

Recovery Tools and Methods of Using Them during Sports Training of Judo Wrestlers

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Article Information

Received: Oct 09, 2023

Accepted: Nov 10, 2023

Published: Dec 11, 2023

Keywords: *recovery, training, medical-biological, energetic possibilities, physical stress, balneology methods, pharmacological connections, sleep, functional music, autogenic training.*

ABSTRACT

This article reveals the specific features of recovery of judokas during sports training, information on the methodology of preparing athletes for future competitions, taking into account these features.

INTRODUCTION

Ensuring the implementation of the decision of the President of the Republic of Uzbekistan dated February 14, 2022 "On accelerating preparations for the successful participation of Uzbek athletes in the next summer and winter Olympic and Paralympic Games" PQ-127 , as well as increasing the popularity of judo as an Olympic sport among the population, improving the system of selecting talented athletes from among young people, and ensuring that our national teams achieve high results in prestigious sports competitions are one of the main goals of today's sport.

Preparing athletes for future competitions, improving their technical, tactical and mental readiness is one of the main goals of athletes and coaches. Therefore, recovery during sports training is important.

Training and recovery are one interconnected process. An increase in physical fitness and work capacity is possible only if energy costs are covered in the recovery process. Recovery is not only the restoration of body functions, but also the transfer of the energy capabilities of the life support system to a new, higher level.

V.A. According to Geselevich (1978), excess accumulation of glycogen and adenosine triphosphoric acid (ATF) in skeletal muscles compared to the initial state is the final stage of recovery in muscle work of leading wrestlers.

Depending on the weight of the load, excess accumulation of glycogen and ATF occurs in different periods (up to 7-9 days after the maximum intensity load). It is possible to accelerate the training process without harming health only if recovery measures (medical-biological, psychological,

pedagogical) are used.

Pedagogical tools are the leaders in this, because they determine the regime of each athlete and the rational combination of exercise and rest at all stages of the athletes' long-term training.

Pedagogical means of recovery

Pedagogical means of recovery include the following: — rational training planning, matching the load to the athlete's functional capabilities; necessary combination of general and special means of physical and technical-tactical training; rational design of micro-, meso- and macrocycles of training and competition, undulation and variability of training, non-specialized physical training, proper combination of work and rest, introduction of special recovery microcycles, training in mountain conditions in the middle use of training; — to create special training sessions using the necessary recovery tools in order to quickly stop fatigue; complete separate warm-up and final part in accordance with training tasks, the place of training, the correct selection of shells, the introduction of special exercises for rest and relaxation, creating a positive emotional state, etc.

Medical and biological means of recovery

This system includes: — health assessment and accounting; information about the current functional state in the express control procedure; — rational nutrition using medicines and products with high biological value; — use of a complex of pharmacological agents taking into account the requirements of anti-doping control; — physiotherapy and balneological methods (including sauna, massage and other treatments); — average mountain conditions, climatic therapy, use of sanatorium-resort methods, etc.

Pharmacological means. One of the factors to accelerate recovery in the body of athletes is the means of influence aimed at metabolism. This is achieved through the use of various drugs and complexes, some pharmacological compounds, and products with high biological value. Among the products with a high level of biological value, the following are the most important: - drugs of energetic effect (carnitine chloride, panangin, glutamic acid, calcium-glycerophosphate, calcium-lactate, lecithin, aminolone); — adaptogenic drugs (eleuterococcus, saparel, pollitabas); — blood-forming stimulants (iron in the form of various salts).

Medicines, which differ in their chemical composition and pharmacological effects, require a certain systematic approach and their rational use under the guidance of a specialist. At present, experts have developed the tactics of combining various pharmacological drugs with vitamins "Aerovit", "Dekamevit", "Undivit" and products with high biological value (protein cookies, carbohydrate mineral drinks, etc.). The tactics of using drugs are built depending on the following important factors:- use of drugs during training periods (transition, preparation and competition) and in the period of direct preparation for the main competitions; — principled scheme for assigning a set of tools in training microcycles; — taking into account the specific nature of training in average mountain conditions; — selection of separate complexes, which involve increasing the dose of the main drugs when the load is increased, and the introduction of additional drugs, as well as the replacement of one means with another; — to solve the special pedagogical tasks set before this or that athlete at a certain stage of preparation; — taking into account the athlete's age and seniority; — to study the effect on the drugs left before.

Depending on the above-mentioned factors, the use of drugs in certain cases should be carried out under the strict supervision of specialists in the relevant field (doctors, physiologists, biochemists and pharmacologists).

