

SPECIAL DYNAMICS OF PHYSICAL PREPARATION OF GIRLS' TEAM AT THE TRAINING SESSION BEFORE COMPETITIONS

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ABSTRACT

This article describes the results of pedagogical experiments of special physical training of qualified *female* boxers to optimize training load of the training camp. The article provides tests, links and related Internet addresses.

Keywords: Qualified female boxers, special physical training, heart rate, punches, skill indicators.

Relevance: Since independence, the president and the government of our country have been paying more and more attention to sports, especially the sports of girls, which places great responsibility on specialists in this field, and requires a lot of work for the further development and promotion of sports. For this reason, in our research, we sought to conduct studies to optimize the training loads of qualified boxers at the stage before the competition. According to the results of the analysis of scientific and methodological literature, today the scientists of our country and other countries have conducted valuable research in this field in recent years in a number of scientific institutions, R.D. Halmukhamedov in 2008, S. S. Tadjibaev in 2017, 2019. N.M. Yusupov in 2018, G.K. Rajabov in 2019, A.V. Kisilev in 2006, A.F.Boyko in 1971, did a great job of optimizing the training load at the stage of preparation for competitions. The relevance of our research was emphasized by the fact that the research did not adequately study the optimization of training load of qualified boxers in the period before the competition. In boxing, it is very important to optimize training loads at the stage of preparation for the competition, since it serves as a practical program for each athlete in order to better prepare for future competitions.

Purpose of the study: Control of functional heart rate, reduction of female boxing team of Uzbekistan in preparation for the competition.

Tasks of the research : 1. Monitoring the heart rate of *athletic girls* during training; 2. Analysis of the number of boxer girls' heart rate by zone; 3. Determining the heart rate during a heavy load and developing an appropriate exercise plan.

Object of research: Training of qualified boxer girls at the Yangiabad boxing base in Angren.

Subject of the research: Using SPUDERG-4 and Pollar apparatus to determine the physical fitness of qualified female boxers.

Methods of the research: analysis of scientific and methodological literature, pedagogical observation, pedagogical experience, pulsometry, mathematical and statistical analysis.

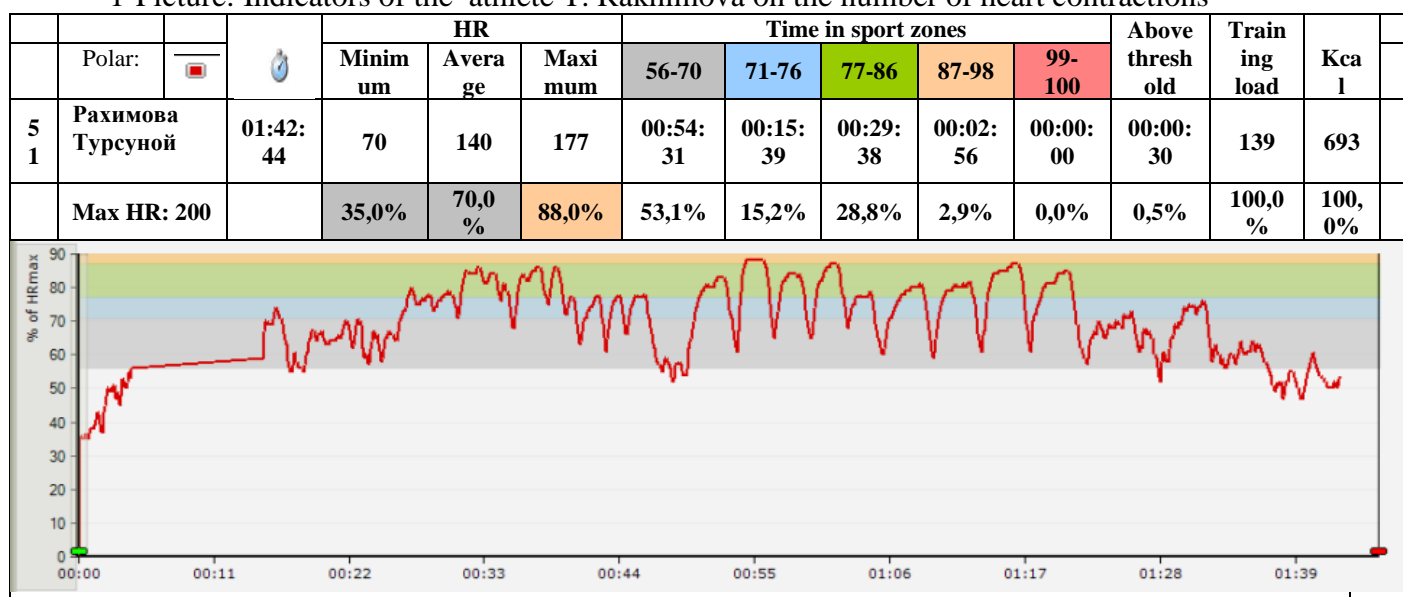
Organizing the research . The research was conducted to determine the indicators of special physical training of five Uzbek women's boxing teams.

