

MEANS AND METHODS OF FORMATION OF PHYSICAL QUALITIES OF TENNIS PLAYERS

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ABSTRACT

Tennis is one of the most popular sports among children and youth. It not only develops physical qualities, but also requires high concentration of attention, tactical and technical training, and promotes the development of special skills. In this regard, an important direction in the training process of young tennis players is the development of their physical qualities, which provides the necessary basis for achieving high results in a sports career.

Keywords: Physical qualities, tennis, health promotion, training.

INTRODUCTION

Physical training is a very important part of the training process, and it is a process of nurturing the physical qualities of athletes. Physical education is a long-term pedagogical process. It is aimed at developing the general and special physical abilities of the participants, improving their important vital motor skills, enhancing functional capabilities and promoting health. Physical fitness is a product of the physical training process.

General Physical Training

The main task of physical training is determined by the constant improvement of functional capabilities that ensure the dynamics of the development of physical qualities. At the same time, it is aimed at introducing athletes to intense and large-scale training and competitive loads, which gradually increase their specific working capacity and ensure the achievement of high athletic results. Physical fitness is closely related to other aspects of athlete training. The development of speed, strength, agility, flexibility and endurance remain the main prerequisites for mastering sports techniques and tactics. At the same time, solving physical fitness problems leads to the formation of important psychological and moral qualities.

Physical training consists of general and special training. General physical training consists in ensuring high development of physical qualities, creating a functional and physical foundation for proper physical development and comprehensive physical fitness.

During general physical training, the following issues are addressed:

- comprehensive physical development of students;
- promotion of a healthy lifestyle;
- increased functionality;
- improve performance in sports;
- development of basic physical qualities;
- improvement of motor skills and competencies important for life.

Special Physical Training

It is aimed at developing special physical qualities and achieving a high level of improvement in the functioning of the body's functional systems. Solving these tasks is the main condition for achieving high athletic results. Therefore, it occupies a key place in the system of training highly qualified athletes.

Special physical training is aimed at solving the following tasks:

- highlighting special physical qualities;
- development of athletic endurance;
- improvement of speed and strength endurance, taking into account the specifics of the sport;
- improvement of aerobic and anaerobic performance, special physical training actually serves as the physiological basis for achieving high athletic performance.

General physical fitness is important in the initial stages of many years of training, especially when working with children and adolescents. At this time, it is necessary to create the ground for further specialized work. When performing this task, general physical fitness gives way to special physical training.

Individual performance of physical training is explained by the division into several stages, closely related to the periods of formation of a young athlete. From general physical training, a gradual transition to the stage of formation of the athlete's orientation, and from it to the stages of development of special motor qualities at the highest level. The stage of general physical training lasts from the beginning of training to 12 years, the second stage corresponds to adolescence, and the third stage corresponds to adolescence.

The first stage is a very favorable period for the development of speed, agility and flexibility, which are the main characteristics of an athlete.

At the second stage, there will be convenient opportunities for using sufficiently intense exercises. This provides a specialized influence on the development of physical qualities. At the third stage, physical training becomes highly specialized.

The functional capabilities of the youthful body make it possible to use large loads in size and intensity.

An athlete's physical fitness is related to his sports specialty, and the formation of improvement is often associated with a special training methodology and a sports calendar plan. Tennis players or athletes involved in other sports may also have several training sessions during the day. They are divided into basic and additional workouts. The main training session usually solves the main tasks of the day related to technical and tactical training, and compared to the additional training, the loads are planned more extensively in the complex. As part of the additional training, the following tasks can be solved:

- preparation of the athlete's body for solving the main tasks;
- recovery activities after the main workout;
- improving the tasks of the main training in order to increase the effectiveness of the training;
- independent, solving tasks, different from the tasks of the main training.

Usually highly skilled tennis players have two to three training sessions a day.

A special table for training

The first one is before breakfast, the second one is between breakfast and lunch, and the third one is between lunch and dinner. The first training session for professional athletes

corresponds to the period of "morning physical education" for ordinary people. In addition to the simple tasks of waking up from sleep and increasing muscle tone assigned to "morning physical education", athletes must solve the problems of a stagnant, hardened body after active physical exertion of the previous day and a night's sleep.

The tasks of the second and third training sessions are the place of training, the cycle of the training system will consist of the loads set for that day. The world's leading tennis players work 4-5 hours a day.

The second lesson is an hour after breakfast, and it lasts for 2 hours, solving physical training tasks, improving techniques and movements.

The third lesson is held in the afternoon after lunch and rest. In training, tennis players are working to strengthen their technical and tactical movements in combinations in order to be reliable and effective, they return to competitive conditions, so there will be a score match, a friendly match and various games.

Table tennis is an extremely versatile sport. There are times when it is possible to make significant progress with one or two strengths in this sport: improving technique or a certain technical technique, control of the game, willpower and high physical fitness. Undoubtedly, achieving a truly high level of skill in table tennis is impossible without the harmonious development of all qualities, but the path of each athlete to the top of the skill is unique and individual. The technical, tactical and competitive training of a tennis player is very broad, and his time is based on an individual plan.

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