

DYNAMICS OF PHYSICAL FITNESS INDICATORS OF WRESTLING STUDENT GIRLS

Xasanov Ilyos To'ychievich

Professor of the Department of theory and methodology of Physical Culture of the Termez State Pedagogical
Institute

ABSTRACT

In this article, in accordance with the criteria for assessing the results of the acquisition of female students involved in the sport of wrestling, the results of the test for determining their indicators in general and special physical training, as well as the results of their performance in the performance of methods of struggle indicating their technical and tactical training, were obtained and.

Keywords: General physical fitness, technique, tactics, speed, strength, agility, endurance, flexibility, physical qualities.