

CHARACTERISTICS, FORMS AND METHODS OF EXTRACURRICULAR ACTIVITIES WITH ATHLETES OF DIFFERENT AGES

Mehridin Junaidulloevich Abdullaev, Ph. D
Bukhara State University Professor

ABSTRACT

This article scientifically analyzes and substantiates the physical fitness of athletes of different ages, as well as the structure of training with them in hot climates.

Keywords: Strength, endurance, agility, agility, coordination, flexibility, physical fitness, athletics, exercise.