

## MODERN METHODS OF TEACHING THE TECHNIQUE OF INCREASING THE FLYWHEEL IN THE SPORT OF BADMINTON

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### ABSTRACT

This article covers information on the organization of training from the sport of badminton, as well as technical methods for skillfully introducing the flywheel into play. Increase is a technical element associated with the introduction of the flywheel into the game. The result of playing the flywheel, moreover, the result of the party will also largely depend on the correct and effective raising of the flywheel. Enhancement is the only blow in badminton that an opponent cannot influence. It should be used correctly, both technically and tactically. A skilled player tries to put the opponent in an awkward position from the first shot, to win a point.

**Keywords:** Badminton, flywheel, technique, sports badminton, percussion, physical education, agility, speed, loading, physical qualities, flying speed, pitch.

### INTRODUCTION

Badminton requires a racket, flywheel, sportswear, and a pitch. Beach badminton (which is not sporting) can be played without a net if there is enough open space. Two to five people can play at the same time. If the number of players is even, they must pass the flywheel to each other using a racket while facing each other. In this, it is necessary to strive not to let the flywheel down to the ground as much as possible. When the number of players is odd, the flywheel can be extended not only to the partner, but also across the circle, taking it wider. Regardless of the number of players, the distance between them is required to be on average from three to ten meters. It is necessary to be attentive to the choice of the place of play. It should be flat, and there should be no objects around that could cause bodily injury to players. Before starting the game, it is better to do a little exercise – run, jump, turn arms and legs, and warm up the body while sitting and standing.

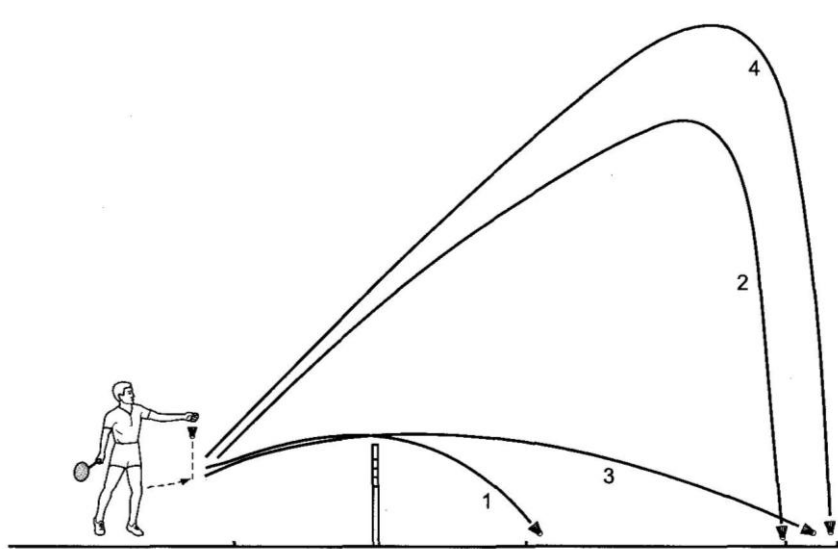
Sports badminton, on the other hand, requires special training and the presence of a special sports field.

The content of sports badminton is that the player must use a racket to inflate the flywheel over the net and throw it towards his opponent, in which the flywheel tries not to land on the side itself, but rather to land on the opposing side. If the opponents are two people, this game is called Singles, and if there are four people, then doubles. A male-female pair can also play against an opponent in the same pair. Such a game is called a mix. The word "mix", translated from English, means "mixed".

## METHODOLOGY

Increase is a technical element associated with the introduction of the flywheel into the game. The result of playing the flywheel, moreover, the result of the party will also largely depend on the correct and effective raising of the flywheel. Enhancement is the only blow in badminton that an opponent cannot influence. It should be used correctly, both technically and tactically. A skilled player tries to put the opponent in an awkward position from the first shot, to win a point.

The main types of Flywheel boosting in badminton are shown in Figure 1. The 3rd and 4th boosts in the figure are depicted for singles matches, but if the pair is lowered into the RAISE return square, it can also be used frequently and effectively in doubles matches.



