

## DEVELOPMENT OF TABLE TENNIS IN UZBEKISTAN

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**Annotation:** This article considers the role of physical education and sports in the formation of a healthy lifestyle, as well as the work being carried out to improve the health of the younger generation and raise a harmonious generation, as well as reforms aimed at forming a harmonious generation in our country.

**Keywords:** Physical training, healthy lifestyle, table tennis, sports, physical culture, physical development, harmonious generation, table tennis in schools "On Physical Education and Sports".

### Introduction

Table tennis in Uzbekistan began to strengthen its position after the 1990s. At the same time, the infrastructure supporting sports and mass competitions have increased in the republic. However, table tennis in the country is not yet fully developed and still has some limitations. Although this sport is widespread among young people, there are difficulties in training professional players and being competitive at the international level.

### Key Development Areas.

**Infrastructure and Sports Halls:**For the development of table tennis in Uzbekistan, it is necessary to strengthen sports halls and infrastructure. The construction of modern table tennis halls throughout the country, the opening of training centers and specialized schools will help improve the training of young athletes. Installing modern equipment and tables in existing halls will create adequate conditions for competitions.

**Table Tennis Training Among Youth and Children:**Attracting the younger generation to physical education and sports is a key stage of development. It is especially important to open table tennis clubs in schools and create a system for training young athletes for the profession. Special programs should also be developed to train young people in a style similar to famous world-class players.

**National Competitions and Participation in International Arenas:**National competitions should be organized to develop table tennis in Uzbekistan. These competitions help to motivate young athletes, improve their skills and discover new talents. In addition, it is possible to strengthen Uzbekistan's international presence and gain experience by sending players to competitions held in other countries.

**Training of Coaches and Specialists.:**Training professional coaches and table tennis specialists is

another important step for the development of the sport. The organization of training and advanced training courses for coaches throughout Uzbekistan will increase the quality of training athletes by teaching modern pedagogical methods and techniques. At the same time, it is possible to improve the training process in cooperation with international coaches and experts.

**Events and Initiatives:** In order to develop table tennis, it is necessary to involve the public, organize sports events, festivals and other cultural and sports organizations. By implementing new ideas and initiatives, it is possible to develop interactions with other types of Uzbek sports.

**Conclusion:** Table tennis in Uzbekistan has great potential for development. This sport has great potential to attract young people to a healthy lifestyle and take a strong place in the country's international sports arena. New gyms, a system of training coaches, youth training and participation in international arenas - all this will serve to develop table tennis in Uzbekistan.

If all these initiatives are implemented, Uzbekistan can become one of the world's leading centers for training table tennis players. This will help our country achieve new achievements in the field of sports and gain global recognition.

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