

DEVELOPMENT OF BADMINTON SPORT IN SCHOOLS

Samadova Uktabar Khasanovna

Teacher at Jizzakh State Pedagogical University

Phone: +998 97 793 54 45

ABSTRACT

This in the article physical upbringing badminton in their lessons teaching, students to class was interest and increase lesson effectiveness, as well as sensitivity and agility teach, time correct distribution methods about statement done.

Keywords: Badminton, wallon (feathers) ball, racket, tactical preparation.

INTRODUCTION

In Uzbekistan physical upbringing and sports state of the policy priority directions within development finding this industry according to personnel training, education the issue of improving the quality my name strategic to the process converted , process done in increasing Education about law, physical upbringing and about sports decisions and Our President by acceptance done decrees us further to work , that's it Homeland prosperity for own our contribution to join encourages. In 2017-2021, Uzbekistan Republic development five priority directions strategy for action was determined. In this children with sports public in a way to engage for the purpose new sports complexes build, existing reconstruction to do about idea was conducted.

Including badminton for other sports as well development for wide in scope opportunities created . Badminton is a sport. for open and indoor sports complexes dry given , old ones Badminton sports game federation opened . Badminton sports game a very interesting sport calculated two thousand year previously appearance was. To sources in ancient times In Malaysia to the body come later In Asia other to countries spread . To history look if we do, someone in sources In Europe in the 16th century Walloon game to the existence witness Badminton is a city in England called Badminton. on behalf of taken to be, feathered ball (walloon) racket with hit a sports game that is played. Game rectangle on the field one by one , in pairs and in mixed form is played .

Many people play badminton. cheerful game and his/her main condition Walloon possible as much as possible more hanging without from catching In fact, professional badminton is highly athletic Badminton is a sport that requires according to not only in sports complexes, but also even more so in schools develop for the purpose circles organization done.

For example, Tashkent city Sergely at school 285 of the district various kind from class outside circles From these circles one of them is "Badminton " sport is a circle . In this circle students from class outside their time productive transfer for the purpose We will be participating in Badminton training . organization in doing step by step from the method we use, that is body heater from exercises then training following in stages continue will reach.

First stage . At this stage students racket and Walloon individually engaged in . In this student racket with Walloon blow giving up This exercise through students racket with to work learns, learns airborne feels the movement . Most importantly, sensitivity increases.

Second in stages group from the method using two the exercise we will do it .

First exercise : students two to the group we will be and of the grid right and to the left we will align . Right on the side student to the opponent in front of him (on the left) Walloon passing own in the group of the row to the end The one on the left student the blow return own in the group of the row to the end standing takes. Exercise this in case continue will, Walloon to the ground not falling need.

In this students each other in Walloon transmission through group with to work they learn , they team for there is strength spending speed increase They learn .

The second in practice the team of the grid right towards Sorry . To the left of the grid one student We will put the walloon on the left . student to the game introduces and to him/her right on the side student blow back, left on the side student's instead of go Walloon returns. Exercise this in a way continue will, in this from the student very distribution learns.

Third stage technician tactical preparation process and in this students with speed, strength, overall physical adjectives we develop, team with work, competition to feel the position, to feel the court, the racket, the ball, the opponent We learn. In competitions opponent against the speed of . own speed, strength correct distribution through to success to achieve We learn. We win. to be and defeat said the concept correct acceptance to do , spiritual not to sink for the child's psyche impact We will play badminton . not only of the youth, maybe big A favorite sport for young people to be I would like to. Youth sports development, achievements to achieve, to the world his country introduction, age adults own health to work for must. Sportsman in the body tissues fast renewal, youth, health, vitality to be preserved reason will be. Exercises through blood rotation improves , brain oxygen goes , spiritual tension energy is lost increases . Badminton sports game young We are family . let's get busy of the sports that will take place one is considered healthy . in the body healthy mind . With sports Stay busy and healthy. let's be , deep our thoughts with our country to prosperity contribution let's go .

REFERENCES

1. Pomytkin V.P. Badminton coach's book. 2012
2. Smirnov Yu. N. Badminton. Textbook for the Institute of Physical Culture.
3. Shcherbakov A. V. , Shcherbakova N.I. The game is badminton. Moscow – 2009.