

## ABOUT THE THEORY OF DEXTERITY IN PHYSICAL EDUCATION

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### ABSTRACT

The following article provides information about the theory of dexterity in physical education, its advantages and disadvantages. Ideas about its useful aspects have been put forward.

**Keywords:** Agility, fast, sport, Dexterity, physicality, culture.

### INTRODUCTION

Agility is a key component of physical education that is often overlooked. While many people focus on strength, speed and endurance, agility is equally important and greatly improves overall athletic performance. Agility theory in physical education emphasizes the importance of training for agility and how it affects overall fitness. Agility is defined as the ability to change direction quickly, efficiently and accurately. It is an important skill in many sports and activities, from basketball and soccer to dance and gymnastics. Agility training includes a series of drills and exercises that help improve reaction time, coordination, balance, and flexibility, all of which help improve agility. One of the main aspects of training agility is speed and accuracy of movement. It's about training the body to move quickly while maintaining control and precision. One way to achieve this is the stair drill, where athletes practice moving their feet quickly down a series of steps on the ground. It helps improve footwork and reaction time, which are important in sports like soccer, basketball, and football. Another important aspect of agility training is coordination and balance. This is to teach the body to maintain balance and control while quickly changing direction. Exercises such as single-leg balance exercises and cone exercises can help improve coordination, balance, and proprioception, which is the ability to sense the body's position and movement. In addition, agility training can improve flexibility and range of motion. This is important for athletes to be able to move smoothly through a wide range of motion without injury. Exercises such as dynamic stretching and yoga can help improve flexibility and reduce the risk of injury. Agility training is important not only for athletes, but also for non-athletes who want to improve their overall fitness. It helps improve overall body control, reaction time and balance needed for everyday activities such as walking, running and climbing stairs. By incorporating agility into physical education programs, students can improve their overall fitness and develop important skills that will serve them well throughout their lives. In general, the theory of agility in physical education emphasizes the importance of training in agility as an important component of general physical training. By improving reaction time, coordination, balance and flexibility, agility training can significantly improve athletic performance and overall fitness. By incorporating agility training into physical education programs, students can develop important skills that will serve them well throughout their lives.

The theory and methodology of physical culture (history of physical culture and sports management) as a component of general culture has its own characteristics in socio-cultural

and living conditions. For this reason, in the field of physical education and sports, the history of physical culture and sports management are taught as a science (subject) in higher and secondary special (colleges of Olympic reserves) educational institutions. The importance of this science is great in the implementation of the national personnel training program, state education standards, the state program of a healthy generation, and the processes related to them. The history of physical culture and the science of sports management serve to train specialist personnel and enrich the theoretical knowledge of the population, especially pupils and students. In this, the theory and methodology of physical education, pedagogy, history and other sciences, especially sports sciences (specialization), are closely related and rely on their content, purpose and tasks.<sup>1</sup>

Agility theory is one of the most important concepts in physical education. This theory is based on the system of physical education majors and is based on the performance, experience, knowledge and practice of chosen professions. Agile training allows solving many problems that have arisen in the masses, because with its help, the structural system of people and the type of activity changes. The theory of dexterity is actually not related to the goals set by the state or other organization for people's education system and physical education, but people through youth entertainment and sports, but to the training of physical occupations and its main essence, human enjoyment and sports activities. will be prioritized again. This theory allows a person to have experiences such as self-awareness, time management, confidence, and not being influenced by youth. For this reason, the essence of physical education is the greatest, because a good structural system is formed on the basis of the physical components that show the background in it and the specific relationships between them. The main goal of the physical training system of the theory of dexterity is to increase a person's interest in sports and ensure that he achieves the highest level of commitment and loyalty. Regardless of the goal, it delays the direct education of the complex professions of the sport and the general age with the help of the educational system.

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<sup>1</sup> NIZOMIY NOMIDAGI TOSHKENT DAVLAT PEDAGOGIKA UNIVERSITETI YUNUSOVA D.C. JISMONIY MADANIYAT NAZARIYASI VA METODIKASI JISMONIY MADANIYAT TARIXI VA SPORTNI BOSHQARISH O'QUV QO'LLANMA

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