

## DEVELOP THE QUALITIES OF STRENGTH AND AGILITY IN YOUNG PLAYERS

**Eshimov Temur**

Teacher of Fergana State University master

### ABSTRACT

This article provides information on how to determine the level of development of strength and agility qualities of young players, and through them, the results of the pedagogical experiment of young players are described.

**Keywords:** Speed, strength, qualities, statistics, scientific-methodical, rest interval, in-depth training, physical training, torso muscles.