

THE IMPORTANCE OF FUNCTIONAL TRAINING IN THE ATHLETE TRAINING SYSTEM

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Annotation: *In order to improve the level of high performance achieved by today's athletes, the article talks about the improvement of the training methods of highly qualified athletes and the functional training and its essence and importance in the training of athletes. Also, the authors focused on the main characteristics of functional training and control of functional systems.*

Key words: *sport, athlete training, sports result, functional training, descriptions of functional training, control of functional systems.*

The future and prosperity of our country largely depends on the health, knowledge, knowledge, potential, talents and beliefs of children, youth of the present period. The upbringing of the younger generation is an important task facing the nation, and not just for the family. The role of physical education and sports in the upbringing of a healthy child and a harmonious generation is also incomparable. Therefore, physical education and sports in our Republic are among the priority issues raised to the level of Public Policy, and several dozen directive documents on it have been adopted. In terms of their implementation, the material base of physical education and sports is first formed and its popularity is growing. At the same time, favorable conditions and opportunities are being created for the young generation to play sports. These expand the possibility of qualifying talented young people for sports toboro. As the president noted: - "naturally, at the center of all our noble intentions is the desire to grow our children healthy, both physically and spiritually, to see their happiness, a prosperous future, to raise a generation that will not be inferior to anyone in the world."

In the early years of the new century, sports science 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 extend sports training from theoretical and practical aspects to the rise of sports results.

Until the last years of the last work, the main attention was paid to the aspects of theoretical, general-physical, technical-tactical and mental training in the training of athletes, and they formed a component of sports training, using methods, methods and Means specific to the types of training in order to develop them.

Over the past years, the term functional training has taken a wider place than the content of the theory and methodology of sports science. Field experts C.Khaladov, S.Kuznetsov (2007), V.Vasilkov (2008) s considered functional training an important section of sports training, describing it as stimulating the supply and activity of the neuromuscular apparatus with energy resources, providing it with plastic material, and studying the excretion of decay and decomposed products from the body.

Traditionally, the aspects of physical, technical, tactical and mental training of athletes are officially distinguished in the preparatory jatayon. The applied classification of types of training in sports activities is quite conditional and is used for a specific formalization purpose. It is desirable at a certain stage of training to determine the general directions in the development of one or another component of the athlete's training, for the convenience of working with tools and methods.

At the same time, each feature, ability or quality of movement is based on certain functional capabilities of the organism, and they are based on specific functional processes and physiological mechanisms. For example, such quality as durability and all its types are largely determined and

limited by the level of development of energy supply mechanisms - anaerobic and aerobic productivity, as well as the level of “functional stability”.

In recent years, it has become increasingly clear that sports training, which consists in achieving the highest sports result, is aimed at developing the level of functional capabilities that an athlete is able to provide this result. N.G. The opinion of ozolin (1970) is very remarkable: “describing the system of General Sports Training, we can say that this is a long-term, year-round, specially organized, educational process that increases training, development, growth and the functionality of an athlete....”.

Functional training determines the economy and optimality of performing movements, and in the end directly affects the sports result.

The functional training of an athlete is expressed in training and competitions in indicators of the adaptation, reactivity and resistance of the athlete's body to mental and physical influences. (V.Vasilkov, 2008).

Functional training is a systematic, multi-factor process of managing individual biological reserves of the human body using various means, methods of physical, technical, tactical and mental training.

Function (from the Latin funtion - fulfillment) – 1)commitment, scope of activity, Role; 2) a specific manifestation of the holistic activity of biological cells, tissues, organs and the body. Functional training determines the structural indicators of the organs of the human body and organisms, the supply of the functioning of the neuromuscular apparatus, as well as some functions of the functioning of the neuromuscular apparatus, a demonstrative description of the supply.

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

The task of functional systems includes ensuring the elimination of substances and developed split substances necessary for the functioning of the nervous (nervous)-muscular apparatus, the creation of energy reserves, buffer volumes for working with substances and in great tension, and the restoration(synthesis) of new ones instead of tissues that have failed during the period of movement activity.

As the main descriptions of functional training, the following can be indicated.

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. Economy of functional systems during the period of movement activity.
5. Types of reaction of the nervous system (normomotonic, hypertonic, hypotonic, dystonic, stepped).

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

6. Strength of bone, muscle and connective tissue.

Control of the functional systems of the body is controlled by recording the possibilities of adaptation of the cardiovascular, respiratory, endocrine, immune, nervous-system and neuromuscular apparatus. The entry of the time” tension " is determined, after working in certain intensity zones there will be exhaustion, distress(pathalogic stress) will occur. For this, hemodynamics studies are used, index and pointers are measured during the test or when taking the probe many times. To assess the functional capabilities of the body, indicators such as YUQCH(frequency of heart contractions),

AQB(arterial blood pressure), NOCH(frequency of breathing), Ruffe – Dijon index, Kedro index, universal cardiorespirator pointer, one-minute Heart Volume Index, Heart-Lung appoic probe, moderate dynamic AQB, pulse acceleration percentage, oxygen consumption coefficient are used. To assess the functional capabilities of the athlete's organism, dosed nagruzkas tests are used: orthoclinostatic probe, Martine probe(20 sit-ups for 30 seconds), Letunov probe, Harvard step-test, PWC 150 and PWC 170 tests, etc.

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

Mechanisms for increasing the functional Jay of athletes.

At the heart of increasing functional capacity are the processes of developing the body's adaptation to physical stress and mobilizing functional reserves.

Adaptation (adaptation) of the body to physical stress is a reaction of the whole organism aimed at ensuring muscle activity and maintaining or restoring the stability of the internal environment of the body - homeostasis.

Adaptation is one of the most important physiological foundations of the training activity of athletes. The entire training process is aimed at the formation of adaptation to the specific activity of the muscles.

The entire process of sports training can be represented as the interaction of two main factors that determine the improvement (increase in functionality) of athletes ' adaptation.

One of these factors will be physical activity, which acts as the main irritant - an adaptogenic factor that causes corresponding functional reactions.

Another factor is the effectiveness of recovery, during which functional and structural changes in the body are combined.

Both of these factors are organized according to different parameters through the sports training management system.

Including scientifically analyzed the development of small business and business, and the legal basis, at this time financially support small business and business, the latter is amended and the rules for this branch of national legislation are added.

Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

In place of the conclusion, it can be said that functional training affects the athlete's preparation for the competition and the growth of sports results. The lack of the necessary functional training leads to the fact that the athlete is injured and suffers from diseases. The development of today's athlete from all angles (both physical and mental and moral) also requires that he be prepared physically, technically tactically, mentally, functionally.

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263	ISSN 2277-3630 (online), Published by International journal of Social Sciences & Interdisciplinary Research., under Volume: 11 Issue: 11 in November-2022 https://www.gejournal.net/index.php/IJSSIR
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