DEVELOPMENT OF BALANCE IN YOUNG KAYAKERS IN THE INITIAL STAGE OF TRAINING

Ikramov Bakhrom Farkhodovich

Uzbek State University of Physical Culture and Sports Tashkent, UZBEKISTAN

ABSTRACT

The article discusses the issues of accelerated formation and development of specific (water) balance using special means and methods.

Keywords. Sprint kayak, balance, balance training, beginners, kayak balance training ergometer.