

LOADING, EXHAUSTING, ELIMINATING IT AND RESTORING WORKING CAPACITY

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Annotation: *in this article, the opinion is expressed that it is necessary to correctly distribute, give the necessary downloads for each athlete, how it affects the body, side effects, be able to apply downloads in the training and training process.*

Keywords: *local, exhausting, charging, loading, club, trainer, work ability, recovery, training, process, movement and movement technique.*

Аннотация: *В данной статье высказывается мнение о том, как правильно распределять, давать нужные нагрузки каждому спортсмену, как это влияет на организм, побочные эффекты, уметь применять нагрузки в тренировочном и тренировочном процессе.*

Ключевые слова: *локальный, усталость, зарядка, нагрузка, клуб, тренер, работоспособность, восстановление, тренировка, процесс, движение и техника движения.*

No matter what kind of work or action each person does after a certain period of time, symptoms of exhaustion begin to occur in him. Depending on the type, size, severity of this work or action, a person (athlete) first develops symptoms of local (severe) exhaustion, and then, if work or movement continues, the symptoms of this local exhaustion spread throughout the body and a global state of exhaustion occurs. It is known that the cause of the occurrence of local or global exhaustion is based on the fact that this work or load of movement affects one or another executive body (arm, leg or whole organism). Therefore, when planning and applying training, first of all, their load, the size and intensity of the load, the age of those involved, the physical, technical-tactical and psychofunctional capabilities are taken into account. Because, as noted above, when the volume or, especially, the intensity (or pace) of the load increases, the symptoms of exhaustion increase, the ability to work decreases, the physical and technical-tactical opportunities subside. This condition has a negative effect even on the psychofunction potential. It is this condition, or a specialist referring to the law-scientists note that in the preparation process of many years it is necessary to increase the training loads not in the “stair-shaped” order, but in the “wavy direction” . Observations indicate that most teacher-coaches, even coaches of clubs and national teams, do not pay serious attention to measures to eliminate symptoms of exhaustion at the end of training and at the end of competition games, to restore the functioning of their functional organs and this ability. In the event of symptoms of extreme exhaustion or tension in athletes, medical workers, masseurs or psychologists are consulted. In sports practice, especially volleyball, the greatest load affects the muscles of the legs in the first shift. The symptoms of exhaustion caused by such loadings, which have a local effect, spread

throughout the body in a long or Close time, leading to a state of global exhaustion. Therefore, at the intervals and conclusion of volleyball training, it is advisable to take measures, such as relaxation meaningful exercises, hypoxic opportunity-smoothing breathing exercises, massage, which eliminate the symptoms of exhaustion that have arisen in the leg muscles after the end of the competition games and are committed to restoring working capacity. In the process of many years of sports training, the priority is given to “zaryadka” exercises, which are performed every morning to prevent the occurrence of symptoms of exhaustion, tension and the formation of this ability.

Exhaustion and its symptoms - when the athlete is exhausted under the influence of load, the concentration of lactic acid (lactic acid) in the muscle tissue increases in the first place, residues of ammonia, warty and manufactured mineral salts accumulate. SO₂ - the percentage of carbon dioxide increases and O₂ deficiency occurs. As a result, the frequency of breathing is accelerated. The frequency of breathing in a calm state to a normally healthy person can be 11-14 times. In athletes, on the other hand, at the expense of the formation of the respiratory organs and their economical functioning, the respiratory rhythm is reduced to 9-10 times per minute. Breathing increases in rhythm, in turn, cause the heart to increase the frequency of contraction. To a certain extent, an increase in arterial blood pressure also occurs. In sports practice, the concepts of physical and psychological (mental) exhaustion are used. Physical exhaustion will be mainly due to a deficiency of ATF(adenosine triphosphoric acid), Krfkreatinfosphate and O₂. When symptoms of psychic exhaustion occur, the functional possibilities of the activity of the central nervous system, nerve fibers, nerve receptors are weakened, emotional activity is reduced, motivation is passivated. Such conditions or consequences, in turn, weaken functional capabilities, and then can gradually increase the symptoms of tension. When the athlete is exhausted, such qualities as attention, perception, memory, willpower, visual breadth and depth, observation-analysis and selection decision-making functions slow down. The technique of movement, its coordination and accuracy are beyond trace. To eliminate the symptoms of exhaustion, it is recommended to use measures of active and passive rest, spiritual encouragement, consumption of fruit juices, relaxation exercises.

The concepts of working capacity and its restoration - in sports theory, a general and special physical working capacity, in some cases only a special working capacity - are usually used. The general physical ability to work is said to be able to perform all kinds of work or actions under its own name. Such performance is assessed using most PWC170, Harvard step - test index, Cooper Test, and other similar functional tests. The ability to perform special physical work is the ability to perform special physical qualities (agility-strength, types of strength, agility-strength endurance, jump endurance, etc.k.) are determined using expressive methodological tests. In this process, of course, it is recommended to identify such indicators as respiratory rhythm, lung capacity of vitality, O₂ - intake, frequency of heart contraction, arterial blood pressure.