**Figure 1.** The main types of Flywheel boosting in badminton:

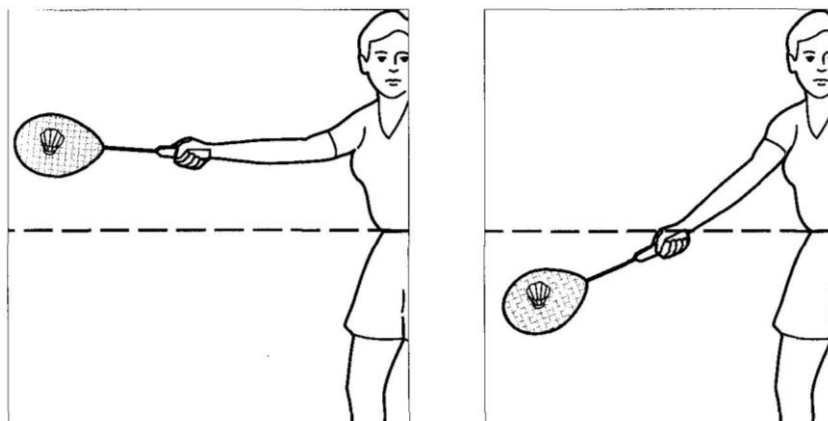
1-short, or low, 2 – high offensive, 3 – flat, 4 – High-remote.

Each party begins with an increase in the flywheel from the right field of the increase. When striking, the racket should only move forward, while the flywheel should be directed diagonally and fall to the limit of the opponent's corresponding increase area. During the impact, it is necessary that the flywheel is below the waist of the booster, while the sterje of the racket is bent downwards. It is impossible to increase the flywheel without the opponent being ready. The opponent is considered ready for the game when they take a certain place and stand on their field without moving.

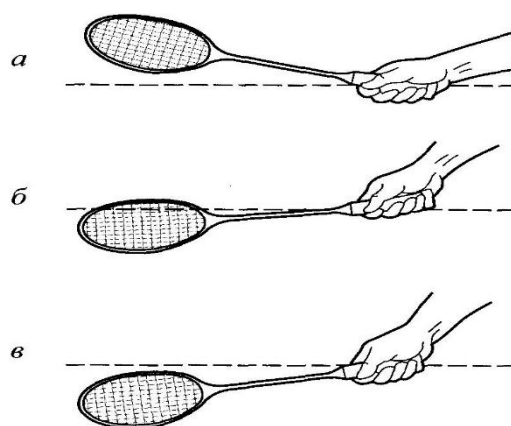
Players who increase the flywheel and receive it must take a place without pressing those lines from the increase fields located on their diagonal, bounded by the incremingg close and distant lines, the central and lateral lines.

In increasing the flywheel, neither the player who increases the flywheel without being hit, nor the receiving athlete (as well as their partners in the doubles event) can slide from the position occupied, stretch their legs off the pitch (the rise of a part of the foot palm is not considered a violation). After the flywheel is increased, both the booster and the receiving athlete, as well as their partners in the doubles event, can take any place on their field regardless of the delimiter lines.

In the process of increasing the flywheel, an error is considered in the following cases: when the flywheel is higher than the waist of the impactor during the increase (Figure 2 );



- when the sterje of the racket is not bent down when hitting the flywheel (Figure 3;



a, b-wrong, v-round.

- if the flywheel did not fly through the net or touched foreign objects (the flywheel that fell on top of the line is considered to have fallen on the pitch);
- if the booster acts deceptively, stops increasing by a second, forcing the receiver to move, and Caine strikes;
- when an increasing or receiving athlete deliberately stretches the preparation for the gain (acceptance).

In singles, most shots, both Hatto low and flat, are awarded with the open side of the racket. The place of implementation of the increase is selected from closer to the middle line of the field, at a distance of 0.1-1.0 m from the front line of the increase.

In doubles, the most effective and convenient place to increase is the position as close as possible to the front line of the increase. The lifting itself, on the other hand, is carried out mainly with the closed side of the racket.

In both singles and doubles, the volan is usually performed in a standing position with the torso. In addition, in doubles, the athlete who increases the flywheel is often raised to the tip of the leg. This will make it possible to reduce the flywheel's wattage, in turn, to reduce the time of the opponent's preparation for an active return of the blow.

In any situation, it is necessary to try to increase the flywheel to the point where the receiving field of the blow is far from where the opponent is. It is necessary to unexpectedly

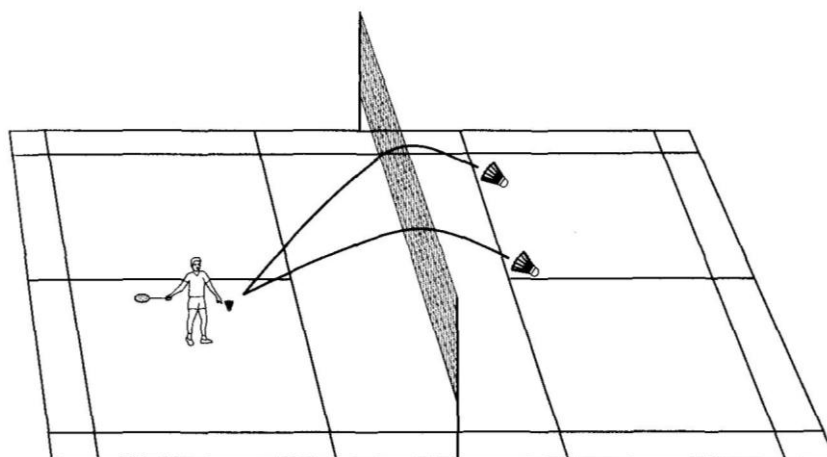


increase to the opposite side, feeling in advance any preparation that the opponent sees for movement. However, it should also be remembered that according to the rules of badminton, deceptive actions with the help of a racket are not allowed when increasing the flywheel.

