

## USE OF NEW DEVICE "SPORK" FOR MEASUREMENT AND DEVELOPMENT OF ABILITY OF EXPLOSIVE ACTIONS OF SPORTSMEN

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### ABSTRACT

In work it is experimentally proved efficiency of development of explosive abilities at sportsmen (on an example of young football players) with use of device "Spork" for measurement of height of vertical jumps

**Keywords:** football, experiment, explosive actions, development, abilities, the device, «SPORK», a psychomotility, the device, a vertical jump, reliability, the return information, activity, the purpose.

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