Special work skills are usually understood as the load of technical and tactical actions inherent in the chosen sport, in particular volleyball, the possibility of mastering it or being able to carry it. This process also provides for the identification and evaluation of functional

indicators. The restoration of such types of working capacity, including psychological working capacity, is carried out using specific methods and tools. Based on the scientific essence of the matter, it is important to note that the remains of nutrients in the human body “developed” during the day and night-slugs (ammonia, lactate, mineral salts - K, Ca, Mg, etc.) gather. If they are not squeezed in a timely “presso-depressor” (compressive-relaxing) order using meaningful “stretching” (twisting) exercises that affect functional organs, especially joints, the symptoms of exhaustion persist in places or may increase further. Such means can include “stretching-relaxation-breathing” exercises, and using them regularly every morning, before and after training will cleanse the body of waste, relieve it and the psyche.

1. Exercises performed lying on your back.

1.1. Lie on the left side with maximum tension, caress and exhale deeply, taking 3-4 times a deep breath.

1.2. The same exercise is performed lying on the right side.

1.3. Taking the “most” position with the head and hands on it, taking a deep breath, maintaining it maximum-return to the initial position.

1.4. Re-admission of this state, exhaling deeply, maintaining it maximum-return to the initial state.

1.5. Taking this state again, taking 3-4 deep breaths and exhaling deeply-return to the initial state.

1.6. From the Ytogan position, the torso is a bend with the head up and down to the slow knees, deep breathing in this position, maintaining it maximum-the initial position.

1.7. The same exercise is returned, only the release of deep breathing in the bent position to maintain the maximum-the initial position.

1.8. The same exercise is returned, only 3-4 times deep breathing in the bent position and deep breathing-the initial position.

2. Exercises performed lying on your abdomen.

2.1. Leaning on the hands, the torso-shoulder-the maximum bend of the head back, deep breathing in this position and maintaining it maximum-the initial position.

2.2. This state-the exercise is returned, the release of deep breathing and its maximum retention-the initial state.

2.3. This is the case-the exercise is returned, 3-4 deep breaths, deep breaths-the initial state.

3. Sit-down exercises.

3.1. The legs are bent from the knee joint, raised to the right and lowered to the side of the left leg, the left hand is raised and lowered to the right side of the knees, leaning with the right hand on the ground. The torso-shoulder-head is maximally turned to the right, breathing in this position and maintaining the maximum-the initial position.

3.2. This state is returned, only the breath is exhaled and the maximum is maintained-the initial state.

3.3. This state is returned, only 3-4 times taking a deep breath and exhaling. 3.4. 2.1., 2.2. and 2.3.- th position-exercises are performed in the form of an opposite position to the left.

4. Walking is a running exercise.

4.1. 100 m - simple walk.

4.2. 100 M-Sport walk.

4.3. 600 m - running at a slow speed, all muscles in the maximum “relaxed” position.

4.4. 100 M-Sport walk.

4.5. 100 m - simple walk.

Note: during normal walking, sporty walking and running, breathing is fluent, exhaling is sharp, taking 3-4 deep breaths every 100 m, it is difficult to follow the procedure for exhaling deep breaths.

5. Exercises performed in a position where the legs are raised vertically, lying on their back.

5.1. The muscles of the legs are maximally relaxed, and shaking exercises are performed - 5-10 sec.

5.2. With the right and left foot, in the direction perpendicular to the body, the exercise “scissors” is performed - 5-10 sec.

5.3. In the direction parallel to the body with the right and left leg, the exercise “scissors” is performed - 5-10 sec.

5.4. A stretching exercise is performed by slightly bending the legs and shaking them.

5.5. In a lying position with the back, 7-8 times a deep breath is removed.

Note: All posture - reverse posture - exercises are performed in a closed eye position. It is recommended to perform training in a sports uniform in order to open the room windows and not wind.

6. Sitting, jumping, bending to the sides in an upright position, back forward-typing, maximum turning exercises on the left and right sides. Breathing exercises.

6.1. Sitting-9-10 times.

6.2. Landing by jumping from a standing position 180° left, jumping again 180° left turn-repeated 2-3 times. The same jumping exercises are performed by turning to the right.

6.3. Deep breathing exercises are performed, taking 5-6 deep breaths.

6.4. Bending back and forth in a row - writing-4x4 times.

6.5. Bend to the left and right in a row - write-4x4 times.

6.6. Writing the hands on the sides, the maximum turn to the right and left in a row - the initial position-4x4 times.

7. Stretching the legs on the chair, lowering the arms, maximally relaxing the muscles, the eyes are closed - breathing smoothly, thoughtfully “my body organs are cleaned, my muscles are relieved, my breathing is smooth, my heart beats are calm, I rest. My memory, attention, thinking, consciousness, perception became clear - my will strengthened. Full - time work - I am ready for reading processes” - it is necessary to repeat the words “inside” whispering.

8. Wash-crawl. Quiet breakfast.

Note: training exercises are designed for a maximum of 25-30 minutes. To do them without haste, it is recommended to get up from night sleep at 5:30 - 6:00.

In conclusion, each human organism will be different, so it is necessary that we give them loads that are appropriate and specific. Otherwise incorrectly given loading should badly affect a person's life. Therefore, we think that it will be a huge impetus for teachers and trainers to develop the sport of their choice, to show themselves in each area, to have deep knowledge.

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