Results and discussion of experiments. According to the study, when we checked the functional readiness of the athlete T. Rakhimova in the Polar apparatus, the minimum heart rate during training was 70 beats, the average was 140, and the maximum was 177. When we checked by zones, it showed 53.1% in zone 1, in Zone 2, we see a decrease of 15.2%, in Zone 3, this was 28.8%, while in Zones 4-5, recovery improved, falling to 2.9%, the total number of kilocalories consumed

by the athlete T. Rakhimova for the entire training session was 693. During the training, the heart rate increased to 130-135 during general developmental exercises, We see that the pulse of T. Rakhimova increased to 140-145 when playing tags with an opponent, it was noted that the number of heartbeats decreased to 125-120 within a minute of rest, heart rate increased to 130-135 when performing exercises such as go-go, cockfights, we can see that the number of heartbeats increased to 145/150 in pulses, jumping, sitting, we can see that the number of heartbeats increased to 155-160 when working with an air strike with a partner, athlete's pulse recovery in one minute of rest improved to 120-125 times, after a minute of rest, we see that when performing exercises on bending the arms from 10 to 2 times (addition), the athlete's pulse rate is restored to 110-120%, (at 12:05, 55th minute) We can see that the number of palpitations increased to 160-165 during exercises to hit the triple belly in bags with a head, we can see that the number of heart contractions decreased by 115-120% in the one-minute rest interval.

When working on the next 3rx2m bag (20 s, 10 s) SPUDERG-4, the number of heartbeats increased to 160-165 in 20 rounds of free blows in the 1st round, we can see that the number of heartbeats increases to 175-180 during a 10 second heart rate, we can see that in the next 20 seconds the number of heartbeats decreased to 125-130, in the next 10 seconds the number of heartbeats increased to 164-172, in the second half of the first round we can see that the number of heart beats in 20-second free punches fell to 162-165, it was noted that the number of heart contractions increased to 167-172 in 10 second fast pulses.

1-Picture: Indicators of the athlete T. Rakhimova on the number of heart contractions



In the 2nd round, after 20 seconds, SPUDERG-4 showed a heart rate of 160-164 (T. Rakhimova), The number of palpitations increased to 168-177 in 10 seconds with quick "spurt" punches, the second half of the round showed a heart rate of 157-164 in a free beat in 20 seconds, after 10 seconds of fast pulses, we see that the number of heartbeats has increased to 169-174.

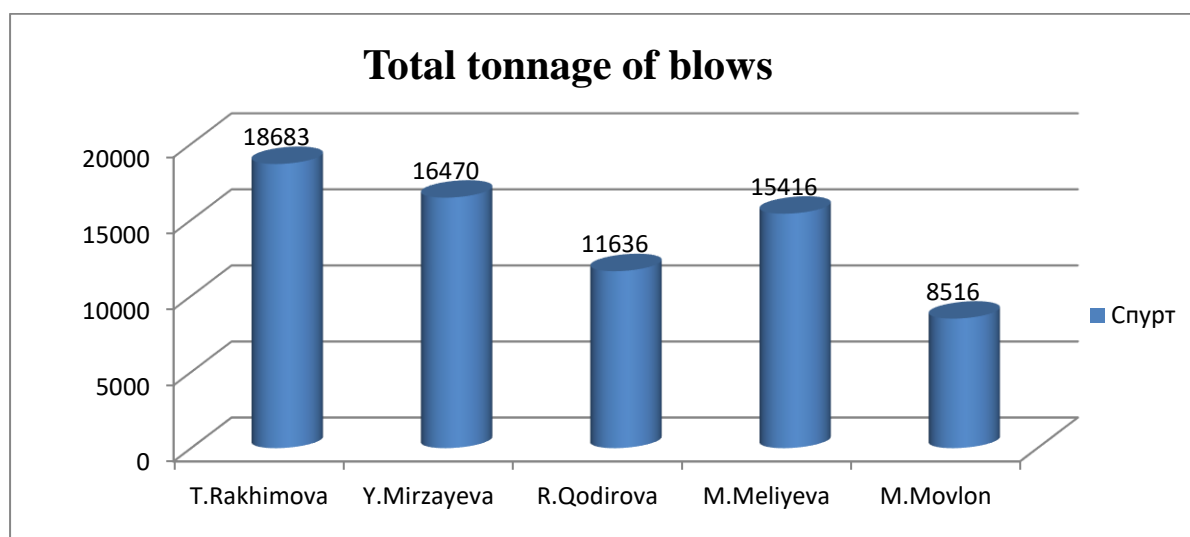
In the next 3rd round, the number of free heartbeats in 20 seconds was 155-162, we can see that the number of heartbeats increases to 174 - 177, when fast pulses are given out in 10 seconds, in the second half of the round, the number of heart contractions decreased to 160-167, when free pulses were applied within 20 seconds, with a 10-second rapid pulse, we see that the heart rate rises to 172-177, At the 82nd minute of training, we see that the number of heart consumption is restored to 105-110.

