

THE INNOVATION IN IMPROVING THE EFFECTIVENESS OF TEACHING TRAINING TECHNIQUES OF LIGHT ATHLETICS

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ABSTRACT

This article discusses about the ways of increasing student engagement and improves the quality of physical exercises. It was noted that appointment of well-known sportsmen to winners of international tournaments at local sports schools, as well as targeted training of athletes in special correspondence departments of higher educational institutions will be successful. There were given instructions to increase the number of children's and youth sports schools.

KEYWORDS: *Running Technics, Start, Speed Of Start, Running Distance, Finish, Physical Quality.*

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