

With Great Tennis of Those Involved Psychological and Pedagogical Skills Formation

Abdimannob Mukhidinov

Lecturer of the Department of Exact and Natural Sciences

Fergana State University

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ABSTRACT

This in the article of the great tennis sport place and duties, with great tennis of practitioners psychological and pedagogical skills formation issues will be lit.

Introduction

Our country independent from being after to sports attention more increased. Our country athletes the world in the arenas Uzbekistan the flag high raises our country honor protection by doing they are coming Not only that even a city village young people between also physical education and to sports attention directed.

Physical education with engage in person healthy to be taken if it comes, with sports engage in person physical qualities increases and high results to show take will come and empty the time useful to training spend does _ One of those sports one big is tennis. Tennis is a great sport as Uzbekistan of the 20th century in their heads come in came. [1,2]

Big of tennis present of the day development not only in our country, abroad in many countries is high. In our republic, abroad countries big on tennis big competitions are being held. That's it to competitions preparation vision, technical and tactical aspects qualified coaches using mastery of an athlete high results to show take will come but tennis players for technical and tactical cases himself _ scarcity won't you? [3,4]

Tennis player for psychological preparation of course important _ Competition in the process athlete's spiritual preparation level pond that he gave due to, opportunities limited remains and as a result defeat of course taste to see forced will be.

In tennis player's physical preparation with together strength, agility, quickness, flexibility

and endurance such as physical qualities by increasing go to them spiritual and voluntary qualities and special spiritual opportunities improvement it is necessary

Physical adjectives bring up physical education is considered a process. Physical adjectives in education; For example, tennis player exercises cup times technical extension in order to repeat, that's it of time both strength and endurance and promptness such as physical qualities is brought up. The method perform in the process very fast movement good the result gives Method study in the process will receive to fatigue regardless known one in moderation to engage continue delivery as a result endurance quality increases. Like that method perform in the process bending down executable methods and special bent over executable exercises flexibility increases. This is a tennis player for important is a process. [5,6]

Psychological preparation Sports to himself feature or of a sport separately departments, athletes to the psyche to be placed requirements own footprints leaves with great tennis engaged in in people victory for necessary at the time there is strength to give and there is strength collect to know such as adjectives is characterful. If in tennis players distrust there is these are so it is risk to do forced will be of this result everyone Time also pays off can't Athletes psychological preparation their spiritual the situation, to himself has been confidence increases. For example: to an athlete opponent about, his methods, strength, character about data giving:

1. To the opponent relatively an athlete victory to do to feel confidence; in this sportsman learned effectiveness of methods and they are on relentlessly training take that he went nice to do that as a result comfortable in the situation which performs method the result to give trust harvest to do need will be [7,8]

2. The opponent perform possible has been methods in advance learn that to methods against method perform reaction increase (this also includes tactics).

3. Sportsman in training asset actions, training results and in competitions achieved the rest achievements remind spirit refreshing[13,14,15].

4. Athletes spiritual from preparations again one reflection, that is competition during of the game how to go to know ability is considered Tennis player for opponent who fulfills his opinion actions, home methods, its left and right from the side which performs methods activity speed with analysis to do and speed with against to the answer ready to be wake up it is necessary [9,10,21,22,23,24]

5. His opponent emotion face from his actions which actions real and which actions fake that knowing stand up to the athlete own on time in defense to be and against to attack to pass possibility gives.

6. Spiritual preparation in the process athletes own situations, feelings right to evaluate and them of movement functional possibilities with to connect to teach necessary

7. Muscles full and fast relax get to the athlete competition in the process own of possibilities full use to get help gives Muscles efficient relaxation, athlete own attention one instantly collect take for and very difficult in the circumstances high efficient actions perform for conditions gives birth.

8. Sportsman whole his opinion competition to the process towards to know, to think one to the place collect. [11,12]

Summary by doing in other words, many of athletes in competitions laziness or failure them too much except from being excited come comes out in the competition insecurity methods until the end not to fulfill take will come of this as a result done method for applied against method face will come and defeat meeting can.

Athletes spiritual readiness increase their also depends on the character. These processes done increase qualified and experienced teacher of coaches the work it also depends on styles

Some cases of coaches to his students relatively the psyche raise for who uses one how many methods our observation can:

- Spiritual and voluntary readiness increase _
- Attention one to the place ball gown _
- To the goal desire
- To victory confidence wake up
- To the opponent chance without leaving movement to do encourage
- When tired also obedience with the competition continue to continue encourage
- His own control to do to teach
- To the opponent indifferent not to be reminder

Sportsman styles the result to give convince, explain and opponent styles knew cases while to him against methods to use recommendations give, result good to be notice with the psyche raise.

Of these all of them to victory take coming are factors. [12,16,17,18,19,20,21]

Conclusion

Above scientific studies to the results based on as follows conclusions to do can:

- " Big tennis" concept, terms each one of the nation language in the composition historically formed and developed is coming
- " Physical in the field of culture concept and terms Uzbek _ of linguistics important scientific research define as the direction;
- " Physical of the field of culture concept and terms of the population diary to his life deep in absorbing, their knowledge deepening through physical movement deeds with diligently in being main of the factors is one In this regard education in institutions physical culture science in education education processes leader of the factors is one That's why for field according to different different dictionaries, explanatory dictionaries work exit necessary.

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