

**METHODOLOGICAL FOUNDATIONS OF THE DEVELOPMENT OF HUMAN PHYSICAL QUALITIES**

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**Abstract.** In this article, the movement skills being taught are close to each other in terms of the amplitude and nature of the exercises, and information on the use of movement games that are close to or suitable for the movement technique being taught in this regard.

**Key words:** technique , is many preparation , preparation pressure , training , speed - strength , maximum and near-maximum speed.

Physical education and sports are related to the laws of change of physical qualities, functional and psychological capabilities in the ontogenetic development of human physical development.

The process of developing physical qualities is a priority and integral part of the training system of various qualified athletes. Many studies show that the effectiveness of development of these qualities determines the speed of acquisition of motor skills.

In recent years, special attention has been paid to the issue of increasing the complexity of the elements or developing and improving the physical qualities of athletes [1,2,3,4,5,6,7,8,9,10,11,12,13].

Physical to exercises initial to teach in the process children's coaches mostly cases to problems face coming observed stands \_ Including even \_ the most to the simple element technique in teaching certain physical of adjectives development level is relied upon. But often of these qualities development level of gymnastic elements that are effective mastery enable does not give So in the situation usually two in the direction organize to be done special from training use recommendation will be done . This type of training from directions one this movement ability formation , the second movement skills education \_ Note done tasks separately independent and together solution reach from possible strictly nazir, according to physical too one on the way development necessary will be Modern exercises efficient assimilation priority in terms of economized physical preparation depends. Physical preparation common and special physical adjectives development includes [14,15,16,17,18,19,20,21,22,23,24].

Specialist scientists to his opinion according to initial preparation stage engaged in in students at this age comfortable passing physical qualities, including speed, strength, agility, agility and separately coordination adjectives to develop it is necessary

This physical adjectives in development their which to one superiority with approach in the matter of specialists opinion different. A group specialists qualities of speed, quickness - strength and coordination ability accent to give that it is necessary they emphasize. They are like that superiority of these qualities to be given to the age characteristics of children proportionate the fact that with they explain. Other one group scientists physical adjectives between organic dependence attention received without this age in children all adjectives equal to development importance attention they look

With that one in line students physical of preparation main physical qualities different direction, including physical \_ to the elements suitable in the direction learning according to held studies free no the fact that observed.

Strength and quickness - strength qualities education \_ Modern sports training quality of power in practice incomparable important has \_

Sportsman how movement if he does , this action efficiency with power depends. In addition, the force is technical and tactical psychological preparation in the process main factor being service does \_ Strength training of students with complicated physical elements appropriation between organic connection presence confession done[25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50].

Some researchers bring up more difficult has been relative technical results of force positive effect that it will those who identified

Note done from the data apparently qualities of strength to develop directed exercises classified way children and teenagers in training full shed apply can. With that one in line considerate place is 6-9 years old athletes son qualities of strength in children which in the direction development necessity enough level proof not done

The majority scientists speed - strength skills learning as a result their intense growth from 9-10 years starting from 13-14 years old continue is enough said to the conclusion came.

School in their students agility strength skills certain movement qualifications execution in reaching maximum muscle of strength short time between manifestation to be with explained [51,52,53,54,55,56,57,58,59,60,61,[62,63,64,65,67,68,69,70,71,72,73].

Physical preparation formation within promptness quality development separately important has \_ Because exactly movement quickness with only in athletes in top sports too own expression finds \_ According to a number of experts, the most favorable period for developing the quality of speed is 9-13 years old. It is known that one of the effective means of developing movement speed is running. Offers a 20- to 60-meter sprint to develop maximal and near-maximal speed. Some researchers have come to the conclusion that running at maximum speed does not always have a positive effect on children's bodies.

Many experts said that it is desirable that the speed exercises should be similar in terms of their amplitude and nature to the movement skills being taught. According to them, it is possible to use games with movements that are close to or suitable for the movement techniques being taught in this regard.

The quality of endurance is also considered very important in the preparation of students [74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96].

In recent years, due to the growing age of the athlete, static elements in free physical combinations are losing their place.

According to S.R. Uraimov's point of view, the disappearance of such elements or the fact that athletes do not have the skills to skillfully perform static elements is explained by their physical immaturity. Experience shows that trainers, in most cases, start training in static exercises during the training period of a candidate for master of sports program. But as mentioned, it is necessary to pay attention to strength training, including static strength exercises, from childhood. According to these expert scientists, childhood athletes can successfully master complex static elements.

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