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DYNAMICS OF CHANGING PHYSICAL ABILITY AND FUNCTIONAL VALUE IN VOLLEYBALL PLAYERS IN TRAINING CYCLES

Aksam Rashidovich Usmonov

Specialist In Physical Training And Sports, Institute For Training And Professional Training, Uzbekistan

ABSTRACT

This article presents the results of pedagogical experiments on the dynamics of changes in physical performance and functional value in the training cycles of volleyball players.

KEYWORDS:- Tactical training, physical training, technical means, Harvard step-test, physical work ability.

INTRODUCTION

In the world of highly qualified volleyball players, volleyball is a sport that focuses on the selection, orientation and training of volleyball players of different age groups, technical and tactical training, physical training, jumping, special speed, special endurance, and jump endurance. scientific research has been conducted on the training of individual tactical actions used in the attack and the development of technical means used in the training process and the control of special training.

REFERENCES AND METHODOLOGY

It should be noted that in volleyball, as in many sports, physical ability BTHaydarov, Yu.P.Denisenko and others, V.Yu.Zubkov, MSOlimov, VVVaryushin, NDGraevskaya, Manuel Agoshtinyu, VVShiyan and et al., IPRatov, VARomanenko [1,2,3,4,5,6,7,8]. studied as a subject of research in the researches of scientists such as However, in these and many other sources, the dynamics of changes in physical performance and the effect of its loads are mainly determined using the PWC170, the Harvard step-test, and some physiological tests (designed to study cardiovascular and respiratory activity). It is known that "physical ability" is a term with a multifaceted and comprehensive integral meaning, which includes the general (speed-strength, agility, aerobic endurance) and special physical qualities (for example, physical qualities specific to volleyball, including jumping, jumping, agility-strength qualities, anaerobic endurance), as well as the volume and intensity of technical-tactical actions VPFilin, LPMatveev, LPVolkov, VNPlatonov, MAGodik, 2006; Yu.F.Kuramshin, Yu.V. Verkhoshanskiy, J.N.Kholodov, V.S.Kuznetsov, A.V. Dukalskaya, L.V. Kozireva

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[9,10,11,12,13,14,15,16,17,18].

With this problem in mind, we consider the change in the priorities of physical performance (jumping and speed-strength endurance) in the leading teams and qualified volleyball players of the national team and their functional value under the influence of training cycles. studied the dynamics.

RESULTS

The results of the study showed that in highly qualified volleyball players who participated in the annual training cycles, jump endurance (jumping ability), which ensures the effectiveness of technical and tactical jumps, was poorly developed and recorded in a cycle-by-cycle direction. especially when training loads were found to be affected. Thus, the maximum number of vertical jumps (jumping ability) in the UJT cycle before training was 31.6 ± 3.12 times, the time of recording this result was 29.7 ± 3.07 sec (Table 1). in the quiescent state before the test YUQCH 64.5 ± 3.04 beats / min, NOCH 11.8 ± 0.47 beats / min. under the influence of the test load, these values are 130.5 ± 5.13 beats / min, respectively. and accelerated to 32.9 ± 3.17 times / min. After training in the same cycle, the maximum number of jumps decreased to 27.2 ± 2.31 seconds, but the maximum number of jumps increased to 31.3 ± 3.19 seconds. At the end of the exercise, but before the test, there was an increase in HR 139.3 ± 6.14 beats / min, NOCH 32.4 ± 1.21 beats / min. These values were further enhanced by exercise and test load and were 147.8 ± 6.33 beats / min, respectively. and 39.6 ± 3.49 times / min.

It can be seen that although the indicators of jump endurance (number and duration of jumps) did not differ from the high results before training in the UJT cycle, their pulsometric and respiratory values increased sharply. It was observed that the maximum number of jumps decreased under the influence of the training load and the duration of the jumps increased, but their functional value increased.

