

COMPLEX SUPERVISION OF PHYSICAL AND TECHNICAL-TACTICAL PREPARATION OF DISABLED FOOTBALL PLAYERS

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Work relevance. In our country to football very big attention is being directed. Our country different Term teams international in competitions participation to success achieved is coming Opportunity limited people physical development level increase for rehabilitation events right to the road should be put. The same at the time many physical rehabilitation styles there is and rehabilitation of the process structure pathology types dependence open given.

Research purpose. Amputees - players common physical and technical-tactical from preparation come out training of means comfortable options work exit

Amputant players physical in education training organize two in reaching methodical the approach perform necessary. First approach training or of sports training organizational aspects determines and practitioners describes the composition. Amputant players with in training below organizational methods apply possible ;

Individual, coach with the only one amputee-athlete training organize reach possibilities determiner method. Such situations methods of amputant athlete functional possibilities and readiness as well his pathology features to account take strictly individual selection is taken. Training organize individual way of doing the most efficient is counted. Group, in this coach from 10 people consists of one group amputee with players the work take goes. The rule on, this in cases training organize reach equipment and equipment installation according to helper task executor participation of assistants necessary.

Individual - group, in this methodical training coach organize is enough and take goes, assistants while coach leadership under xar one sportsman individual work with take they go This style efficiency even very high. From this except in training to the bar one how many amputee players participation that 's enough own in turn emotional tone increases, in the team o3opo communication skills forms. Most important in training amputee players social of adaptation strong factor calculated healthy assistant participation is enough. Independent training style coach recommendation according to or independent training organize to reach mean holds. This style application, external of the factors adamant look effect continuity to account

training to increase efficiency help gives. For one in training right choice received and adamant directional exercises sure application with defined exercises adamant regulation from the methodology is used.

Amputant players physical in education that's it of the system all tools wide application should, but this tools correctional - compensatory tasks according to work developed and that or this group amputants application for need. Amputant of players physical education tools as follows systematization to the goal according to Amputant players physical education main forms the following is counted.

Physical exercises with independent engage in (morning hygienic gymnastics, walk, nearby tourism, correction, training). Organization done physical education and sports team and section training (DJT and in treatment sanatoriums rehabilitation in the centers correction training, public physical education and sections adaptive sports. with engage in with together professional physical education attention focus recommendation reached). Amputant players sports (sports according to trainings, competitions organize to do and transfer).

Mayishy in the circumstances physical exercises with independent to engage in, amputant of players movement activity order each day input it is necessary 15-30 minutes during the day continue making 34 exercises supporting training transfer to the goal suitable. Amputant of players weekly movement order near tourism input standardized physical upload with surroundings atmosphere active nice to reach to harmonize possibility created, nerve system boredom reduction of the body main systems functional status to improve, amputant players physical preparation level to increase help gives. Game season to the end come control gurikhi players of my body functional condition and physical the work abilities important level deterioration, most experts as stated and whole competition during collected chronic fatigue explaining giver is a phenomenon.

Oxygenometry style, different curve optical density and of my body in living tissues the light absorption photoelectric in listing relieving restorative hemoglobin and oxyhemoglobin spectrophotometric from the analysis consists of Optical densities such differentiation them to compare and that's it with monochromatic together light with visible alive tissue of color size according to of blood to oxygen saturation size about to the imagination have to be enable gives.

Transferred from studies that's it known because of the intensity of training when out. oxidation process the rule according to when it increases even done physical without loading after all in testers the first phase by 30-60% sharp shortens. Of football players second phase time is within 10-40 seconds it vibrates. In 95 % of cases phase between time according to dependence will exist, that is, of the 1st phase duration How big or small if, the duration of the 2nd phase even big or small will be However, if the

beginning during training breath maximum holding standing up the blood to oxygen saturation reduction rate 7-12% in athletes reached if so, to the last one it will be equal to 30-45 % engaged in of my body compensator possibilities improved about info gives. Phase 3 portable meaning of blood flow rate determines. From training after this of the phase duration 15-25% increases on average, preparation 5-10% in the dynamics of the period. In the 4th phase, a teenager aged 16-18 years in players initial to the degree blood pressure recovery 30-40 seconds. organize is enough

Received data from that proof gives that engagement upgrade criteria in phases 1-2 breath maximum holding stand up increase the duration of arterial blood kislarod with saturation the time acceleration and depth of descent increase is counted.

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