Use of tools to regulate sleep According to the data obtained as a result of questionnaires conducted among highly qualified wrestlers and the materials of dynamic studies during the training process, sleep disorders of athletes have been observed many times. Insomnia during heavy and intensive training is observed in 35% of wrestlers, weight loss in 59% of wrestlers, and emotional and mental stress in 67% of cases. For a comfortable transition from insomnia to sleep, the following

recommendations are given: in the evening hours, it is necessary to reduce the excitability of the nervous system. For this, it is necessary to take a leisurely walk in the open air, eat at least 2-3 hours before going to bed. It is necessary to avoid drinking bitter tea after dinner. It is useful to ventilate the room before sleep. It is recommended to sleep in a comfortable place. A warm (not hot) bath with as much juniper extract as possible works well. In some cases, cold feet interfere with sleep. In such cases, it is necessary to wear socks or put a heater on the feet at night. In addition to the indicated simple means, medicinal drugs, electric sleep, mental control, psycho-muscular training, etc. are used. The following pharmacological drugs are used to regulate sleep: Valeriana is a mild drug that affects the hypothalamus. It takes care of the vegetative nervous system and does not have a negative effect. Valocordin is used for nervousness with palpitations. Can be used in the pre-start state. Demidrol, suprastin, tavegil, etc. are used as agents that enhance the effect of various sleep medications, as well as drugs with a sleep-inducing effect.

Functional music as a means of recovery

Functional music is one of the methods of influencing the emotional sphere and work ability of wrestlers. Functional music is used in various conditions in sports activities and is divided into welcoming, generating, leading, soothing and monitoring types (Y.G. Kadjapirova, 1976). For the purpose of recovery, mainly pleasant and low-pitched soothing music, birdsong, sea or river noise, rustling of leaves, rain, and other rhythmic tones are used. Soothing music reduces emotional stress, relieves fatigue, and distracts athletes. This low music can be played in the wrestling room and other recreation rooms for recovery purposes. You can relax and perform various breathing exercises under rhythmic music. Relaxing music recorded on a personal tape recorder or broadcast over the local radio network can be played back in the athlete's station during daytime rest, before bedtime, and between training sessions using separate earphones. It can be combined with mental control and mental muscle training, mental therapy.

Spiritual-pedagogical means of recovery

Every trainer should be a sufficient psychologist, have the ability to understand the thoughts and feelings of athletes, and be able to control their condition during the stressful training process and competition. The word has a great influence on the mental state and performance of athletes.

Only if the word is used correctly and if each athlete is approached individually, the coach-wrestler system can be successfully implemented. The wrestler is the backbone of this system. When considering the psycho-pedagogical tools of management implemented by the trainer, we see that their main ones are: persuasion, explanation and indoctrination. Their use in a sober state as mental therapy presupposes, first of all, the verbal influence of a trainer, doctor, psychologist, and leader. Their words directly affect the second signal system and through it one or another somatic mechanism. When using verbal influence, it is necessary to take into account the type of higher nervous system of the wrestler. Logical explanations are more appropriate for thinking athletes, and inculcation is more effective for artistic wrestlers. When using verbal influence on the athlete, special attention should be paid to pedagogical and sports ethical issues. It consists of high moral principles of behavior of the team leadership, trainers, other specialists and service personnel, aimed at maximum use of all factors that increase the effectiveness of the training process.

Autogenic training (AT) in the form of mental management training (RBT) and mental muscle training (RMT) is considered the most common among mental methods of self-management. The simplest and most effective option of autogenic training is mental muscle training, its relaxing part. The main recommendation of the sedative part is to reduce the level of excitement, to relax and to restore the physical and spiritual strength of the fighter. In addition to the calming part, RMT has an activating (mobilizing) part. Its purpose is to get the fighter in the optimal fighting position at the right moment. The use of psycho-pedagogical tools and methods of recovery in different periods of preparation solves various tasks. During the preparatory period, the following tasks are solved: organizing rest and recreation, collective sessions of RMT, psychotherapeutic conversations, etc.

The planning of rest and relaxation of wrestlers should be connected with the dynamics of training programs and the conduct of a complex of cultural-public, socio-political and psychological therapeutic activities. Team sessions of RMT are highly effective in preparing for competitions. They are sports under the guidance of a psychologist and trainer during the breaks between classes.

They are used to eliminate emotional stress during training and to recover. Also, restorative sleep - rest can be used directly on the wrestling mat immediately after the training. After a 10-minute RMT session, the heart rate decreases by 43% after sleep, and the emotional stress index (compared to the initial results) decreases by 2.8 times. This shows that the recovery period is extremely fast and intense, which is very important when training 2 or 3 times a day. Conducting individual and group conversations before going to sleep has a high psychotherapeutic effect. It ends with a relaxing part of URMT. When psycho-pedagogical methods are used in combination with physiotherapeutic effects, massage, sauna, accompanied by music, their recovery effect is much stronger. Organizational, socio-political and cultural-public events have a great calming effect on the spirit of the wrestlers. It is not justified to hold organizational meetings in order to set tasks and give instructions directly before responsible competitions. Such instructional meetings should be held at the beginning of the training session. As the tournament approaches, such events should have a more psychological preventive nature; help the wrestler to accumulate energy and nervous potential. Artistic amateur concerts prepared by wrestlers are of great importance to relieve mental stress. It helps team members to express themselves creatively and to identify the emotional leading athlete in the team, to create a comfortable mental environment.

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