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TECHNOLOGY FOR DEVELOPING ARM AND LEG STRENGTH IN YOUNG TENNIS PLAYERS

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ТЕХНОЛОГИЯ РАЗВИТИЯ СИЛЫ РУК И НОГ У ЮНЫХ ТЕННИСИСТОВ

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Introduction. In sports practice, the development of strength quality is carried out in at least 3 interrelated directions: maximum strength, and strength endurance, topographically, strength development is divided into many directions. For example, the strength of the muscles that bend or record the body, the strength of the muscles of the legs, torso, back, abdomen, shoulders, etc. In general, the mentioned types of strength and muscle strength of body parts are of special importance in all sports. However, depending on the nature of each sport, when and how to develop them is a very important issue from a scientific and methodological point of view.

Research objective. Regardless of the type of sport, training aimed at developing strength is associated with free and counter tension with various weights (dumbbell, stone, exercise machine). However, the training includes sports exercises and means of "relaxing" the muscles or giving them active rest. The organization of training in such an order is one of the main principles of sports training, which prevents the muscles of sportsmen from straining and ensures their progressive development.

Methods of research organization.

1. Learning the experience of using mobile games in the development of strength quality;
2. Determining the efficiency of 11-12-year-old tennis players' development of limb strength with the help of moving balls.

The following tests were used in the research:

1. Pulling on the turnstile;
2. Bending and writing the arms in a horizontal position;
3. Vertical jump from place;
4. Carrying a load of 15 kg on the shoulder;

Individual indicators of the level of strength quality development in young tennis players

№	Examinees	1	2	3	4
1.	Akbarov E.	4	7	32	5
2.	Jumayev I	2	8	30	4
3.	Ergashev Sh.	2	6	30	6

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4.	Xolmatov S.	5	7	28	5
5.	Isayev A.	1	6	36	4
6.	Musayev X.	3	9	40	6
7.	Akramov X.	2	11	35	4
8.	Djurayev F.	1	9	33	4
9.	Asqarov I.	0	6	34	6
10.	Mahkamov S.	2	6	30	5
11.	Fozilov M.	3	7	36	4
12.	Hamidov U.	2	6	34	6
	Average:	2,09	7,33	33,2	4,91

However, according to the results of scientists, tennis players of this age have 2.6-3.2 times pull-ups on the horizontal bar, 8.3-10.7 times horizontal arm flexion, and 43.4-46.4 cm vertical jump.

Research findings and discussion. We conducted a pedagogical experiment to determine this possibility and managed to obtain the following results. It is known that during the pedagogical experiment, the control group took part in traditional activities, while in the experimental group, special movements designed to develop the quality of strength were used.

Dynamics of improvement of strength quality during pedagogical experience in control and experimental groups

Tests	**Control group**	**Experimental group**
Pull-ups on the turnstile	2,1 3,6	2,0 6,8
Bending and writing the arms in a horizontal position	7,0 10,2	14,8 7,2
Vertical jump from place	32,4 35,2	31,8 42,6
Carrying a 15 kg load on the shoulder	6,2 8,6	6,0 13,4

Note: the denominator is before the experience
ratio - after experience

Conclusion. As can be seen from the table, before the pedagogical experience, the indicators of strength in both groups were almost not significantly different from each other. However, at the end of the experiment, the strength indicators of tennis players belonging to two groups are expressed by a dramatically different dynamic change. In particular, in the control group, the pull-up on the horizontal bar increased from 2.1 times to 3.6 times, the horizontal bending-writing increased from 7 times to 10.2 times, the vertical jump increased from 32.4 cm to 35.4 cm, while carrying a 15 kg load on the shoulder standing changed from 6.2 times to 8.6 times.

These indicators reached the following dynamic characteristics in the experimental group: 2.0 - 6.8 times; 7.2 – 14.8 times; 31.8 – 42.6 cm; 6.0 – 13.4 times. If the results obtained in the

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two groups are comparable, then it can be seen that the traditional exercises used in the control group do not have the "power" to rapidly develop the quality of strength. On the contrary, it was observed that the non-traditional game-like relay exercises used in the experimental group more effectively developed the strength indicators studied in the experimental group.

According to the obtained results, one more thing is noticeable that the power of bending the arms (pulling on the turnstile) is much weaker than the power of writing the arms (bending and writing). Such asymmetric development of arm strength qualities, for example, in tennis, can adversely affect the effectiveness of serving, forehand, net play, and smash shots.

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