

## MALAKALI SPINTERCHILARNING SPORT MASHG'ULOTLARINI RIVOJLANTIRISHNING USULLARI

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### ANNOTATSIYA

Mazkur tadqiqot ishida kirish qismi, tadqiqotning maqsadi, tadqiqotning vazifalari, yangiligi va nazariy amaliy tomonlari yoritilgan. mamlakat va xorij adabiyotlari va internet materiallaridan foydalanilgan. Maqolada malakali sprinterchilarning sport mashg'ulotlarini rivojlantirishning usullari yoritib berilgan. Mazkur ishda nazorat (NG) va tadqiqot (TG) guruhining natijalari tahlil, tajribadan olingan ma'lumotlar, xulosalar, adabiyotlar ro'yxati berilgan.

**Kalit so'zlar:** yugurish, qisqa masofalar, texnik tayyorgarlik, pedagogik eksperiment, mashg'ulot texnikasi.

### METHODS OF DEVELOPING SPORTS ACTIVITIES OF QUALIFIED SPRINTERS

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### ABSTRACT

The introductory part of the research, the purpose of the research, the objectives of the research, novelty and theoretical and practical aspects are described. National and foreign literature and Internet materials are used. This article gives you a brief overview on how to become a professional sprinter. In this work, the results of the control (NG) and research (TG) group are analyzed; experimental data, conclusions, and a list of references are given.

**Keywords:** running, short distances, technical training, pedagogical experiment, teaching methods.