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Methodology of use physical means of recovery pre-competition and during competition badminton players

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Abstract

Purpose: Development of recommendations on predicting competition results by means of control exercises in the pre-competition training of badminton players of the training group.

Methods: Analysis and generalization of literature data, analysis of competitive activity using request monitoring methods, forecasting and modeling based on expert evaluation, instrumental research methods and methods of mathematical statistic.

Results: manual massage: work is performed on muscles and connective tissue structures using the following techniques: rubbing for 1.5 minutes Tissue structures using the following techniques: rubbing for 1.5 minutes,
kneading (on muscles only) for 3-4 minutes and all this in combination with stroking, squeezing and vibration for 1.5 to 2 minutes. Stroking, wringing and vibration for 1.5 to 2 minutes on the working segment. vibration actions: three-minute vibromassage of the back area and vibrostimulation for 15-20 minutes. Vibrostimulation for 15-20 seconds on the upper extremities and 35-40 seconds on the lower extremities vibration actions.

Conlcusion: Methods of physical means of recovery (hydro-, vibro-action and manual massage) for qualified badminton players with different technological modes were studied.

Keywords: distribution of training and competitive loads, recovery: manual massage, performed according to the technology, increase efficiency

Introduction

Modern sports badminton, according to according to many authors (V.Y. Lifshits, 1991; V.K. Suvorkin, 1993; O.V. Zhbankov, 1997; F.G. Valeev, 1998; etc.)' is characterised by a special specificity of the approach to the training and competition process. The approach to the training and competition process, where the result depends on a whole complex of factors.
The result depends on a whole complex of components, which are expressed in the constant improvement of the game with the use of effective development of qualitative aspects of motor activity, in increasing the technical and tactical skills of high-class badminton players.

In order to achieve this goal, coaches increasingly began to use more and more high physical and psychological loads in all variety of their manifestations, expressed in the increase of technical and tactical skills of high class badminton players.

Manifestations, which are expressed in increasing the intensity of training work at the pre-competition stage. Work both at the stage of pre-competition preparation and during the competition. Constantly increasing requirements to training and competitive activity of qualified badminton players stipulate the necessity of timely application of means of recovery of athletes' efficiency. Therefore, the issues of using various means of recovery in training and competition processes are of topical importance. According to A.M. Klepalchenko (1985), L.I. Aikina (1988), M.V. Tarasenko (1999), A.V. Polustruev (2002), one of the simple and effective ways to reduce fatigue and restore the performance of athletes is the use of physical means of recovery, in particular, manual massage, hydro-, vibro-action. In recent years, many techniques have been developed to accelerate the recovery processes of athletes after training and competitive loads. However, their application, apart from their beneficial effect, often gives unpredictable results, manifested in the end by overwork and deterioration of functional state of athletes (E.P. Artemenko, 1999; S.N. Yakimenko, 2002). On this basis, it is not enough to consider only the functional state of athletes and the influence of the previous load when planning recovery measures.

Methods

To solve the set tasks the following research methods were used: theoretical analysis and generalisation of data of scientific and methodical literature, questionnaire survey of athletes, pedagogical control tests, pedagogical experiment, physiological research methods (determination of HR and BP, strain dynamometry, myotonometry, dolorimetry), methods of mathematical statistics.

Results and discussion

To solve the first task, we planned and carried out preliminary studies, which involved refining and developing methods of physical means of recovery for badminton players. In accordance with the objectives of the research, we studied the features of the response reactions of the state of the neuromuscular apparatus, cardiovascular system (by HR and BP indices), subjective feelings (according to the SUN method) and pedagogical tests on the impact of separate physical means of recovery (vibro-, hydroactions and manual massage), carried out taking into account the technological modes.

The results of preliminary studies were taken as a basis for modelling the methodology of differentiated use of physical means of recovery at the stage of pre-competition preparation and during competitions. It was assumed that between training sessions at the stage of precompetitive preparation and in the competitive microcycle in the daily regime it is necessary to use physical means of recovery only in tonic orientation in order to mobilise the reserves of the organism, to improve the functional state of the neuromuscular apparatus and the maximum manifestation of the level of speed and strength capabilities of athletes, preparing them for the second training or competitive load. Physical

Table 1. Technological parameters of physical means of recovery used at the stage of pre-competition training of qualified badminton players

Physical remedies and recovery	Technological parameters	
	Variant-1	**Variant-2**
Manual massage	Work is performed on muscles and connective tissue structures using the following techniques: stroking, squeezing, vibration for 1.5 to 2 min, rubbing for 1.5 min, kneading on muscles for 3 to 4 min.	The work is performed mainly on connective tissue structures using the following techniques: stroking, squeezing, vibration from 1.5 to 2 min, - kneading 3 min on the working segment.
Hydro-impacts	Water pressure at the level of threshold of pain sensitivity (1.8-2.5 atm.), time of exposure - until the appearance of erythema on the massaged segment, water temperature 20 ° C, session duration 15-17 min.	Water pressure at the level of pain sensitivity threshold (1.8-2.5 atm.), exposure time - until the appearance of erythema on the massaged segment, water temperature 38-40 ° C, session duration 15-17 min.
Vibration effects	Three-minute vibromassage of the back area combined with vibrostimulation for 15 to 20 seconds on the upper limbs and 35 to 40 seconds on the lower limbs.	

As a result of preliminary studies, data have been obtained indicating that physical remedies are quite powerful and strong stimuli, which, due to certain physiological mechanisms, affect both individual systems and the body as a whole. However, these studies have shown that the effects on the body can be multidirectional. The same physical means of recovery, but performed in different technological modes, have a different effect on the functional state of the badminton players' organism, have a different direction of action (tonic or relaxing), thus providing “urgent” or “delayed” recovery of athletes.

means of recovery, the technological parameters of which provide relaxing orientation, were planned to be applied at the end of the training or competition day.

