

THE ROLE OF THE UZBEK NATIONAL STRUGGLE IN WAITING FOR A NEW LEVEL OF DEVELOPMENT AMONG WOMEN

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Students of the Faculty of Physical Culture

Annatation: the results of an anonymous survey conducted among its students are presented, which makes it possible to assess the true attitude of students of the primary and preschool faculties of the institute towards the values of Physical Culture.

Keywords: student, physical education and sports activities, physical culture of the individual, motivation, values of Physical Culture.

Аннотация: представлены результаты анонимного опроса, проведенного среди студентов института, который позволяет оценить истинное отношение студентов начального и дошкольного факультетов института к ценностям физической культуры.

Ключевые слова: студент, физкультурно-спортивная деятельность, физическая культура личности, мотивация, ценности физической культуры.

The Rings of Central Asia have long been the ones that have paid attention to action games. Because, action games have used physical qualities to educate children in every way strong, agile, agile, and energetic. As we talk about action games, action games are being considered as the main tool in organizing educational processes in the field of Physical Culture and sports. It is no coincidence that today O'arakatli games are included in the state educational standard programs on various educational disciplines. For what you say, national action games are so powerful in essence in their permeability, educational significance that it is a force that, at a rapid pace, makes children strive towards their goal. Our national action games, which have such qualities, can be recognized as an area of \ u200b \ u200bThe transformation of the Uzbek national struggle into a universal value.

At the same time, it is necessary to use national action games to take the development of the Uzbek national struggle to a new level, while physical culture and sports do not require the educational process itself. T. from scientists in creating national action games monand to various sports.S.Osmankhodzhaev A.K.Atoev F. A. Kerimov has cited sermazmun works such as raising children as strong, agile, agile and energetic. Today's qunda Ham yukorida is in great demand for the guides of the authors whose names are mentioned. Because, this guide has been serving as the main guide for teachers of Physical Culture and sports coaches. The main ones of the National

Action Games presented in the manual are the arrival of tug of war in wrestling sports and their application in the course and training processes of Uzbek national wrestling.

It is desirable if used in the preparatory and closing parts of the sports training process of the Uzbek national wrestling. In the process of our observations, the organization of a sports training process on the basis of a two - exercise exercise, developed by some coaches from all over the world, without paying attention to action games, has a negative result in the development of wrestling.

From time immemorial, it has long been known to us that in the training process of Uzbek national wrestling, warming up the bodies of wrestlers, training at least 10-12 general and special exercises, in which there is a connection with the revitalization of muscle movements, that is, the weight that falls on the body of khfashers when using action games, In Uzbek national wrestling, it is possible to further improve the use of national action games and achieve the goals that each wrestler sets himself if they go using their new methods. When we supervised the training of the Olympic reserves in the Fargona region, the higher sports skill school, children's and youth sports schools and the wrestling tugarak in higher education institutions, it was anicized by the coaches that there were the following shortcomings:

1. No use of national action games in the tournament training process;
2. Insufficient use of training types in the circuit system, which is a monand to the National Wrestling specialty;
3. The fact that wrestlers do not control such qualities as agility, dexterity, strength, endurance from their physical qualities;
4. The fact that they organize the process of sports training in the old way;
5. In the process of sports training, it is noticeable that the methods of training performed by wrestlers are not sufficiently analyzed.

To eliminate such problems, first of all, coaches who are engaged in activities at the pgu Soha will have to draw up their work plans on the basis of comprehensive pedagogical principles.

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