



The Importance of Functional Training in the Training of Boxers

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Annotation: In order to further increase the level of high performance achieved by today's boxers, 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 boxers. Also, the main description of functional training and issues of control of functional systems are covered in the article.

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

The importance of physical education and sports in shaping young people into a healthy and mature generation is incomparable. Therefore, in our Republic, physical education and sports are among the priority issues raised to the level of state policy, and several dozen directive documents have been adopted. First of all, the material base of physical education and sports has been formed and its popularity is increasing. At the same time, favorable conditions and opportunities are being created for the young generation to engage in sports. These are expanding the possibility of selecting talented young people for sports.

As the President noted: - "Of course, at the center of all our good intentions is the dream of raising our children healthy both physically and spiritually, seeing their happiness, prosperity, prosperous future, raising a generation that will be second to none in the world. stands". In the early years of the new century, sports science emerged as an independent science from the structure of the theory and methodology of physical culture. The objective reasons for this are the theory and practice of sports science, the recommendations and conclusions of scientific research works. They are expanding sports training from theoretical and practical aspects, leading to the improvement of sports results. In this regard, at the current stage of sports development, we see such features that have a serious impact on the process of training an athlete and put new complex tasks and tasks before the trainer and the athlete, and these tasks and tasks, in turn, forces to find the most suitable forms and methods of organizing the training process:

- in order to further increase the level of high performance achieved by today's athletes, it is necessary to completely improve the method of training highly qualified athletes, as well as the current organizational-methodical method that has been used for training athletes for many years.
- as the results of the achievements in the biggest sports competitions are increasing, the competition has become extremely intense. This situation increases the demand for the effectiveness, stability and priority of the technical and practical skills of the athletes, their moral will and mental preparation in the conditions of responsible starts.
- highly qualified athletes have reached such a high peak of special physical training that now it has become the most difficult and difficult task to rise above it, accordingly, it is necessary to search for resources to increase the efficiency of special physical training and at the same time in general, new methods and techniques are needed in the training process system.



- the size of the training load has become so large and heavy that the issue of rationally incorporating it within the annual cycle and into each of its stages has been put aside. At the same time, there was a need to have a relationship that is recognized as the only way to increase the effectiveness of training. Accordingly, firstly, there was a need to search for the most beneficial ratio between loads in different preferential directions, and secondly, to search for new methods of organizing exercises, because such exercises require the expenditure and restoration of energy reserves in the athlete. based on the exact relationship between, provides the most optimal conditions for the full realization of the adaptation possibilities in the activity of the organism.
- the task of science in solving methodological issues of exercise has increased, it is directly related to training highly qualified athletes, having a full-blooded effect on the life-sustaining functional methods in the athlete's body, and raising such methods to a very high level of activity. , now it is impossible to solve the very complex problems of training an athlete in a modern way without scientific methodical data, relying only on common sense and emotions.[3]

Until the last years of the previous work, the main attention was paid to the theoretical, general-physical, technical-tactical and mental preparation aspects in the training of athletes, and they formed a component of sports training, and in order to develop them, specific methods, methods and of means used. In recent years, the term "functional training" has been included in the theory and methodology of sports science. Experts in the field J. Kholodov, S. Kuznesov (2007), V. Vasilkov (2008) consider functional training as an important part of sports training, it is the provision of energy sources of the neuromuscular apparatus and stimulation of its activity, provision of plastic material who defined it as learning to provide and break down and remove its broken down products from the body. Functional training determines the efficiency and optimality of performing actions, and ultimately has a direct impact on sports results. Functional fitness of an athlete is expressed in indicators of adaptation, reactivity and resistance of the athlete's body to mental and physical effects during training and competitions. [1]

Function (Latin funtion - performance) – 1) obligation, scope of activity, role; 2) a specific view of biological cells, tissues, organs and the overall activity of the organism. Functional training determines the system indicators of the human body organs and organisms, maintenance of the neuromuscular apparatus, as well as an indicative description of some functions and maintenance of the neuromuscular apparatus. Such supply organs and systems include: the first supply group: cardiovascular, respiratory, thermoregulatory, nervous and endocrine systems. The first supply group provides substances necessary for the neuromuscular apparatus during its activity; the second supply group: 28 digestive and excretory systems, when the neuromuscular system is activated, they sharply reduce their activity and become active at rest. The function of functional systems is to ensure the release of substances and processed substances necessary for the functioning of the nervous (nerve)-muscular apparatus, to create energy reserves, substances and buffer volumes for working at high voltage, and the damaged tissue during movement activity. replacement of tissues includes restoration (synthesis) of new ones.

Basic characteristics of functional training.

1. An indicator of the specific activity of the cardiovascular, respiratory, humoral, thermoregulatory, excretory, protective and other systems when performing movement activity.
2. Level of adaptation to physical loads.
3. Time to recover after a crisis.



4. Saving of functional systems during movement activity.
5. Types of reactions of the nervous system (normotonic, hypertonic, hypotonic, dystonic, stepped). It is important to know that physical and functional training have different times of development, improvement and recovery (hyterochrony).
6. Strength of bones, muscles and connective tissues. Control of the functional systems of the body is controlled by recording the adaptation possibilities of the cardiovascular, respiratory, endocrine, immune, nervous system and neuromuscular apparatus.

"Intensity" time entry is determined, after working in certain intensity zones, exhaustion occurs, distress (pathological stress) occurs. For this, hemodynamic studies are used, indices and indicators are measured during the test or when taking the sample many times. To evaluate the functional capabilities of the body, YUQCH (heart rate), AQB (arterial blood pressure), NOCH (respiratory rate), Ruffe-Dijon index, Kedro index, universal cardiorespiratory index, heart minute volume index, heart-growth pka appoik test, average dynamic AQB, pulse acceleration percentage, oxygen consumption coefficient indicators are used. To evaluate the functional capabilities of the athlete's body, the tests of dosed particles are used: orthoclinostatic test, Martine test (20 times sitting for 30 seconds), Letunov test, Harvard step test, PWC 150 and PWC 170 tests, etc.[1] The release of the neuromuscular apparatus with energy sources, plastic material and metabolic decomposition substances from the body depends on the functional system of the body, it prepares the organs (cardiorespiratory, nervous, endocrine, immune, digestion and excretion), the improvement of their activity is included in the concept of functional preparation. 2] Functional training affects the athlete's preparation for competition and the growth of sports results. The absence of the necessary functional training causes the athlete to get injured and get diseases. All-round (physical, mental and moral) development of today's athlete requires physical, technical, tactical, mental and functional preparation.

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