

MEANS OF SPORTS ACTIVITIES AND METHODS

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ABSTRACT

General and special training processes in sports are one of the main factors in achieving high results in sports competitions. Improving the general and special training of athletes in accordance with the types of sports using modern methods is one of the most pressing issues in today's world of sports. Great attention is paid in our society to the training of young athletes, the construction of modern sports facilities and the holding of many international competitions in our country. Also, in the system of training athletes and educating highly qualified athletes, attention is paid to the popularization of physical culture and sports activities.

This article explores the tools and methods of sports training.

KEYWORDS: *Physical Education, Physical Culture, Athletics, Sports Psychology, Sports Training, Sports Activities.*

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