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TEACHING BADMINTON TECHNIQUES AND ORGANIZING THE PROCESS IN PHYSICAL EDUCATION CLASSES

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Key words – badminton, flywheel, rules, racket, courts, speed, net, endurance, agility, flexibility, player.

Annotatsiya – maqolada quyidagi ma'lumotlar ta'kidlab o'tilgan, badminton - bu dunyoda futboldan keyin ikkinchi mashhur sport turi. Sayyoradagi har elliginchi odam badminton o'ynaydi. Bu, shuningdek, eng ko'p energiya talab qiladigan sport va kosmonavtlarni tayyorlash dasturiga kiritilgan. Badminton - bu kaloriyalarni yo'qotishning ajoyib usuli. Bir soat davomida o'ynash har qanday sport turidan eng yuqori bo'lgan 480 kaloriya miqdorini yo'qotadi. Bundan tashqari jismoniy tarbiya darslarida badminton o'yini texnikasini o'rgatishda yuzaga kelishi mumkin bo'lgan muammolar, qo'yiladigan talablar yoritilgan.

Kalit so'zlar - badminton, volan, qoidalar, raketka, kortlar, tezlik, to'r, chidamlilik, chaqqonlik, moslashuvchanlik, o'yinchi.

Аннотация - В статье освещается следующая информация, бадминтон - второй по популярности спорт в мире после футбола. Каждый пятидесятый человек на планете играет в бадминтон. Это также самый энергоемкий вид спорта, который включен в программу подготовки космонавтов. Спортивный бадминтон - отличный способ сжечь калории. Игра за час сжигает 480 калорий, самый высокий из всех видов спорта. Кроме того, занятия по физическому воспитанию охватывают проблемы и требования, с которыми можно столкнуться при обучении технике бадминтона.



Ключевые слова - бадминтон, маховик, правила, ракетка, корты, скорость, сеть, выносливость, ловкость, гибкость, игрок.

Abstract – The article highlights the following information, badminton is the second most popular sport in the world after football. Every fiftieth person on the planet plays badminton. It is also the most energy-intensive sport and is included in the astronaut training program. Sports badminton is a great way to burn calories. Playing for an hour burns 480 calories, the highest of any sport. In addition, physical education classes cover the problems and requirements that can be encountered in teaching badminton techniques.

Introduction: Badminton is the fastest racket sport. The flight speed of the flywheel reaches 270 km / h[21]. If all the movements of an athlete are combined in one game, he “runs” for 10 kilometers in length and jumps for 1 km in height; the stroke rate of high-class masters of sports during the game is 0.7 beats per second. The maximum number of shots recorded during a match is 19725[1]. Badminton sharpens the eyes, sharpens the brain and improves heart function. Badminton improves eyesight because the eye muscles work during the game. The eye is engaged as it watches the flywheel, which changes direction frequently. It improves the ability to see far and near. Badminton is also useful for strategic thinking as well as quick reactions. By tracking the flight path of a flywheel and estimating its landing location, a person forces his brain to make quick decisions, which can then be used to work under stress[20].

Literature review: Some rules of badminton B.I. Sakhnov, I.F. Fedorishev, M.M. Polevshikov, A.V. Petrunin in the category of country (Russia) by the judging panel in May 2006 at the BWF (formerly The Badminton rules of the game. These include multi-layer synthetic badminton strings. There are some basic rules of badminton and some tips for referees[2]. In this:

Player - Anyone who plays badminton;

Match -Put against each other by opponents held individually or in pairs main badminton tournament;



Singles - Two opponents compete against each other match;

Pairs - A match in which two pairs of athletes from each side compete against each other. The booster side is the side that performs the flywheel boost. The receiving side is the return side of the raised flywheel[18]. Game - Starts after the flywheel is raised and continues until he leaves the game sequence of strokes. The blow is aimed at the racket flywheel movement.

Analysis: It is important to note that the movement skills of each sport both in their specifications, dimensions, and performance based on a specific technical procedure. In other words, participation in competitions as a result of regular training of the athlete and a certain position due to the level of his technical skills and gradually updates its technical passport. The modern game of badminton is also very popular and specializes in practitioners' strength, speed, endurance, agility, flexibility, will, perseverance, sharp wit, ingenuity, "cunning" (good in the sense of sports) and the formation of other similar qualities requires. The only way to win badminton today is to win continuous and targeted large-scale training can be done in return. The body of the trainee, The possibility is not even unlimited, and therefore the loading and work ability to recover (relieve fatigue and restore organs) through the ability of this organism to work, its functional activity will need to be shaped regularly. Lesson due to such an approach the athlete's technical skills can be formed effectively, so that in different game situations a tactical or strategic issue that needs to be addressed will be able to solve.

