

VOLEYBOLCHILARNI ISH QOBILIYATLARINI KUCHAYTIRISH VA QAYTA TIKLASH VOSITALARI

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Abstract: Sport amaliyotida musobaqa va mashg'ulot yuklamalaridan keyin organizmni tiklanish jarayonini tezlashtirilishiga ta'sir ko'rsatuvchi har xil qo'shimcha vositalardan keng qo'llaniladi. Mashg'ulot ishlarin bajarish umumiy Qv maxsus ish qobiliyatini ko'tarish funktsional zahiralarni to'liq ishga tushirishni ta'minlash sportchi organizmini samarali moslashishga yordamlashadi.

Ish qobiliyatini oshirish tiklash va sport mashg'ulotida qo'llaniladigan vositalarni shartli ravishda uchta: pedagogik, psixologik, tibbiy-biologik guruhga ajratish mumkin.

Kalit so'zlar: mashg'ulot, zahira, pedagogik-psixologik, guruhlar, energiya

Pedagogik tiklash vositalari sportchilarni ish qobiliyatini va tiklanish jarayonini mushak faoliyati bajaradigan ishini maqsadga muvofiq ravishda tashkil etiladi. Pedagogik vositalarni juda ko'p qirralaridir. Bu yerda shuni ko'rsatish kerakki, mashg'ulotlar davomida uslub va vositalarni tanlash, o'zgaruvchanlik xususiyatlariga qarab har xil yuklamalarni mikrosikl ichida qo'shib olib borish va boshqalar.

Psixologik uslublari va vositalari – (autogen va psixologiyani boshqaruvchi mashg'ulot, ishontiruvchi uyqu dam olish (gipnoz), o'z-o'zini ishontirish va boshqalar) keyingi yillarda keng tarqaldi.

Psixologik ta'sir ko'rstish yo'li bilan, asab-psixologik kuchlanishni, psixik ruxiy ezilgankni sarflangan asab energiyasini tez tiklash, mashg'ulot va musobaqa dasturini aniq bajarish uchun aniq ko'rsatma individual kuchlanish imkoniyatlarini chegarasiga olib bortish.

Tibbiy biologik vositalar. Organizmning yuklama bilan rezistenlik qobiliyatni oshirish mumkin. Umumiy va joylardagi charchashni tez tushirishi, energiya resurslarini samarali to'ldirish, moslashishi, jarayonlarining tezlatishi, ish qobiliyatini oshirish, maxsus bo'lmagan stress ta'siriga chidamli bo'lishiga ta'sir ko'rsatishi mumkin.

Tiklanish muolajalari har xil guruhlarga ta'luqli bo'lib. O'z navbatida tanlab olingan va umumiy ta'sir ko'rsatadi.

Keng ma'noda ta'sir ko'rsatuvchi vositalar o'zining ta'siri bilan sportchining organizm tizimini hamma asosiy funktsiya-larini qamrab oladi. Bularga quruq xavo va bug'hammlar, umumiy qo'l bilan uqalash va boshqalar kiradi.

Umumiy quvvatni oshiruvchi tadbirlarga keng ravishda ta'sir ko'rsatuvchi, sportchi organizmiga chuqur ta'sir ko'rsatmaydigan ultrafimetli nurlanish, ayrim elektr muolajalarini rasionlashtirishlar kiradi.

Mashg'ulot uchun ahamiyatlilaridan biri tanlab ta'sir ko'rsatuvchi vositalari hisoblanadi. Ularning har xil sharoitda har xil mashg'ulot yuklamasi bilan qo'shib olib borish mikrosiklar ichida mashg'ulotdan mashg'ulotga o'tgan sari sportchining ish qobiliyatining boshqarishga yordam beradi.

Qayta tiklash, vositalarni ishlatishning optimal shakli bo'lib, ketma-ket yoei paralel ravishda birinchisi yoki majmua muolajaasi sifatida qabul qilishdir, bunday yondashish birinchi vosita bilan umumiy ta'sir ko'rsatishning samaradorligini oshiradi va yo'naltirilgan ta'sir ko'rsatadi.

Qayta tiklash majmualarining vositalari. Shuni takidlash kerakki, qayta tiklash va ish qobiliyatini kuchaytirish vositalari faqat charchashni yo'qotishga qaratilgan bo'lib, organizmga ta'sir ko'rsatmaydi.

Ish qobiliyatini kuchaytirish va qayta tiklash vositalarni ishlatishni boshqarishda yuklamadan keyin charchash ko'rinishlarini tezroq yo'qotishdir.

Mikrosikllarda mashg'ulotni umumiy hajmini oshirish, hamda ayrim mashqlarning shiddatini ko'tarish, katta yuklamali mashg'ulotlar sonini oshirish bilan bog'liq.

Sportchilarni mashg'ulot yuklamasi oldidan dastlabki ish qobiliyatini kuchaytirish ham ish qobiliyatini boshqarish vositasi bo'lib hisoblanadi. Mashg'ulotni hajm va shiddatini oshirib borish funktsional zahiralarni

kuchayishini, bu esa qonda energiya tashish va nafas olishlarini tezlashtirib, shu jarayonga moslashishi samaradorligini oshiradi.

Oldingi va keyingi mashg'ulotlarni yo'nalishini hisobga olgan holda qayta tiklash muolajalarini rejalashtirish. Sportchilarni tayyorlash jarayonida ish qobiliyatini kuchaytirish va tiklash vositalarini rejalashtirishda tayyorlash jarayonini hisobga olgan holda aniq vazifa bilan bog'lash zarur.

Ko'rsatilgan vositalarni shartli ravishda uch: joriy, oraliq va bosqichli darajada qabul qilinishi mumkin.

Joriy ish qobiliyatini kuchaytirish va qayta tiklash jarayoning vazifasi, bitta mashg'ulotni dasturini to'liq bajarish maqsadida tez ish qobiliyatini kuchaytirish hisoblanadi. Oraliq darajadagi tadbirlar bilan mezo va mikrosikllarda ayrim musobaqalarda sportchi organizmini optimallashtirishga qaratiladi.

Bosqichlardagi darajada trenerovka mikrosikllardan keyin sportchilarni funktsional holatini me'yoriga tushirish, ularni jismoniy va psixologik tomondan qayta tiklash masalasi qo'yiladi.

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