

## DEVELOPING THE ABILITY OF TABLE TENNIS PLAYERS TO MAINTAIN BODY BALANCE AT THE INITIAL PREPARATORY STAGE

**Yo'ldashaliyeva M.I.**

Uzbek State University of Physical Culture and Sports

Student of the Faculty of Sports Games

### ABSTRACT

This article reveals the role of the body balance maintenance function in the process of initial training in table tennis. A poorly formed statokinetic reaction is highly likely to weaken the pace of mastering table tennis skills.

**Keywords:** table tennis, preliminary training, balance, stability, statokinetics, vestibular analyzer.

## РАЗВИТИЕ СПОСОБНОСТИ ИГРОКОВ В НАСТОЛЬНЫЙ ТЕННИС СОХРАНЯТЬ РАВНОВЕСИЕ ТЕЛА НА НАЧАЛЬНОМ ПОДГОТОВИТЕЛЬНОМ ЭТАПЕ

**Йўлдашалиева М.И.**

Узбекский государственный университет физической культуры и спорта

Студент факультета Спортивных игр.

### АННОТАЦИЯ

В данной статье раскрывается роль функции поддержания равновесия тела в процессе начальной подготовки в настольном теннисе. Слабо сформированная статокINETическая реакция с высокой вероятностью ослабит темп овладения навыками настольного тенниса.

**Ключевые слова:** настольный теннис, предварительная тренировка, равновесие, устойчивость, статокINETика, вестибулярный анализатор.

### RELEVANCE

This is what is noticeable during the observation of the training carried out in the groups of elementary sports training, when most trainers give priority to the formation of technical and tactical skills, the main focus in the training process. Leading specialist scientists of the field emphasize, first of all, the need to develop physical qualities in a proportional order in order to intensively master the technical and tactical methods inherent in the chosen sport. But it is also known that while the coordinate of the

character (accuracy as well) is controlled according to physiological laws on the basis of the integral activity of almost all analyzers, its perfection (stability) can be ensured by the center-vestibular analyzer, which controls the balancing function. Therefore, in children who have "stepped" on Table Tennis, regular formation of the function of maintaining the static and dynamic balance of the body creates the opportunity to intensively master tennis skills, which are taught.

Today, a number of mistakes and shortcomings can be seen in the process of performing technical and tactical actions and physical exercises in the initial preparatory classes of children who have already started playing the sport of Table tennis. This is evidenced by the weak development of the functional capacity of the vestibular analyzer in athletes who have started playing table tennis. It is known that during long training and competition games in table tennis, table tennis players often perform fast movements performed in extremely sharply changing directions – maximum acceleration to short intervals and elements such as sharp stops, turns-turns, bends-turns, bends-turns as an integral load, affecting primarily the control function of the vestibular analyzer, causing a violation of balance. This causes athletes to get tired quickly during training and misappropriation of the loadings given. To avoid such frustrating processes, to properly master the sports techniques and loads of tennis players, to achieve victory by achieving high sports results in sports competitions, requires the coach to properly organize sports training, distribute the loads based on the physical capabilities of those involved, and as a result, the opportunity is created by tennis players at the initial stage of. From the above data, it can be recognized that table tennis players who are engaged in the initial preparatory stage will have limited chances of maintaining a static and dynamic balance due to the weak formation of the neural receptor of the vestibular analyzer. Such a statokinetic and vestibulosomatic reaction had a negative effect on the accuracy of the ball targeting coordination Hamda. Therefore, it is of important practical importance to find a targeted bleach for the function of static and dynamic balancing from childhood in order to ensure the effectiveness of the initial training in table tennis, especially the Coordination of movement and the formation of its accuracy.

### REFERENCES:

1. Иванова Г.П. Биомеханика тенниса/учебное пособие. «Санкт- Петербург» 2008-35-43 с.
2. Холодов Ж.И. Кузнецов В.С. Теория методика физической культуры и спорта/ учебник. М. « Академия» , 2014- 319-381с.
3. G‘aniyeva M. Y., Yo‘ldashaliyeva M. I. DEVELOPMENT OF THE TECHNIQUE INTRODUCTION OF THE BALL INTO THE GAME AT DIFFERENT POINTS

WITH THE HELP OF SPECIAL EXERCISES //World Bulletin of Social Sciences. – 2023. – T. 23. – C. 1-3.

4. Yo‘ldoshaliyeva M. I., G‘aniyeva M. Y. PSYCHOLOGICAL SIGNIFICANCE OF STUDYING THE PRIORITY QUALITIES OF TABLE TENNIS PLAYERS //British Journal of Global Ecology and Sustainable Development. – 2023. – T. 16. – C. 81-84.

5. G‘aniyeva M. YOSH STOL TENNISCHILARNING MUVOZANAT SAQLASH QOBILIYATLARINI O‘RGANISH VA UNI RIVOJLANTIRISH SAMARADORLIGI //Центральноазиатский исследовательский журнал междисциплинарных исследований. – 2022. – Т. 2. – №. 11.

6. Ёўлдошалиева М. И., Ганиева М. Ю. Важность использования подвижных игр при обучении технико-тактическим движениям юных игроков в настольный теннис //INNOVATIONS IN TECHNOLOGY AND SCIENCE EDUCATION. SCIENTIFIC JOURNAL.–ISSN.