

MAINTENANCE OF FOOTBALL PLAYERS WITH USE OF NONCONVENTIONAL MEANS AND METHODS

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ABSTRACT

In work the analysis and discussion of results of researches of efficiency of nature of influence relaxation – breathing exercises, on maintenance of football players are submitted during the pedagogical experiment. It was established that relaxation – the breathing exercises applied in the course and at the end of training occupations have the stimulating property: accelerating process of maintenance of football players.

Keywords: Training occupations, pedagogical experiment, relaxation, experimental groups, control group, year cycle.