

THE IMPORTANCE OF USING TABLE TENNIS IN DEVELOPING FLEXIBILITY AND PHYSICAL QUALITIES IN HIGHER EDUCATION STUDENTS

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***Annotation.** Physical education and sports play an important role in the comprehensive mental, moral and physical development of the growing younger generation, and the formation of feelings of courage, patriotism, loyalty and honesty in them is one of the urgent issues of today. The article discusses the importance of table tennis in the development of physical qualities in higher education students.*

***Keywords:** physical quality, flexibility, agility, mental, physiological, psychological, table tennis, sports equipment*

At the initiative of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev and under the leadership of our state, great attention is being paid to physical education and sports. In particular, the decrees and resolutions of June 3, 2017, No. PQ-3031 "On measures for the further development of physical education and mass sports", and March 5, 2018, No. PF-5368 "On measures to radically improve the state management system in the field of physical education and sports" focus on issues related to strengthening the health of the population of our country, increasing physical fitness, and forming a healthy lifestyle.

The President of the Republic of Uzbekistan Sh.M. Mirziyoyev named 2021 the "Year of Supporting Youth and Strengthening the Health of the Population". We all know that the role of physical education and sports in forming a healthy lifestyle in society and strengthening the health of the population is incomparable. It is an extremely important condition for the formation of the physical and spiritual health of the younger generation growing up in our country, instilling in them the desire for a healthy lifestyle and a love of sports.

The head of our state put forward 5 important initiatives to establish a new system of work in the social, spiritual and educational spheres. The second initiative is aimed at creating the necessary conditions for the physical training of young people and their ability to demonstrate their abilities in sports. Using the opportunities created in this way, we need to involve our young students in various areas of sports, depending on their interests, and prepare new champions from them. In this regard, I would like to cite the following thoughts of the head of our state, Shavkat Mirziyoyev, as an example: "There is no child without abilities in the world, our main task is to be able to see this ability, analyze it, improve it, and, based on the abilities of students, direct them to a profession or craft."

The benefits of physical education are numerous, helping young people grow into responsible adults who understand the importance of a healthy lifestyle.

On February 13, a videoconference meeting was held under the chairmanship of the President of the Republic of Uzbekistan, Chairman of the National Olympic Committee Shavkat Mirziyoyev on measures to bring the Olympic and Paralympic movement, specialized and mass sports to a new level, and increase the physical activity of the population.

The intention of every parent, every nation is to raise a physically and spiritually mature generation. And this cannot be achieved without physical education and sports. Sport is the pillar of a healthy nation and a healthy generation.

To form a healthy lifestyle in our society, to create conditions that meet the requirements of the time for the population, especially the younger generation, to regularly engage in physical education and mass sports, to develop in young people their will, strength, agility, and confidence in their capabilities through sports competitions, to cultivate feelings of courage and patriotism, and loyalty to the Motherland. Today, the game of table tennis is popular in all developed countries, and to educate the younger generation as spiritually mature and physically fit people.

In order to maintain and further improve their position in the international sports arena, coaches and athletes need to use in practice the results of the latest scientific developments in biomechanics, physiology and other disciplines related to the system of athlete training, and to systematically improve the system of developed training methods based on the generalization of the experience of the world's strongest tennis players. Table tennis is a very popular game all over the world, millions of people are engaged in table tennis.

Great art is needed to play table tennis well. Ease and speed of movements, speed of attacks and selflessness of defense, technical surprise and intelligence. Achieving high results is impossible without the comprehensive physical development of the athlete. This is done during training throughout the year, which is aimed at the consistent adaptation of the body to intensive loads and improving the moral qualities of the tennis player.

To develop muscle strength in tennis players, it is necessary to take into account the specifics of the game of table tennis, which requires agility, speed and endurance. Therefore, excessive passion for exercises that develop strength can deprive the player of elastic movements, the sharpness of the ball's feel. Exercises should be varied and develop all muscle groups. Exercises that develop strength should be alternated with exercises that help improve flexibility, elasticity and coordination of movements.

Speed allows a tennis player not only to avoid unnecessary movements, but also to increase the speed of the game. The speed of movement depends on the flexibility of the joints, the strength and elasticity of the muscles, the activity of the athlete's nerve centers, as well as his endurance, the perfection of sports technique and strong-willed qualities. The expediency and rationality of movements are of particular importance for increasing speed. This is provided by the best start, work with throws, acceleration, as well as basketball games and special exercises.

Endurance is of great importance in table tennis. Often, players who do not have good equipment and endurance, having won the first games brilliantly, in the

second half of the competition lose the accuracy of their blows, they lose concentration, normal breathing changes, they become restless and sweat.

Table tennis (ping pong) has many health benefits. It helps improve physical and mental health, as well as reducing stress and improving concentration.

Benefits of playing table tennis:

Physical benefits:

Table tennis strengthens the cardiovascular system, tones muscles, and increases mobility. It is a light exercise that is suitable for people of all ages.

Mental benefits: Table tennis helps develop concentration, quick decision-making, and hand-eye coordination. Speed and strategic thinking are important during the game, which activates mental activity.

Social benefits: Table tennis is a good tool for playing with friends and family. It facilitates communication and improves team spirit.

Stress reduction: Table tennis training helps reduce stress. During the game, the body releases endorphins, which can improve mood and relieve stress.

Concentration: Playing table tennis requires focus and concentration. This ability is also important in performing tasks in everyday life.

Most of these skills are easy, fast and perform various movements quickly and using game techniques, using technical styles and methods of the game. The tennis player must have his body in order to perform a series of strokes from different positions. This flow of complex technical methods of the game requires economical savings.

Three periods are known in the tactics of the development of table tennis. The first is the probiotic of tactical methods, but was distinguished by a long-term pie of the ball; The second is tactical, but was built separately for one Udrot or left and cutting the defense; The third is the modern period, but is based on the ability to use various well-developed techniques in the game of drainage and counterattack.

Thus, in modern offensive tennis, active attack and counterattack tactics, combined with short-term active defense, are an auxiliary tool for winning. Tactics require tennis players to clearly organize their actions in a competition, implementing a special tactical plan. It is useful to analyze the techniques of their opponents in detail by drawing up a tactical plan. The plan should be simple and clear. It should take into account not only the general tasks of tactics, but also the ways to score a goal. It is necessary to create such conditions in the game that, using its strengths to the fullest, it will weaken the opponent, if possible. It is important to stop unexpected moves that are not the most dangerous for the opponent. In table tennis, the stylistic features of the technique play an important role, requiring a variety of tactical options. Regular training of a previously developed tactical plan increases the level of the tennis player's game in sports.

In conclusion, table tennis serves to strengthen human health. It develops agility, eye-sight, quick thinking in a person, that is, all the qualities that are needed in everyday life. Its attractiveness lies in the fact that people of different ages have the opportunity to compete for victory in this sport, and the youngest or strongest do not always win, much attention is paid to skill, agility and coordination. Table tennis is a great way to spend an active time for everyone who prefers serious training and who picked up a racket for the first time in their life.

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