

INVOLVING CHILDREN IN TABLE TENNIS

Abdumannopova Mukhlisa

Fergana State University Student of the Faculty of Physical Education

Phone: +99893 472 80 75 Email: aliakbarova.yulduz6@gmail.com

Abstract: *Involving children in table tennis is very important for ensuring their physical and mental development. Table tennis, as a sport that involves speed, reaction and strategy, helps to develop balance and attention in children. This sport plays an important role in improving the child's muscular system, coordination and motor skills, as well as reducing stress and increasing self-confidence. Table tennis, as a sport that is easy to start and requires very little space, is very convenient for children. Involving them in this sport helps to make physical activity interesting and fun, while also improving their social skills. Children learn team and individual competition in table tennis, make new friends, and learn patience and discipline to achieve their goals. In addition, the popularity of table tennis among children increases their interest in sports and guides them towards a healthy lifestyle. Engaging athletes in physical activity from childhood creates an important foundation for future success in health, behavior, and social relationships.*

Keywords: *Table tennis, children's sports, physical education, interest in sports, healthy lifestyle, reaction speed, development of coordination and motor skills, discipline, competition, teamwork, involvement in sports, young athletes, social skills, effective use of free time.*

Introduction: Currently, directing the younger generation to a physically active lifestyle is one of the important factors in their development as healthy and well-rounded individuals. By involving children in sports, in particular, table tennis, it is possible not only to increase their physical potential, but also to develop mental activity, quick thinking, discipline and communication skills. Table tennis, as a simple, safe and interesting sport, allows children to engage in physical activity in comfortable conditions. Forming a healthy lifestyle and increasing interest in sports among young people by involving children in this sport is one of the urgent issues of today.

Raising the younger generation as healthy, physically developed, mentally capable, active and socially adaptable individuals is a priority task of every society. The role of sports in this is incomparable. In particular, involving children in sports from an early age plays an important role in shaping their healthy lifestyle, protecting them from negative vices, spending their free time meaningfully and developing their willpower. Among sports, table tennis stands out for its convenience, safety, unique dynamics and is especially suitable for children. Advantages of table tennis Table tennis is a sport played on a table with the participation of two or four players using small rackets and a ball, which is very effective in developing reaction speed, coordination and concentration. This sport has the following advantages. Helps in physical development - strengthens eye-hand coordination, accuracy of movements and muscle activity. Strengthens psychological health - forms the skills of attention, patience, balance, quick decision-making and self-control. Develops social skills - allows you to play in a team, correctly perceive competition, be friendly and form a sports culture. Flexibility and safety - you can play even on a small area at home, the risk of injury is relatively low. Specific aspects of table tennis for children. Training sessions for children are adapted to age. Children from 5-6 years old can engage in this sport. Smaller rackets, light balls and adapted types of tables are used for them. Training sessions are held in the form of a game, which ensures that the child approaches sports with interest, without boredom. Children also learn important life skills through table tennis. Properly distribute their time. Consistently work towards achieving the goal. Correctly accept and learn from losing in competition. Ways to popularize table tennis among children. A number of effective measures should be taken to attract children to this sport. Organizing sports clubs in schools - attracting students to play sports after school. Conducting free training in local sports centers - involving socially active parents. Organizing tournaments and competitions - this will instill competitiveness and enthusiasm in children. Providing sports equipment and improving infrastructure - providing schools and kindergartens with the necessary equipment. Informing parents - conducting promotional activities about the benefits of table tennis. The role of table tennis in a healthy lifestyle. Today, physical activity among children is not enough. Television, telephone and computer games are contributing to the formation of a sedentary lifestyle in children. Table tennis can be an excellent tool to eliminate

this problem. It directs the child's physiological needs - natural characteristics such as movement, competition, and the desire to achieve - in a healthy direction.

Conclusion: Involving children in the sport of table tennis greatly contributes to their physical and mental development. This sport helps children develop balance, reaction speed, strategic thinking and social skills. It is important to form a healthy lifestyle in children through table tennis and increase their interest in sports. In the future, by popularizing this sport, it will be possible to encourage young people to be active and effectively implement physical education.

References

1. Decree of the President of the Republic of Uzbekistan dated January 5, 2018 “On the Promotion of a Healthy Lifestyle and the Development of Sports”.
2. Khudoyberganov A. (2019). Physical Education and Sports Theory.
3. Psychological and Pedagogical Aspects of the Game of Table Tennis. (2021).
4. International Table Tennis Federation (ITTF) Official Website. (www.ittf.com)
5. Official Materials of the Uzbekistan Table Tennis Federation. (www.uzttf.uz)
6. Sh. Asimov, T. Rahmonov (2020). Social Development of Children and Youth in Sports. – Tashkent: Sports Sciences Publishing House.
7. M. Khaydarov (2018). Physical Education and Sports: Theory and Practice.