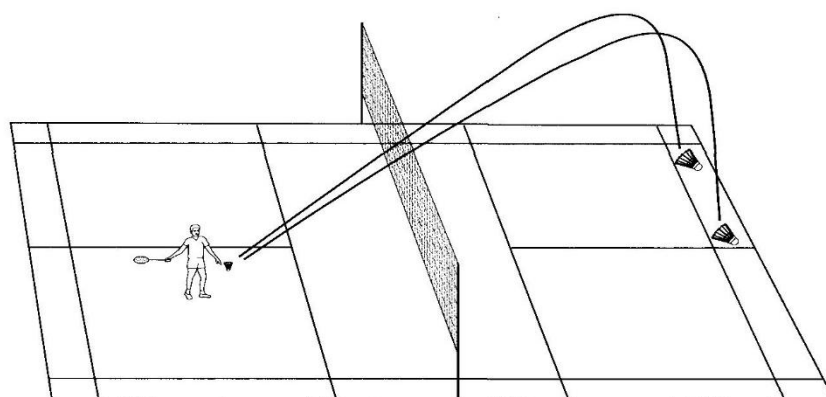
While increasing the flywheel, if the opponent is not yet ready to receive it, he raises his left hand high in an open position towards the opponent of the palm. In this case, the flywheel is not increased until the receiving side lowers its left arm. But at the same time, it is necessary that this player strictly adheres to the rules and regulations of the competition, does not go beyond the time limit allocated for preparation and increasing the flywheel.

Stretching an opponent who is not yet ready to receive a flywheel with the aim of mistakenly increasing, or deliberately increasing it, to gain an advantage in the game, is considered contrary to badminton rules as well as the Badminton Player Code of ethics.

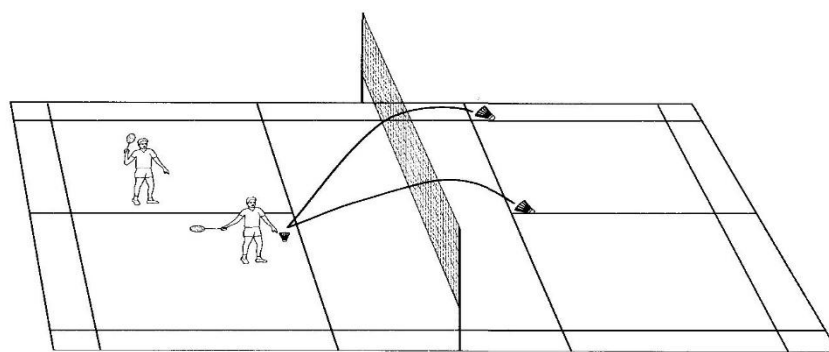
Figures 4-7 show points where the reception of the flywheel of the playing field is relatively difficult, as well as points where it is recommended to direct the flywheel from the right field (from the left field – in a suitable way) during the game.



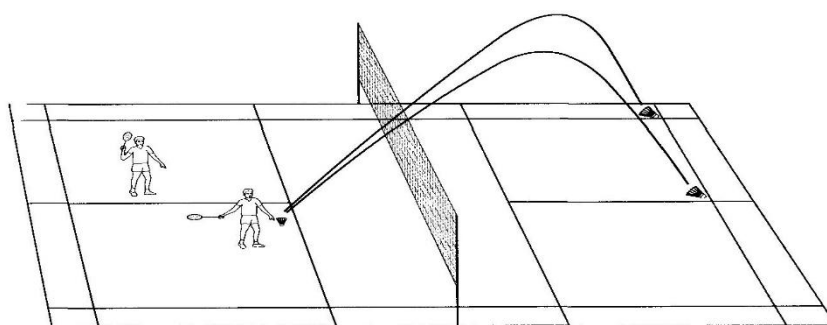
**Figure 4.** The points of the playground where receiving the flywheel is relatively difficult and where it is recommended to increase the flywheel from below in singles competition.



**Figure 5.** The reception of the flywheel of the playground is relatively difficult, and in singles matches it is recommended to raise the flywheel high-end.



