MINI-FUTBOLDA MALAKALI FUTBOLCHI AYOLLARNING INDIVIDUAL MAHORATINI RIVOJLANTIRISH

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ANNOTATSIYA

Maqolada mini-futbolda malakali futbolchi ayollarning individual mahoratini rivojlantirishning metodik usullari keltirilgan. Mini-futbolda malakali sportchi ayollarni tayyorlash amaliyotida alohida-alohida mustaqil, alohida-alohida guruh va alohida-alohida jamoaga bo'lingan individual tayyorgarlikning turli shakllari tavsiya etilgan.

Kalit so'zlar: mini-futbol, individual tayyorgarlik, tayyorgarlik tuzilishi, jismoniy va texnik tayyorgarlik.

DEVELOP THE INDIVIDUAL SKILLS OF WOMEN WHO ARE SKILLED PLAYERS IN MINI-FOOTBALL

ABSTRACT

The article presents the methodological methods for developing the individual skills of women who are skilled players in mini-football. In the practice of training qualified athletes women in Mini-football, various forms of individual training are recommended, which are divided into an independent, separate group and individual team.

Keywords: mini-football, individual preparation, preparatory structure, physical and technical preparation**.**