

THE ANALYSIS OF LEVEL OF SPECIAL READINESS OF FOOTBALL PLAYERS OF "SUPERLEAGUE" OF UZBEKISTAN ON INDICATORS OF THEIR IMPELLENT ACTIVITY

Melziddinov Ruslan Adhamovich

The teacher, Uzbek State University of Physical Culture and Sport, Chirchik
REPUBLIC OF UZBEKISTAN

ABSTRACT

In article the problem of special physical readiness of football players of high qualification is considered. Data about impellent activity of football players, participants of the World championship of 2018 are cited and the comparative analysis of volume of impellent movings of football players of "Superleague" of Uzbekistan is made.

Keywords: Special physical readiness, the control of impellent activity, volume and speed of movings to match time, football players of high qualification.