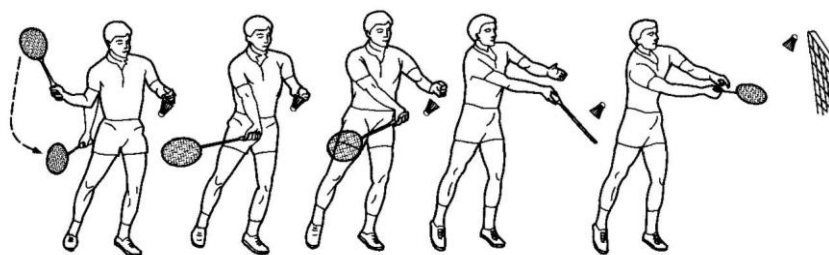
**Figure 6.** The points of the playground where the reception of the flywheel is relatively difficult and it is recommended to increase the flywheel from below in the doubles event.



**Figure 7.** The points of the playground where the reception of the flywheel is relatively difficult, and in the doubles competition it is recommended to increase the flywheel high-end.

Increasing the flywheel begins with a wide kerchief of the arm, in which the center of gravity falls evenly on both legs of the athlete. The left leg is in front, the hand holding the flywheel is at waist height. After that, with the shoulder turned to the right, the center of gravity is taken to the right leg, the hand holding the racket is made back, the paw is opened in such a way that the side of the racket handle should be facing the net. During the shot, the right shoulder and arm move at a downward-upward-forward speed, with the paw holding the racket handle being ahead of its head until the punch. At this point, the flywheel must be released just ahead of itself. The center of gravity is taken to the left leg, the paw holding the racket is quickly straightened, as well as forming a nearly straight line when the racket hits the flywheel. Flywheel tracking is carried out in a way that corresponds to the type of increase (Figure 8).

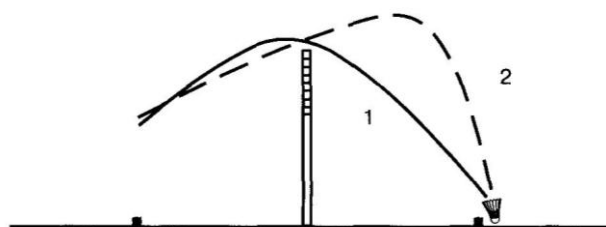
The dynamics of performing such increases is reminiscent of the clockwork spring. The function of the spring here is performed by the athlete's body. At first, The Force is collected in a clockwise turn from left to right, and then in reverse turn, this force is given to the blow. Boosts with the open side of the racket are typical for singles matches as well as for targeting a female opponent in mix matches.



**Figure 8.** Increase with the open side of the racket

Note that when performing different increases with the open side of the racket, the posture is almost the same, and the start of performing the increase is also similar. In different boosts, the same hand kerish is used in order to distract the opponent in terms of the type of increase. Only when completing a short increase is the arm holding the racket nearly straightened, it is ensured that the paw lightly beats and lowers the flywheel, passing over the net to the opponent's increase field next to the increase line. During the implementation of this blow, the racket should move not vertically, but in a more horizontal position. To make it difficult for the opponent to accept a short increase, the blow to the flywheel is given in a sharp and not so strong way. The athlete who gave the flywheel enough initial speed designed the trajectory of its flight in such a way that the flywheel flew low over the net, depriving the opponent of the opportunity to hurriedly strike (Figure 9).

With the open side of the racket, performing a high-altitude, high-attack and flat increase is distinguished from a short increase by the strength of the final shot and more Vola tracking time.



**Figure 9.** Flywheel trajectory:

1 – to 'g' ri, 2 – to 'g' ri

The flywheel can also be given sufficient speed by moving the hand sharply backward in high and flat increments. But it is important that each type of increase begins equally and unexpectedly ends so that the opponent does not know how to expect an increase until the last seconds.

## CONCLUSION

Physical culture is called a kind of general culture, one of the areas of social activity in which a person assimilates, supports and restores his values in the field of physical development in order to realize his spiritual and physical abilities on their own. Historically, Physical Education, First of all, was formed under the influence of its practical need to fully prepare society for labor of the growing generation and the older population. At the same time, according to the level of development of the educational and educational system, it is formed



as a basal factor in the formation of the skills and competencies of the movement. As a result of the scientific and technical revolution, there were complex changes in physical education. It has become an objective need of society and personality, social value, an important part of culture. A qualitatively new stage in the understanding of the content of physical education is associated with its influence on the spiritual sphere as an influential tool of intellectual, moral and aesthetic education. Against this background, the spiritual foundations associated with intellectual and socio-psychological components and with a wide range of needs, abilities and relationships are expressed in each subsystem of Physical Education (Physical Education, Sports, Physical Recreation, movement rehabilitation).

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