

# General And Special Physical Training. Physical Qualities Required By Table Tennis Players

**Scientific supervisor: G'anieva M.Yu.**

**Student: Yuldashaliyeva M.I.**

**Student: Azimova S.R.**

*Uzbek State University of Physical Culture and Sports*

*Uzbekistan, Chirchik*

*E-mail: [marhaboganiyeva92@gmail.com](mailto:marhaboganiyeva92@gmail.com)*

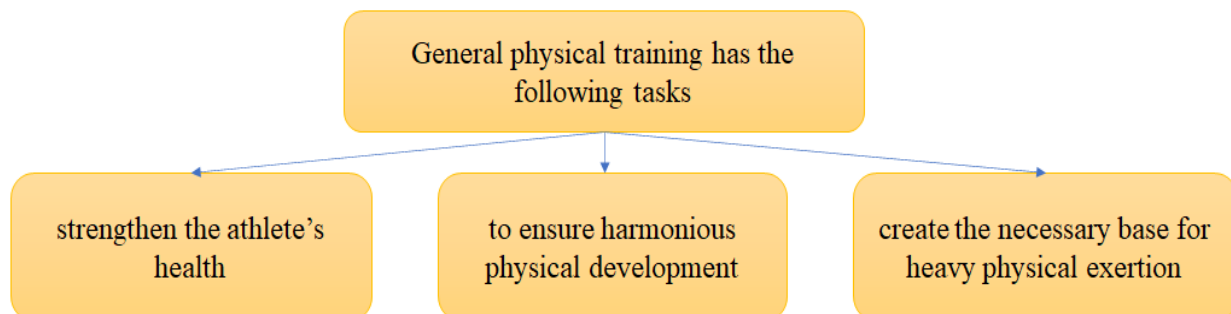
## Annotation

This article presented information on the general and special physical fitness necessary for table tennis practitioners and on the importance of developing these qualities in different ways. Also, important aspects of these preparations are highlighted in the development of the level of physical fitness of table tennis players.

**Keywords:** *general and special physical training, psychological training, strength, agility, jumping, running, jumping, swimming, sports games.*

**Introduction.** Physical training is divided in turn into general and special.

The general physical training of tennis players presupposes the versatile development of physical qualities.



The means of general physical training include walking, running, jumping, swimming, cycling, skiing, as well as all kinds of sports and outdoor games.

Special physical training - involves the development of physical abilities necessary for tennis. Special physical training should be brought as close as possible to playing tennis. The successful solution of the tasks of physical fitness of a tennis player largely depends on the skillful selection of funds, on the correct ratio of general and special physical training in the process of long-term sports.

**Relevance of the topic.** The complex of physical qualities necessary for a tennis player includes flexibility, strength, speed, jumping ability, agility and endurance. All of them are closely interrelated and manifest themselves during the game in specific forms. So, speed is directly dependent on flexibility and strength, and strength, in turn, depends on these two qualities.

The ability to relax is also essential in physical training, on which the

development and manifestation of all physical qualities largely depend.

The development of the qualities of a table tennis player is mainly carried out with the help of complex tools. Examples of such means are jumping, running, goalkeeper exercises. Basically, the qualities are manifested in the game directly through the technique. For example, jumping ability manifests itself in the ability to perform left-handed punches in high jumps, and right-handed and left-handed punches in long jumps. Therefore, it is necessary to develop qualities taking into account the specifics of the technique as a whole and each technique separately.

Physical training is carried out with the help of basic and preparatory exercises. The first includes the game itself and a variety of game exercises, the second – general developmental and special exercises. First of all, classes in other sports are used as general developmental ones: gymnastics, basketball, volleyball, hand ball, football, athletics, acrobatics, skiing, swimming (meaning the selective use of certain sports and borrowing individual exercises from them). Special preparatory exercises are aimed at developing qualities, in relation to game actions, techniques.

**Conclusion.** Examples of such exercises can be throwing, carried out with movements close to percussive movements when serving. The importance of basic and preparatory exercises for the development of various qualities is not the same. Thus, the development of motor reaction speed is carried out mainly through basic exercises, while the development of flexibility is primarily through preparatory exercises. At the same time, it should be borne in mind that not every game exercise can serve as an effective means of developing the necessary physical qualities. So, playing at the back line at a slow pace, without using strong, unexpected blows, will not contribute to the development of such qualities as speed and dexterity. For physical training, it is necessary to use game exercises that require the highest manifestation of physical qualities.

#### LIST OF USED LITERATURE

1. Холодов, Ж. К. Теория физического воспитания и спорта : учеб. пособие для студентов высш. учеб. заведений / Ж. К. Холодов, В. С. Кузнецов. – 2-е изд., испр. и доп. – М. : Академия, 2001. – 480 с.

2. М.Ю. Фаниева, Стол тенниси билан шуғулланувчи талаба-ёшларни жисмоний ривожланишининг тузизлиши ва таҳлили // Спортда илмий тадқиқотлар. Илмий-назарий журнал – 2023. - № 4. – 42-45 б.

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. – Т. 23. – С. 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. – Т. 16. – С. 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. Арзикулов Д. Н., Ганиева М. Ю. СПОРТЧИЛАРНИ ПСИХОЛОГИК ЖИХАТДАН ТАЙЁРЛАШНИНГ ИЖТИМОЙ-ПСИХОЛОГИК МУАММОЛАРИ //Fan-Sportga. – 2020. – №. 4. – С. 73-75.

7. G'anieva M. Y., Azimova S. R. THE EFFECTIVENESS OF OUTDOOR GAMES IN THE DEVELOPMENT OF CHILDREN'S MOTOR ACTIVITY //International Bulletin of Applied Science and Technology. – 2023. – Т. 3. – №. 12. – С. 210-213.

8. G'anieva M. Y., Abduxalilova S. T. SAFETY PRECAUTIONS AND INJURY PREVENTION AT TABLE TENNIS TRAINING SESSIONS //British Journal of Global Ecology and Sustainable Development. – 2023. – Т. 23. – С. 25-28.

9. Ганиева М. Ю., Абдухалилова С. Т. ЗНАЧЕНИЕ ПОДВИЖНЫХ ИГР В СОВРЕМЕННОМ СПОРТИВНОМ ДВИЖЕНИИ //Innovations in Technology and Science Education. – 2023. – Т. 2. – №. 17. – С. 197-201.

10. 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. – Т. 16. – С. 81-84.

11. Йўлдошалиева 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.