

PROSPECTS FOR FURTHER DEVELOPMENT OF TABLE TENNIS IN HIS CHILDREN AMO UNDP*Ziyatov Muhammad Namazovich**Samarkand State Medical University**Lecturer at the department of Physical education and sports,**doctor of philosophy on teaching in science (PhD), docent**Ziyatovmumammad@gmail*

ANOTATION: to beat the opponent to win not only in sports, but also to educate ask yourself, discipline yourself to ask, to get rid of flaws and shortcomings, some are negative, to pass the test, if necessary, to be better than yesterday. `lish means. If we s a sports comp system savage building or structure, its the basi, of course, is children's sports. To this end, periodically while trying to take a worthy place in the international arena of Uzbek sports, the goal cannot be achieved without the systematic development of children's sports and youth sports.

Key words: Children's sports, lifestyle, health, agility, development of the musculoskeletal system, thinking and movement speed", vision, play activities.

Every a man in this world noble purpose and intention with the live , unless of course, her all desire at the heart of the children most primarily healthy to grow, the right education give, quality education that ensure and happiness-and popularity of view and wishes of the incarnation is. Our country was born and brought up we are the children of fate, any conditions of growing, their future - directly of our country in the future of the indicators is one. the day, the future that you define , allowing you to important an early age, starting from sports with regular dealing with a child not only physically healthy, strong, to be brought up will reach. The same on the basis of the above - noted as we have every one parents, noble dream to be healthy for children to grow, as well as the population among healthy is a lifestyle in a wide range of resolution to find and explain to the great opportunities it gives. Exactly from his youth, and sports , with friends to be children of physical exercise with work, character and toblab go, various competitions, take part to by the determination and courage of the features of the formation, to the victory to be committed to short to have a word with words strong will to able be to a thorough ground creates. In sports victory to achieve this not only for the opponent to overcome , but also self- nurturing, self - order - discipline to teach, some negative defects and defects of the rid to be, the trials overcome to switch, should be the night the day, better to be implying. If sport system large a building or constructions to which analogy toe`we have lsa his basis i.e. the foundation of of course the kids 4 sports organization is. For this purpose we uzbekistan sport international arena and in every way a worthy place to occupy try to we're it's, children's sports, youth sports systemic path without putting ie without the development of established goal achieved toe`that lmas noted must be.

In the country, every one of sport development for all of the conditions created and, even remote areas are also sports facilities, the use of were given, the material and technical baseof sports equipment with follow the directions provided also serious attention paid. This through the population of this particular children and young people attract to, healthy a lifestyle

promote to with the population health to strengthen the will. In particular, the sport's table tennis with the type of the population of all young layer for play convenience, the stock complex 's not that the table open in the air too little , big , which is in the room too set it freely use can, light some while shiddatkor movements with is interesting. As well as active leisure out of this wonderful tool is the. This sport type will ommaboplik that not only involved but viewers also fitsports fight high emotional tension and human scan, spiritual and internal, the positive effects with characterized. Of course that's in addition to, game activities, mental , nervous system, base movement of the apparatus, the development, the heart-blood vascular system of reinforcement, in the body of substances exchange, see to the development of and all system activity to improve assist. Involved not only physical from the aspect but also spiritual and moral aspects also nurturing, important and difficult in situations where the right decisions and take to skills formation is also positive effects shows.

In the republic also table tennis very widely are becoming popular and developing a growing sport type is. Treatment of sihatgothe rest to get homes, children's summer healthylomlashtirish and sports camps, as well as the major trade center of the entertainment areas, too wide spread. This sport is a type of physical training tool as physical education , the movement of the nearly 5 of all stages is applied. People education system in school physical education, professional education and higher education in both circles form is included. Today's the day every one of the general o`central school, most at least 2 than, the center in place while 4 than tennis table there are. On this sport, the type of the training plan available is not but this is students interest to no how much effect does not. This sport is the type of children are among the more popular in order to Shaykhantakhur district 262-school of 50 students students between 10 questions consists toe`present survey was conducted. Thus, the participants are given the answers from within most pressing toe`did it 's only 5 questions and analyzing when the following numbers from the diagram aswe can:

- Sport is table tennis type to you does he like?
- Table tennis regularly participated toe`larmidingiz?
- Table tennis bn shug`ullana to start raketka buy to get the opportunity don't do you have?
- Sport is table tennis to the type of only your health for toe`lsa also participated toe`larmidingiz?
- Table tennis with involved thinking and decisions take to your ability also positive to the side that will grow do you believe?

Like questions to given answers as follows:

General all questions analysis in the case of participants 90% given the questions XA answer the 10%i while NO response had given. This survey are seen as suggested by table tennis from day to day popular growing sport of a type that we can. Also table tennis player sport skill improvement many years of planning enforcement to ensure allowing the system path put. Every year, the regular basis on the official Uzbekistan championship and cup as well as open and international competitions are held. Of course this competition thorough preparation possible, the technical and tactical aspects from high - index ability, both physical both psychological aspects strong the athletes in honor of the place take they can.

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