

## METHODS OF ORGANIZING AND CONDUCTING ATHLETIC TRAINING

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### ABSTRACT

The article deals with discussing peculiarities of methods of organizing and conducting athletic training. An important problem of the modern high school is the level of physical development and physical capability of students. Indicators of physical development and physical capability of the younger generation are considered as one of the priority socio-pedagogical tasks. In the article, the author analyzes the research and the views of scientists on the effective methods of athletic training among students.

**Keywords:** Athletic training, physical education, sports, the barrier height, jumpers, runners.