I. Court and equipment.

1.1. Singles and doubles courts (area) is marked with lines 40 mm thick should be right-angled[17].

1.2. The lines are easily distinguishable, white or yellow.

1.3. All lines define their own boundaries are part of the playing field.

1.4. The reticulated columns are 1.5.5 cm above the court, tighten the net as described in 1.10 and should be strong enough not to bend. Column supports should not be on the playing field[3].



1.5. Columns, singles or doubles regardless of the side lines intended for pair discussions will be installed.

1.6. The net is the same thickness of dark and elegant yarn, holes are made from 15x15 mm to 20x20 mm[4].

1.7. The net is 0.76 m long and 6.1 m wide should not be less.

1.8. The top of the net is 75 mm wide and split in two a white ribbon is folded and pulled through[5].

1.9. The strap is enough to hold the net tight to the poles should be of sufficient length and strength.

1.10. The top of the net is in the center of the court 1.524 m above the side lines for doubles matches must be[6].

1.11. Make sure there is space between the side of the net and the column not allowed. If possible, fill the net to the brim need to connect.

1.12. If there are both couples and singles on the court at the same time if you can't draw lines for your game it is only possible to draw a line for solo debates. The back of the court the lines will be the rear lines of the flywheel lift, 40 mm wide columns or cloth strips that replace them the materials are placed vertically on the side lines of the grid[7].

1.13. The net of the referee tower is in the middle of the court will be installed as a continuation. In this case, 0.5-1 meters from the referee's post must be at a distance. The height of the tower seat is from the ground not less than 1.55 meters and not more than 1.70 meters[8].

Discussion: Flywheel. The flywheel is made of natural and (or) synthetic materials. No matter what material the flywheel is made of flight characteristics are elegant leather-covered foam the head feathers should be almost identical to those of a natural flywheel.

Feather flywheel:

- Must have 16 feathers attached to the head;
- The length from the tip of the feather to the head is the same, that is, from 62 mm to 70 mm[9];



- The end of the pattern is a circle with a diameter of 58-68 mm should be formed[16];
- Feathers with yarn or other suitable material hardened;
- The diameter of the head is 25-28 mm, the flywheel should weigh 4.74-5.50 g[10].

Unattended flywheel:

- Natural feathers are replaced by patsy synthetic materials;
- The head, dimensions and weight of the flywheel must meet the above requirements. The density and characteristics of synthetic materials are natural due to differences in materials, 10 of the specified dimensions percent[15].

Check the speed of the flywheel:

- The back of the court (platform) to check the flywheel straight forward from the line parallel to the side line shock is given.
- The game-friendly flywheel is on the opposite side of the court less than 530 mm from the back line, more than 990 mm should be at a distance that is not[11].

Racket. The racket measures 680 mm in length and width and should not exceed 230 mm. The handle is used to hold the racket special section. The wire surface of the racket is to strike the flywheel[14].

Part of the purpose. The head holds the wire surface. The rod is tied to the head with a handle. The conductor (if any) connects the rod to the head.

Wired surface. The surface is flat, intersecting must consist of intertwined wires in place; it's the same, the center should be the same as elsewhere. The length of the wires is 280 mm at the height of the racket head, and the width should not exceed 220 mm, but the wires in some cases, under the following conditions, even in the conductor field can be extended:

- This gap should not exceed 35 mm in width[12];
- The total length of the wire surface exceeds 330 mm should not go[13].

Prevent the wires in the racket from being eaten or broken take, reduce vibration, change balance, lever from special parts designed to be fastened to the player's hand and



having the right size and location free of other extras and protruding objects should be, player changes the structure of the racket should not have any devices that serve.

Conclusion: First of all, badminton also trains the cardiovascular system and makes it more resilient. Badminton is especially useful for children who spend time staring at a computer screen or smartphone. Because the eye muscles are active during the game.

It is also important to note that badminton training develops agility and endurance. The child begins to develop physically.

In conclusion, the game enhances the reaction and quick decision-making skills, badminton has the ability to develop a child's character, teach him to compete and win every day.

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