The test is given in tabular form 3r-2m (20 s, 10 s)

1-Table

№	Name	Weight.	Average weight	Blows	Tonnage	Average blows	Maximal blows.
1.	Rakhimova T.	49-59 kg	51 kg	730	18683	28	127
2.	Mirzayeva Y.	54-63 kg	57 kg	461	16470	34	113
3.	Qodirova R.	60-68 kg	60 kg	420	11636	15	106
4.	Meliyeva M.	69-74 kg	69 kg	481	15416	22	123
5.	Movlonova M.	75-90 kg	75 kg	278	8516	14	103
Average indicators:					474	14144.2	22.6

According to the results of 3 rounds, 2 minutes (20 s, 10 s) of the SPUDERG-4 computer program, which determines the special physical fitness of five female boxers preparing for the Olympic Games in Oman, Jordan, Tursunoy Rakhimova, were ahead of other athletes. The total tonnage of attacks was 18 683 kg, her total number of blows was 730, the average impact weight of blow was 28 kg, maximum blow weight was 127 kg. M. Movlonova, a participant in the weight category up to 75 kg, who showed the lowest result, showed opposite results. that is, the total number of strokes was 278, the total tonnage was 8516 kg, the average blow was 14 kg and the maximum blow was 103 kg.



3-picture. «Тест, 3r-2m (20 s, 10 s)» total tonnage of blows

After that, in the 83rd minute of training, the athlete's pulse increased to 120-130 within 3 minutes of consecutive blows, the number of heartbeats in 1 minute of rest did not recover much, it amounted to 117-122 g, in the next round, at the 88th minute of training in a bag, we see that the number of heartbeats increased from 130 to 140 when working on free blows for 3 minutes, we can see a decrease in heart rate to 122-127 at 1 minute rest intervals.

In the next 93rd minute, when he hit from below at close range, on the side to a boxing bag, the pulse of our boxer's daughter increased to 154-160, Heart rate recovery in 1 minute of rest showed 127-122 and double hit on the stomach to a boxing bag in the 98th minute of the last round of training and the number of heart rate was 125-135 when working with the right and left hands for 2 minutes with the other, with a 30-second rest interval, we see that the number of heartbeats decreases to 110-105. At the 102nd minute of training, running around the hall, sideways, spread

arms freely, (perform coordination exercises on counting) In number 1, there are inclinations to the right and left, bend your arms 5 times while lying, counting till 2, 4-5 quick air blows when counting to 3, the number of heart rates was 120-124 when jumping to 90% and performing 90% rotation exercises, walking along the gym for 30 seconds, we see that the heart rate is restored from 114 to 108 when they regulate their breathing.

At the end of the training, in the exercises rolling forward, backward and sideways at the 104th minute, we see that increasing the number of rounds on the mattresses restores the number of heart rates from 104 to 98. Lying on the next mattress, raise your legs, bridge making, exercises on the back, in the press exercises, we see that the recovery of the number of heart rate decreased from 94 to 85. When we researched the high intensity of the load in the zones, it was noted that in zone 2 and zone 4 the number of heart rates increased, It was noted that it was lower in zones 1,3,5 than in zones 2 and 4.

CONCLUSION

It can be seen from the test taken from athletes, In the 2nd round, we saw that the differences in the number of heart contractions in 20 seconds of SPUDERG - 4 boxing exercises were reliable among our athletes, In 10 seconds of quick "jerk" of blows, the number of heartbeats of some of our athletes increased to 168-177, the second half of the round showed a heart rate of 157-164 with a 20 second free heartbeat, however, with quick beats in 10 seconds, we see that the number of heart contractions has increased to 169-174. It was reflected that the athletes who delivered the fastest blows did special exercises during training in a special dispenser, according to the results of the test 3 rounds 2 minutes (20 s, 10 s) in the weight category up to 51 kg. Tursunoy Rakhimova had a total tonnage of strokes than other athletes, 18683 kg, the total number of blows was 730, the average weight of the blows was 28 kg, and the maximum weight of the blows was 127 kg.

M. Movlonova, a participant in the 75 kg weight category, showed opposite results: the total number of strokes was 278, the total tonnage was 8516 kg, the average blow was 14 kg, and the maximum blow was 103 kg. If this pattern is used in the training of all our athletes, the technical movements will increase, and a combination of consecutive hits will be achieved.

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