

THE SPORT OF TABLE TENNIS BETWEEN STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS BOTH POPULAR TYPE OF ACTUAL PROBLEMS

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Access. The republic of uzbekistan “on education” in the law: the right to deal with pedagogical activity “in relevant education, professional training, and able to deal with individuals who have moral and ethical qualities have shown that it is teaching business law. Teachers, teacher - special education in the process of having to prep a great proficient in their field of generation of information on knowledge, skills and qualifications to the generation of the tutorial creative person lower-specialists in.

Table tennis rules. The content of the game to draw the ball over the net from the table consists of two sides with transverse racquet. Two or four people can be involved in the game. The area of the room which would be required for table tennis – 7,7 4.5 m. For the game table, lace, it is necessary and balls racquet. Be the first to start the game through the construction of the transmission from the balls of the players who have the right to begin. After being transferred Racquet with balls into the net and hit the table on the side and jump without tapping beginner in the second pass should be to hit the table on the side. White balls are made from plasticity in diameter 37,2—38,2 mm, weight 2,4 - 2,53 g. The size of the landing of the game 6-7x12-14 m. The official competition will be held in the gym, both men and women - team, without alone and in pairs, mixed pairs and they became a state. The game will play from 5 to 3 or

party. One of the players 11, collect the points, is the winner. Account 10:1If left at 0, then one of the players continue the game until you collect more than 2 points.



Table tennis are becoming widely popular in Uzbekistan. Uzbekistan championship and cup competitions are held regularly. The table tennis federation of Uzbekistan, 1993. ITTF member is entered. Inoyatova Manzura, Saida Burhonxo‘jayeva, Svetlana get in the world cup (Doxa sh. Qatar, 2004 y. march) with a gold medal. Nadira Burhonxo‘jayeva along with them, were also the winners of many international tournaments Ayupova Madina. According to the press service of the federation, this grant ATTU "aspiration towards the stars" program in Uzbekistan within the framework of the development of table tennis, professional table tennis allocated for the purchase of the project aimed at regional development. Worth mentioning, the olympic games taking place in uzbekistan from the category of sports, in particular, further work is being carried out for the purpose of effective popularization of table tennis. Table tennis boosts coming in all regions of Uzbekistan on their skills in this regard has created favorable conditions for athletes. Grant funds allocated to this project in exchange for delivery of standards is also sports athletes in the world for circles.



Literature used

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