

LEVEL OF FORMATION OF FUNCTIONAL
INDICATORS OF BADMINTON PLAYERS IN THE
TRAINING GROUP

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Abstrac. *This article discusses the level of formation of functional indicators of badminton players in the training group. Macro, meso, and microcycles of the training processes of badminton athletes are highlighted and studied. Recommendations are given on the level of formation of functional indicators of badminton players of the training group.*

Keywords: *training, functional indicator, functional training, physical quality, microcycle, competition, technique, tactics, technology, planning.*

Relevance. The growing competition in badminton in the world sports society is beginning to improve the system of training athletes, increasing the results shown in competitions day by day. In particular, the training of highly qualified athletes in the system of training athletes, the application of tools and methods along with the level of formation of functional indicators of badminton players in the training group, the management of the training process using modern pedagogical Technologies, has become increasingly popular and rewarding tasks [1]. At the same time, it should be said that the use of tools and methods in the development of functional indicators of badminton players is

considered important in the training of athletes who are competitive, promising, adequately protect the honor of our country in world arenas.

Results and discussion. The functional indicators of badminton players in the training group depend on the effectiveness of mastering all types of loadings used in the multi-year cycle of training badminton players, the formation of opportunities for physical, psychological, technical and tactical training, and the growing level of sports performance, as well as the ability of athletes to work. In the system of training badminton players, regardless of the performance of any actions by athletes, the size, intensity and quality of these actions are determined by the functional reserve and bioenergetic capabilities of their organism. It is also important to pay special attention to the fact that constant training loads, depending on the specifics of sports, gradually lead to the functional specialization of the organism[2]. As you know, in almost all types of badminton, speed-strength endurance is determined by the level of excitability of the central nervous system, which provides these qualities, as well as the level of development of the leg muscles and the level of formation of working abilities, as well as the cardiovascular and respiratory organs in terms of functional capabilities. A microcycle is often a small cycle with a one-day or weekly duration, usually involving several sessions of two. Attracting microcycles are characterized by a lack of overall weight and direct the athlete's body to intensive training. They are used in the first meso cycle of the preparatory period, as well as after illness. Basic microcycles (usually preparatory) are characterized by a large amount of loads[3]. Their main tasks are to stimulate the physical and mental training processes of athletes, to solve the main tasks of technical-tactical, physical, volitional and special mental training (preparation of the Will - a system of influences applied to the

formation and improvement of the volitional qualities necessary for the athlete, resistance, etc.). Therefore, the main microcycles form the main content of the preparatory period.

Microcycles designed for control and preparation are divided into special preparatory and model parts. Characterized by a moderate amount of exercise or and a high competitive or competitive intensity, special training microcycles are aimed at ensuring a special level of execution in competitions, crushing technical and tactical skills and abilities, providing special mental training. In the final stages of the preparation and competition period, these two control preparation microcycles are used. They can address issues of complete recovery and mental adjustment. In general, they are characterized by low volume and a general level of load density. Convergence microcycles typically perform a series of basic, control, and preparatory microcycles.

In addition, recovery microcycles are also planned for intensively competitive activities.

Competitive microcycles have a basic mode corresponding to the selection program. The composition and duration of these microcills is determined by the specificity of competitions in different sports, their total number and the pauses between them. Depending on this, competition microcycles may be limited to onset, direct approach, and recovery activities, and may include special training in the time interval between separate play and games. The shock element in this case is the volume of the load, its density, increased training concentration of technical complexity and mental strain, training in conditions of an extreme environment is possible. Basic, control, preparedness and competitive microcycles can strike depending on the stage and tasks of the annual cycle[4].

Training in intermediate cycles (meso cycles): the Meso cycle is a series of relatively small microcycles, including those lasting up to 2-6 weeks. These mesocycles are used at the beginning of the season, after illness or injury, as well as after other mandatory or planned interruptions during the training process.

Conclusion. The functional indicators of badminton players in the training group were the basis for the conclusion that badminton departments in sports schools should be monitored.

1. The functional potential of the body, the combination of general and specific means, the use of training and competitive micro, meso and macro cycles, and the organization of specific training and rest contribute to the growth of results.

2. Their main task is to provide optimal conditions for the restoration and adaptation of the athlete's physical condition. This leads to a low level of loading of such microcomputers, the widespread use of active means of rest in them.

3. In sports practice, the so-called microelement terms are used, which are commonly called shock. They are used in cases where the duration of competitive preparation is limited, and while the athlete quickly achieves certain adaptation changes, their sporting results are also gaining momentum.

4. Along with the change in the composition of these microcycles, it serves to exalt the peculiarities of the preparation of the athlete for the competition, its initial stages at the final stage.

Functional indicators of badminton players in the training group creating an educational process based on microcycles will allow you to systematize the optimal dynamics of training and saving competitive loads in accordance with

the main task or stage of preparation of the period, rational combination of various tools and teaching methods, ensuring compatibility between pedagogical influence factors and factors of rehabilitation activity, ensuring

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