

## Development Of Badminton Sports In Schools

**Samadova Uktabar Hasanovna**

Jizzakh State Pedagogical University

Faculty of physical culture

Teacher of the Department of Sport Teaching Methodology

### ABSTRACT

This article describes how to teach badminton in physical education classes, to increase students' interest in the lesson and to increase the efficiency of the lesson, as well as to teach sensitivity and agility, and the methods of correct time allocation.

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badminton, volon (feather ball), racket, tactical training.

**Annotasiya:** Ushbu maqolada jismoniy tarbiya darslarida badminton sport turini o'rgatish o'quvchilarning darsga bo'lgan qiziqishini va dars samaradorligini oshirish, shuningdek, sezgirlik va chaqqonlikka o'rgatish, vaqtni to'g'ri taqsimlash usullari haqida bayon etilgan.

**Kalit so'zlar:** Badminton, valon (patli koptok), raketka, taktik tayyorgarlik.

The fact that physical education and sports are developing in Uzbekistan within the priority directions of state policy, the issue of personnel training and improving the quality of education in this field has been turned into a strategic process. encourages us to work and contribute to the development of this Motherland.

In 2017-2021, an action strategy was defined for the five priority areas of development of the Republic of Uzbekistan. It was thought about building new sports complexes and reconstructing the existing ones in order to engage children in sports in a mass way. In addition, opportunities have been created for the badminton sport to develop like other sports. Open and indoor sports complexes for badminton were built, old ones were repaired. Badminton Sports Federation was opened. Badminton is considered a very interesting sport and appeared two thousand years ago. According to sources, it originated in Malaysia in ancient times and later spread to other countries in Asia. If we look at the history, we can see in some sources that the Walloon game existed in Europe in the 16th century. Badminton is derived from the name of the English city of Badminton, and is a sport game played by hitting a feather ball with a racket. The game is played individually, in pairs and mixed (mixed) on a rectangular field.

Most people think of the game of badminton as a fun game and its main purpose is to catch the ball while hanging as much as possible. In fact, professional badminton requires a high level of athleticism. Badminton clubs are organized not only in sports complexes, but also in schools for the purpose of further development.

For example, there are various extracurricular clubs in school 285 of Sergeli district of Tashkent city. One of these circles is the "Badminton" sport circle. Students participate in this club in order to spend their extracurricular time productively. We use a step-by-step method to organize Badminton training, that is, after warm-up exercises, the training continues in the following stages.

The first stage. At this stage, students are individually engaged with racket and ball. In this case, the student hits the ball with the racket and shoots it up. Through this exercise, students learn how to work with a racket and feel the movement of the roller in the air. Most importantly, sensitivity increases.

In the second stage, we perform two exercises using the group method.

First exercise:

We will divide the students into two groups and arrange them on the right and left side of the grid. The student on the right moves to the end of the line in his group, passing the baton to his opponent (on the left). The student on the left returns the shot and stands at the end of the line in his group. The exercise continues in this position, the ball should not fall to the ground. In this, the students are with each other

they learn to work with a group by passing the baton, learn to increase their speed by giving all their strength for their team.

In the second exercise, we move the team to the right side of the net. We put one student on the left side of the grid. The ball is brought into play by the student on the left, and the student on the right returns the ball to the player on the left. The lesson continues in this way, in which the student learns to divide very much.

The third stage is the process of technical and tactical preparation, during which we develop quickness, strength, general physical qualities with students, learn to work with a team, feel the competition situation, feel the field, the racket, the ball, and the opponent. To the opponent's speed in competitions. we learn to achieve success by correctly distributing one's own quickness and strength. We influence the child's psyche in order to correctly accept the concept of winning and losing, and not to become depressed. I wanted badminton to be a favorite sport not only for young people, but also for adults. Young people should develop sports, achieve success, introduce their country to the world, and older people should work for their health. Sport causes rapid regeneration of tissues in the human body, keeping them young, healthy and fresh. Blood circulation is improved through exercises, oxygen goes to the brain, mental tension disappears, and energy increases. Badminton is not a young sport. It is one of the sports that we can do as a family. A healthy mind in a healthy body. Let's play sports, be healthy, and contribute to the development of our country with our deep thoughts.

Competitions will be held in small groups in a round-robin manner, and then the final stage of competitions will be held between the winners of these small groups (or first and second place winners) and the final places in the tournament will be distributed. In round-robin competitions (including in small groups), the Chief Referee may allow the replacement of a participant who leaves the competition due to illness/injury or other unforeseen and unavoidable circumstances. For this, this participant must not have started his first match yet, if the match has started, it will not be possible to change.

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