

The Importance of Functional Training in the Training of Volleyball Players

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Abstract: The article discusses the importance of functional training and its importance in the preparation of highly qualified athletes, in order to further increase the level of achievements of modern athletes. The article also describes the main characteristics of functional training and control of functional systems.

Keywords: sport, training of athletes, sports results, functional training, functional training characteristics, functional systems management.



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INTRODUCTION

The importance of physical education and sports in the formation of young people as a healthy and harmonious generation is invaluable. That is why several dozen directive documents on physical education and sports have been adopted in the Republic, which are among the main issues raised to the level of state policy. In terms of their implementation, the material base of physical education and sports is first formed and the popularity is growing. At the same time, favorable conditions and opportunities are being created for the younger generation to play sports. These are expanding the possibility of qualifying talented young people for sports tobor. As our president stressed: - "it is at the center of all our noble intentions that the dream of growing our children healthy, both physically and spiritually, seeing the happiness of their happiness, a prosperous future, raising a generation that will not be inferior to anyone in the world." In the early years of the new century, the science of sports was separated from the structure of the theory and methodology of physical culture as an independent science. The objective reasons for this are the theory and practice of sports science, recommendations and conclusions of research work. They are expanding sports training from theoretical to practical aspects, leading to an increase in sports results.

- In this regard, at today's stage of sports development, we see such features that they seriously affect the process of training an athlete and put new complex tasks and tasks in front of an athlete with a trainer, which, in turn, make the organization of the training process in search of the most suitable forms and methods of training:

- in order to further increase the level of high performance achieved by today's athletes, it is required to completely improve the training style of highly qualified athletes, as well as today's organizational and methodological method, which has been used for many years in the training of athletes.
- with the results of the achievements in the largest sports competitions increasing, the struggle of the competition has become extremely tense. This situation will increase the efficiency, stability and priority of the technical and practical skills of athletes, the demand for moral volitional and mental training in the conditions of their superimposed responsible starts.
- highly qualified athletes have reached such a high peak in special physical training that now climbing above it has become the most difficult and most complex task, accordingly, the search for reserves to improve the effectiveness of special physical training, and at the same time, in general, in the system of the training process, new methods and techniques have become necessary.
- the exercise has increased in size and so much in size and weight that the question of its rational absorption within the framework of the annual cycle, as well as within each of its stages, has been transversely made. At the same time, there was a need to react, which was recognized as one way at a time to increase the effectiveness of training. Accordingly, firstly, there was a need to look for the most profitable ratio between loadings in different preferential directions, and secondly, new ways of organizing exercises, after all, such exercises envisage the optimal conditions for the full implementation of its adaptation capabilities in the body's activities, relying on the clear relationship between the expenditure and recovery of energy reserves in the athlete.
- in solving the methodological issues of training, the task of science has increased directly related to the training and delivery of highly qualified athletes, full-blooded exposure to functional life-sustaining styles in the athlete's body and the promotion of such styles to an extremely high level of activity, so that now the extremely complex problems of preparing an athlete in a modern way cannot be solved without.

Until the last years of the last work, the main emphasis in the training of athletes was placed on the theoretical, general-physical, technical-tactical and mental preparatory aspects, and they formed a component of sports training, using the style, methods and means inherent in the types of training for the purpose of their development.

Over the past years, the term functional training has taken its place from the structure of the theory and methodology of sports science. Field specialists J.Kholodov, S.Kuznesov (2007), V.Vasilkov (2008) s described functional training as an important branch of sports training, which studies the supply and activity of the neuromuscular apparatus with energy sources, providing plastic material and removing fragmented and decomposed products from the body.

Functional training determines the cost-effectiveness and optimality of performing actions, and at the end directly affects the outcome of the sport.

The functional training of the athlete is expressed in the indicators of the adaptation, reactivity and resistance of the athlete's body to mental and physical influences in training and competitions.

Function (Latin funtion - performance) – 1) commitment, scope of activity, Role; 2) specific view of the holistic functioning of biological cells, tissue, organs and organism. Functional training determines the systemic indicators of the organs of the human body and organisms, the supply of the activity of the neuromuscular apparatus, as well as some functions of the activity of the neuromuscular apparatus, the indicative description of the supply.

Such supplying organs and systems include: the first Supply Group: yuraktomir, respiratory, thermoregulatory, nervous and endocrine systems. The first Supply Group provides the neuromuscular apparatus with the substances necessary during its period of activity; the second Supply Group: the digestive and excretory systems, when they activate the neuromuscular system, they dramatically reduce their activity and are activated in peace.

The task of functional systems includes ensuring the elimination of substances and manufactured substances necessary for the functioning of the nervous (nervous)-muscle apparatus, creating energy reserves, buffer volumes for working at substances and large voltages, and restoring new ones(synthesis) instead of tissues that failed during the period of activity. Basic descriptions of functional training.

1. Indicator of specific activity of cardiovascular, respiratory, humoral, thermoregulatory, excretory, protective and other systems when performing movement activity.
2. The degree of adaptation to physical nagruzkas.
3. Recovery time after nagruzkas.
4. The economy of functional systems during the period of movement activity.
5. Types of reaction of the nervous system (normamotonic, hypertonic, hypotonic, dystonic, stepped).

It is necessary to know that physical and functional training has different times of development, improvement and recovery (hyperochrony).

Strength of bone, muscle and connective tissue.

Control of the functional systems of the body is controlled by recording the adaptation capabilities of the cardiovascular, respiratory, endocrine, immune, nervous-system and neuromuscular apparatus. The entry of the time of " tension " is determined, after working in certain zones of intensity there is exhaustion, distress (patalogical stress) occurs. For this, hemodynamics studies are used, indexes and pointers are measured during the test or when taking the probe many times. To assess the functional capabilities of the body (heart contraction frequency), (arterial blood pressure), (respiratory frequency), Ruffe – Dijon index, Kedro index, universal cardiorespiratory indicator, one-minute cardiac volume index, cardiopulmonary appoic probe, medium dynamic, pulse acceleration percentage, oxygen intake coefficient indicators are used. Dosed nagruzka tests are used to assess the functional capabilities of the athlete's body: orthoclinostatic probe, Martine probe(sitting 20 times for 30 seconds), Letunov probe, Harvard step-test, PWC 150 and PWC 170 tests, etc.

The release of the neuromuscular apparatus by energy sources, plastic material and metabolic breakdown substances from the body depends on the functional system of the body, prepares organs (cadiorespiratory, nervous, endocrine, immune, digestive and excretory), the improvement of their activity falls into the concept of functional training.

Functional training affects the athlete's competition preparation and the growth of sporting results. The absence of the necessary functional training leads to injury and disease of the athlete. Today's athlete's all-round development (both physical, mental and moral) also requires that he be physically, technically tactical, mentally, functionally trained.

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