After the impact microcycle, there was a significant difference in the functional state of the organism of the athletes of the control and experimental groups. Badminton players of the experimental group at this stage were at a higher functional level than athletes of the control group. This was reflected in the statistically significant differences ($p < 0.05$) in the results of pedagogical control tests and strain dynamometry. After the pre-competition training stage, the

Table 2. Comparative characteristics of subjective sensations indices (according to the methodology) during competitions in badminton players of the control and experimental groups

Indicators	Group	X±0				
		before the 1st day	before the 2nd day	before the 3rd day	before the 4th day	before the 5th day
Self-esteem, score	C	7,1 ±0,52	6,9 ±0,63	6,8 ±0,49	6,6 ±0,38	**6,4 ±0,32
	E	7,2 ±0,49	7,3 ±0,59	7,5 ±0,54	7,6 ±0,52 p < 0,05	**8,1 ±0,41 * p<0,05
Activity, point	C	7,2 ±0,55	7,1 ± 0,56	6,8 ±0,46	6,7 ±0,36	** 6,3 ±0,44
	E	7,2 ±0,53	7,3 ±0,61	7,6 ±0,48	7,7 ±0,45	••8,2 ±0,34 * p <0,05
Mood, point	C	7,2 ±0,57	7,2 ±0,45	7,0 ±0,42	6,8 ±0,47	**6,5 ±0,49
	E	7,2 ±0,48	7,3 ±0,56	7,4 ±0,37 p < 0,05	7,6 ±0,43 p <0,05	**8,4 ±0,38 *p <0,05

Notes: *p < 0.05 - significance of differences between control and experimental groups; * - differences are statistically reliable in the change of indicators of one group; ** - differences are statistically reliable between indicators of one group compared to baseline data.*

trend in the changes of the studied indices remained. Thus, the results obtained during the stage of direct preparation for competitions indicate that the athletes of the control group were inferior in many of the studied indicators to badminton players of the experimental group. This allowed the latter to approach the upcoming competitions more functionally prepared than the athletes of the control group.

Thus, the pedagogical experiment confirmed the previously proposed hypothesis of a differentiated approach to teaching

Thus, the pedagogical experiment confirmed the previously put forward hypothesis about the differentiated approach to the use of physical means of recovery taking into account the directional nature of the programme of the use of physical means of recovery, taking into account the directionality of their action and in accordance with the peculiarities of the distribution of training of their action and in accordance with the peculiarities of distribution of training and competitive loads.

Training and competition loads of the pre -competition stage of training and during the competition period. The obtained results of the conducted

The obtained results of the conducted research testify to the high efficiency of this approach

This approach allows to increase the functional capabilities of badminton players and improve the quality of training. Tonists and improve the quality of the training process in the period of intensive preparation for competitions of intensive preparation for competitions.

Tactics and methods of differentiated use of physical means of recovery in pre-competition preparation of sportsmen and women the tactics and methodology of differentiated use of physical means of recovery in the pre-competition preparation of athletes The tactics and methodology of differentiated use of physical means of recovery in pre-competition training of sportsmen should be planned taking into account the directionality of action of physical The tactics and methods of differentiated use of physical means of recovery in the pre-competition training of sportsmen should be planned taking into account. In the case of two-times-a-day training sessions, when the duration of rest before the next session is

the duration of rest before the next training session is 5-6 hours or less, or during competitions in the mode of the day

During two-times-a-day training sessions, when the duration of rest before the next session is 5-6 hours or less, or during competitions in a daily regime, when the duration of rest before the next load is 3-5 hours or less

In the case of two-times-a-day training sessions, when the rest period before the next exercise is 3-5 hours or less, it is necessary to use physical means of one type of exercise. It is necessary to use physical means of one orientation - tonic;

- at the end of a training or competition day, as well as Before a day of active rest, if the duration of rest before the next load is 12 hours or more. In order to increase the efficiency, it is necessary to apply physical rehabilitation measures only with a relaxing orientation

In order to increase efficiency, it is necessary to apply physical means of recovery both separately and in the same way. Physical means of Pecovery both separately and in combinations (using several means), it is necessary to observe the following principles. In order to increase effectiveness, physical means of recovery should be used both separately and in combinations (using several means), while necessarily observing the unidirectionality of their effect on the organism unidirectionality of their effect on the organism.

Conclusion

The analysis of scientific and methodological literature indicates the need to accelerate the recovery processes of badminton players, but the contradictions in the existing methods of recovery of athletes do not provide the necessary approach to solving this problem. However, in sports practice of recent years, the use of physical means of recovery, along with the expected positive result, gives an unpredictable effect: a decrease in the functional capabilities of the athletes' organism, cases of overtraining and, against this background, increased traumatism. That is why the issues of improving the tactics and methods of using recovery measures at the stage of pre-competition preparation and during competitions of qualified badminton players are currently relevant.

Physical means of recovery: manual massage, performed according to the technology (variant 1), with a predominant effect on muscles, hydro-massage, performed according to the technology (variant 1), with a temperature regime of 20 ° C and vibro-massage (three-minute vibromassage combined with biomechanical stimulation) have a tonic orientation; hydromassage performed according to the technology (variant 2) with a temperature regime of 38-40 °C and manual massage performed according to the technology (variant 2), with a predominant effect on connective tissue structures, have a relaxing orientation.

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Research interests
Training of badminton and sport games, Physical education and sport, Theory of physical education, Analyzing of sport competitions

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