

## **Physical Training of Skiers with Upper Limbs Injuries in the Initial Stage of Training**

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**Keywords:** the initial stage of sports training of mountain skiers with upper limbs injuries; means of physical training.

**Abstract:** The paper describes ways of physical training of mountain skiers with upper limbs injuries at the initial stage, options for strength, speed and aerobic training, as well as the means of developing flexibility and coordination abilities. Within the framework of stage control in the form of motor tests recommended by the Federal Standard of Sports Training, the assessment of the effectiveness of the development of physical fitness of the mountain skiers with musculoskeletal system tumors from the experimental group was carried out.

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