farhod Abdirayimovich Maxmatqulov
Qarshi muhandislik-iqtisodiyot instituti katta o'qituvchisi
mahmmatqulov.@mail.ru

ANNOTATSIYA

Maqolada yosh sambo kurashchilarning umumiy va maxsus jismoniy tayyorgarlik darajasini oshirishda maxsus o'yinlardan foydalanib, funktsional va asosiysi jismoniy tayyorgarlikni oshirish, bellashuv ko'nikmalarini rivojlantirish, taktik fikrlashni yaxshilash, qiyin vaziyatlarda bellashuv olib borish qobiliyatini oshirish va an'anaviy bo'lmagan usullarni tezkorlik bilan amalga oshirish imkoninyatlarini rivojlantiradi usullari ko'rsatilgan.

Kalit so'zlar: sport, boshlang'ich tayyorgarlik, ko'nikma, sog'lom bosqich ,o'yin vazifalari,sambistlar, muvofiqlashtirish,qobiliyat, texnik faoliyat.

DEVELOPMENT OF PHYSICAL TRAINING OF YOUNG SAMBO WRESTLERS THROUGH SPECIAL GAMES AT THE INITIAL PREPARATORY STAGE

ABSTRACT

The article shows the ways in which young sambo wrestlers develop their abilities to increase functional and, most importantly, physical training using special games in increasing the level of general and special physical training, develop competency skills, improve tactical thinking, increase the ability to compete in difficult situations and quickly implement unconventional methodstiradi.

Keywords: sports-recreationalstage, game tasks, junior unarmed self-defence athletes, coordination skills, technical tasks.