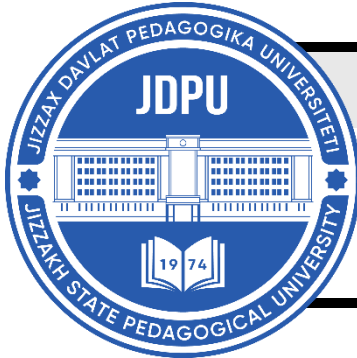


## MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



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## THE RESULTS OF THE STUDY OF THE EFFECT OF LOADS ON THE BODY OF GIRLS WITH QUALIFIED VOLLEYBALL PLAYERS IN THE PROCESS OF TRAINING

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### ABOUT ARTICLE

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**Abstract:** In this work, recommendations are presented on the application of tools and methods that should be the main focus in the annual training sessions of qualified volleyball girls, as well as on loading and sorting out their impact on the body of volleyball girls. Also in this article, the load that qualified volleyball players receive during the girls' one-day training process and their effect on the organism of athletic girls is predicted through the innovative device of the number of heart contractions (Polar team pro). As a result of the study, it turned out that the process of post-load recovery of volleyball girls is significantly slower, and in the body of some sports girls, excessive strain was observed. In this place, the athletes were given the necessary recommendations to the girls and their coaches. In the table below, the number of heart contractions in the duration of the training of volleyball girls and the recovery of the body after training were observed every minute. For a total of five minutes, the recovery process has been estimated. The obtained taxiles are cisobed by mathematical-statistical methods and are listed at an arithmetic value of the total mean.

### INTRODUCTION

Determining the effect of loads on the body during the training process is very important in qualified volleyball players, especially girls, to optimize performance and prevent injuries. The training of qualified volleyball players Girls requires an integrated approach, which includes various tools and methods for optimizing performance. From technical training to improving the qualities of strength and jumpiness, the training process for qualified volleyball girls is a complex mixture of Science and strategy. This article examines the proper distribution of loads in the training process and their effects on the body of female volleyball players and the processes of post-training recovery.

### LITRATURE REWIEV

Ayrapetyans.L.R., Godik.M.A., in sports practice recognized by the types of psychoemotional and sensory endurance in calming the ability to do physical work, it acquires great acumen in its development. (5). Nowadays, almost most coaches and athletes have implemented this approach, in which the chances achieved are clear, accompanied by a sharp decrease in the likelihood of achieving high training levels and high results in major competitions, deterioration in the quality and level of training, sports achievements, increased injury. It was recognized by many experts who actively rejected the theory of planning in previous years and stressed the need to revise its basic rules. [6]. The following research methods were used to assess the effects of downloads and connections on the body, which are given to girls with qualified volleyball players in weekly microcycles: scientific and methodological literature analysis; pedogagic and video observation, pedogagic experiment and mathematical statistical methods.

### DISCUSSION

Training often focuses on improving the necessary techniques such as strength, agility, jumping, and fencing as well as texnical tactics. In addition, special devices such as barrier-laying equipment and utility servicing help players acquire specific skills in a controlled environment. Training programs include mental development techniques that help players develop attention, endurance, and confidence. Understanding game strategy and tactics is crucial to success in volleyball. Athletes work on offensive and defensive structures, passing games and situational awareness to develop holistic team dynamics. Coaches describe game plans and analyze opponents' strengths and weaknesses, allowing players to make conscious decisions in contests. In this experiment, a qualified volleyball player separated for the experimental group at UzDJTSU was analysed through the girls' training process (Polar team pro) equipment, and a one-day training session was fully monitored. The table below lists the training of qualified volleyball girls, the impact of the load on the body in the training process and the number of post-training recovery and number of heart contractions.

**Results of study on the innovative device of the influence of loads on my organism (POLOR team pro) during training of girls of qualified volleyball players**

№	Surname Name	In a quiet state HC	10 minutes after a light run HC	Doing 5-7 minutes of warm-up exercises HC	When performing special exercises HC	In the process of working with the ball HC	Competition process during match time HC	Recovery time after completion of training				
								1-minute	2-minute	3-minute	4-minute	5-minute
1	I.M.M	90	153	146	155	165	150	101	101	103	101	90
2	R.A.Y	92	168	138	142	150	160	134	102	121	106	101
3	S.L.K	98	137	120	143	139	162	143	96	97	96	99
4	Q.K.M	90	142	130	144	164	154	107	117	110	90	91
5	Q.M.R	96	132	123	157	145	164	158	116	119	101	93
6	B.S.M	99	125	134	171	129	143	136	119	127	119	92
7	Y.A.S	106	144	118	179	148	185	122	127	118	127	100
8	S.N.M	100	155	146	151	166	140	127	106	108	107	101
9	E.X.F	83	145	145	164	133	146	85	110	90	90	92
10	M.K.M	78	160	116	160	140	160	140	108	100	100	93
11	O.V.F	82	155	130	153	138	159	145	116	99	101	95
12	O'.T.U	90	135	150	148	145	170	121	119	90	95	90
	$\bar{X}$	<b>92</b>	<b>145.9</b>	<b>133</b>	<b>155.5</b>	<b>146.8</b>	<b>157.7</b>	<b>146.8</b>	<b>111.4</b>	<b>106.8</b>	<b>102.7</b>	<b>94.7</b>
	$\sigma$	<b>8,2</b>	<b>12.6</b>	<b>12.1</b>	<b>11.4</b>	<b>12.4</b>	<b>12.4</b>	<b>12.4</b>	<b>9.1</b>	<b>12.3</b>	<b>10.9</b>	<b>4.3</b>
	$V$	<b>8,9</b>	<b>8.6</b>	<b>9.1</b>	<b>7.3</b>	<b>8.4</b>	<b>7.8</b>	<b>8.4</b>	<b>8.1</b>	<b>11.5</b>	<b>10.6</b>	<b>4.6</b>

Note: HC-Number of heart contractions

## RESULTS

Recovery is an integral part of the training process, especially very important for qualified athletes who are engaged in a hectic training schedule. To optimize performance and prevent fatigue or excessive injury, it is essential to prioritize proper rest, nutrition and recovery methods. It will be advisable to use methods such as massage therapy, hot showers to relieve muscle recovery and reduce inflammation.

The annual training cycle for qualified volleyball girls requires a strategic combination of tools and techniques tailored to the specific requirements of each stage. After uploads according to this table, we can witness that the recovery process in the organism of girls is delayed. Coaches can do this for him by developing athletes' technical skills, combining tactical training, mental stability and recovery strategies to optimize performance throughout the year and improve recovery processes in them. Through special training and strategic planning, qualified volleyball girls can reach all their potential and achieve excellence on the field as well as provide the groundwork to be able to show and win their full potential in the game.

## CONCLUSION

Proper load management is essential to prevent overtraining and reduce the risk of injuring. This includes monitoring the size, intensity, and frequency of training, as well as providing adequate rest and recovery time between sessions. The gradual increase and periodization of training loads is also considered important to prevent a sharp rise in load, which can lead to injuries. By addressing these factors and properly distributing evidence-based training and uploads, coaches can help optimize the development and performance of qualified volleyball girls, which is reflected in the most relevant factors in the competition process.

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