## METHODOLOGY OF APPLICATION GAMES IN THE TRAINING OF YOUNG ATHLETES

**Mehriddin Junaydulloevich Abdullaev, PhD**Physical Culture faculty, Bukhara State University

## **ABSTRACT**

This article scientifically analyzes and substantiates the methodology of using movement games in the development of physical and psychological training of 10-12-year-old athletes in the primary training group.

**Keywords:** Initial preparation stage, strength, agility, endurance, agility, physical training, psychological preparation, ability to communicate.