

YENGIL ATLETIKA SPORTINING SAKRASH QOIDALARI

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ANNOTATSIYA

Maqolada yengil atletika sporti bilan shug'ullanuvchi atletlarning musobaqa va tayyorgarlik jarayonlarida kerak bo'ladigan usullar va sport qoidalari haqida ma'lumotlar keltirilgan.

Kalit so'zlar: sakrash, yugurish, tezlik, sport, uchish, harakat, mushak

ABSTRACT

The article contains information about the methods and sports rules of the athletics sports in the competition and preparations.

Keywords: jump, run, speed, sport, fly, muscle, muscle