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Table 1

The results of the maximum number of jumps before and after training sessions in volleyball and the dynamics of changes in their functional value

Tests / Training cycles	Before the test		MMS result		After test	
	YuQCH (hit/min.)	NOCH (times/min.)	Number (times)	Time (sec.)	YuQCH (hit/min.)	NOCH (times/min.)
UJT cycle n=36	64,5±3,04 139,3±6,14	11,8±0,47 32,4±1,21	31,6±3,12 27,2±2,31	29,7±3,07 31,3±3,19	130,5±5,13 147,8±6,33	32,9±3,17 39,6±3,49
MJT cycle n=31	66,2±2,83 131,4±5,12	13,5±0,69 33,7±1,77	32,9±3,14 30,5±2,73	28,6±2,91 30,8±3,22	135,7±5,63 144,5±6,13	34,2±3,07 36,4±3,68
MOT cycle n=39	69,2±3,44 137,7±5,83	13,9±0,78 35,4±2,02	31,3±3,27 28,7±2,09	30,3±3,11 32,8±3,47	136,5±5,13 148,2±6,24	33,6±3,08 40,1±3,38
Competition cycle : between 1 and 2 rounds n=24	68,4±3,15 141,6±5,79	14,7±1,02 34,6±1,97	29,4±3,02 27,7±2,79	32,9±3,16 33,5±3,35	138,7±5,25 149,2±5,07	35,4±2,72 42,3±3,16
Between 3 and 4 rounds n=33	71,5±4,13 139,7±3,92	13,9±1,17 33,8±1,97	28,1±2,17 26,7±2,08	31,6±2,93 32,3±3,12	135,4±5,01 147,7±5,24	37,2±2,98 40,7±3,07

Note: - pre-training performance;

- Post-workout index.

- MMS- maximum fold jump.

DISCUSSION

This indicates that the physical and functional training of volleyball players who participated in the study at the beginning of the annual training was much "weak". It is known that the main purpose of the UJT cycle is to create physical and functional potential in athletes or to form a bioenergetic reserve. Therefore, it is worthwhile to analyze the level of these indicators recorded in the MJT cycle and the dynamics of their change. For example, in this cycle, jump endurance and its functional value were recorded in a somewhat progressive direction both before and after the training load. In particular, the maximum number of jumps was 32.9 ± 3.14 times before training and 30.5 ± 2.73 after training. The maximum jump time was 28.6 ± 2.91 sec, respectively. and 30.8 ± 3.22 sec. represented by. The functional value of jump endurance after training and test load was only slightly lower than such values recorded in the UJT cycle. This is partly due to the fact that the participants showed physical and functional capabilities. However, such an opportunity is not enough for large-scale and intense training and competition loads. This idea is reflected in the indicators recorded in the pre-competition training cycle. For example, the maximum number of jumps was 31.3 ± 3.27 times before

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training and 28.7 ± 2.09 times after training. The maximum jump time is 30.3 ± 3.11 sec, respectively. and 32.8 ± 3.47 sec. represented by. NOCH 40.1 ± 3.38 beats per minute at a rate of YuQCH 148.2 ± 6.24 beats per minute, which represents the functional value of jumping and training loads. accelerated to. It should be noted that in this cycle, along with the decrease in the average statistical indicators () of the results of the maximum number of jumps, the increase in the YuQCH and NOCH, their standard deviation (□) are also relatively large numbers. impoverished with. This suggests that the highly qualified volleyball players in the study included players whose physical and functional abilities changed in a regressive direction.

Admittedly, the physical and functional capacity (potential) that is lost as a result of poorly formed or irrational exercise and ineffective use of physical rehabilitation tools will inevitably affect the effectiveness of games in competition cycles. This is exactly what happened in the research conducted during the competition cycles. Thus, from the dynamics of such changes in the mentioned indicators, it can be concluded that the highly qualified volleyball players who participated in the study did not have enough physical potential and functional reserves. This is why the jump endurance and its functional value in these volleyball players could not withstand heavy loads. It is possible that this situation to some extent had a negative impact on the technical and tactical skills of the players.

Conclusion

Based on the dynamics of the above indicators, it can be noted that in highly qualified volleyball players who participated in our study, physical performance, including its functional value, decreased from cycle to cycle, from training to training and from variety to type. This means that the annual training program for these volleyball players and the content of the training cycles and training cycles, as well as the physical and technical-tactical training exercises used in them, are irrational. This is confirmed by the results obtained at the end of the competition cycle. It should be noted that in fact, according to foreign experience, for example, Russia has 26 domestic tournaments, Germany has 20 domestic tournaments, Italy has 22 domestic tournaments, Ukraine has 28 tournaments and international competitions (World League, World and European Championships, Cup competitions, etc.). From these indicators, it can be concluded that all volleyball clubs participating in the championship of Uzbekistan, even volleyball players belonging to the national team of the country, have a very weak level of functional capacity and physical ability to withstand such loads. With these capabilities, not only can technical and tactical skills be effectively developed, but there is no doubt that high results cannot be achieved.

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