

POSSIBLE CAUSE OF PERFORMING THE STANDARD ACTIONS INCORRECTLY IN GAME SPORTS AND HYPOTHESIS OF INCREASING PERFORMANCE

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ABSTRACT

The article studied one of the reasons for inaccurate performance of actions, in games executed from the standard positions, acute hypoxia, which occurs during the game strains. It has been suggested that hypoxic training can lead to an increase body's resistance to O₂ deficiency, a moderate increase in heart rate and respiratory rate, consequently, creates conditions for the "faultless" performance of standard techniques.

Keywords: game standard actions, strains, accuracy, heart rate, respiratory rate, hypoxic training, breathing exercises.