

## TECHNIQUE OF DEVELOPMENT OF SPECIAL ENDURANCE

## **Djamshid Hasanovich Umarov**

The candidate of pedagogical sciences, the senior lecturer  $V_3\Gamma V\Phi KC$ , Chirchik

## **ABSTRACT**

In presented article the variant of construction of training process and stable performance of technically difficult elements developments demanding a maximum level in gymnasts not only leading physical abilities, but also special and general endurance is considered.

**Keywords:** The competitive activity, special endurance, stability, gymnastic exercises, the correlation analysis.