

NEW PEDAGOGY IN BADMINTON LESSONS STUDENTS WITH THE HELP OF TECHNOLOGIES DEVELOPMENT OF PHYSICAL QUALITIES

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Abstract:

Badminton is not a complicated sport, but it is an auxiliary exercise in the development of physical qualities of young people. Usually, as sports develop both mental and physical capabilities of a person, such qualities of an athlete also increase in badminton. The article also talks about the practical importance of using pedagogical technologies used in badminton training.

Keywords: Pedagogical technologies, badminton, sport, training, development.

Introduction

Sometimes the body enjoys the pleasure of sports-intensity, and sometimes under this pleasure, a bold step is taken towards great goals. Both physical training and mental activity are trained. Whether it's wrestling, football or boxing, the goal is the same: to glorify friendship, create a healthy lifestyle, and create a healthy environment. If you don't know any other science, a sports coach has big tasks. Developing both practical and intellectual activities is not a complicated process for a sports coach. A coach, who was once a champion himself, will one day be able to raise a mature student. The reason is that both the student who lost and did not know where his mistake was, and the student who defeated his opponent on the field rely on the experiences of the coach.

Therefore, in pedagogy, both the tactics and pedagogical skills of sports coaches are applicable in the training of future champions in our country. First of all, about badminton, Badminton (English badminton) is one of the game sports. The competition takes place on a court of 13.40x6.10 m (for doubles) or 13.4x5.2 m (for singles), which is divided in half by a net (height 1.55 m). The extreme lines (right and left), as well as the back lines, are the playing field. In addition, at a distance of 1.98 m from the net, in addition to the back line, there is a service line that separates the service zone from the center line. The game involves two athletes (or two teams of two) located on opposite sides of the site. A game, which usually consists of 3 or 5 games, is played to 15 points (if children and women play - 11 points). According to the sources, some researchers consider India as the birthplace of badminton, while others argue that this game originated in Malaysia, and later in other Asian countries.

Perhaps it was in India that the Duke of Baffort, who was from England, got acquainted with the game of modern badminton "pune" ("pune"). In 1873, he returned to Badminton House in



Gloucestershire (100 km from London) and took with him a winged ball and several rackets. The first rules, a strange game written by British officers during their stay in India, immediately attracted public attention and found many admirers. In 1887, the first club of fans of this game was formed, and on September 13, 1893, 14 badminton clubs formed the first British Badminton Association (BAE). In the same year, the rules of this game were officially established. The first World Open Championship was held in 1899, and international badminton competitions were held in Dublin, Ireland in 1902. Only two teams participated in this match - England and Ireland. On July 5, 1934, nine states (England, Scotland, Denmark, Holland,

Ireland, Wales, France, Canada and New Zealand) founded the International Badminton Federation (IBF), which includes representatives of 147 countries. The European Badminton Union (EBU) was founded by 11 countries on September 24, 1967, and a year later, the first European Badminton Championship was held in Bochum (Germany). Badminton among men The Thomas Cup (named after the first president of the IBF, the Englishman George Thomas) has been played since 1947, and female athletes have been competing for the Uber Cup since 1955 (in honor of the American badminton player Betty Uber). The Badminton World Championship has been held since 1977. In order to get information about the competitions in this sport, it was not necessary to personally attend all the matches - since 1951, television broadcasts of various championships have been held, and in 1972 "World Badminton" specialized magazine was published, which existed until 1999. Necessary equipment for playing badminton: shuttlecock (from the French volant - "flying", "light", "moving") - a small hairy ball made of a leather-covered mantle and a racket (from the French raquette, - these words, o' z, in turn, derived from the Arabic rakhat - "palm") consists of an elongated and round ring with a handle. Threads that were originally made of natural materials (often ox-gray) are now interlaced synthetic microfibers (often nylon or aramid) with a core made of elastic fibers and a braid and sheath made of durable materials.

Badminton is an easy game, fun entertainment. At the amateur level, it is enough to try to keep the cassette in the air, but in order to win, professionals must demonstrate cunning, flexibility, endurance, excellent coordination, excellent strength and agility, develop high speed and the ability to carry out quick attacks for a long enough time.

Elderly people with cardiovascular diseases cannot play badminton. This is true when it comes to professional sports. However, amateur badminton is a different matter. In addition, experts say that playing badminton in adulthood can increase life expectancy by at least 2-3 years if the duration of the game is at least half an hour. In addition, playing this sport helps to lower the basal heart rate and blood pressure, so it is very useful for hypertensive patients. Researchers have shown that exercise can reduce the amount of certain cholesterol (triglycerides, low and very low density lipoproteins) in the body that narrows blood vessels. As a result, badminton players are less likely to develop heart disease. And during this game, the condition of the heart muscles improves, and as a result, the risk of myocardial infarction decreases. People with heart disease can also play badminton, but in this case, the lesson should be held under the supervision of a doctor. In addition, badminton helps strengthen bones, activates the absorption



of calcium in the intercellular substance of bone tissue, and thus prevents osteoporosis. Finally, this game reduces the risk of cancer (especially breast and colon cancer).

Thus, the correct posture in badminton, which seems inconvenient for many beginners, increases the effectiveness of the game even more. And the incorrect grip acquired as a result of trying to learn badminton on your own often leads to poor hitting technique. The main thing in badminton is excellent technique. Yes, but the importance of footwork should not be overlooked. After all, these precise and quick movements allow the player to be at the right time in a place where he can make a technically correct shot. Therefore, during training you move around the site

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