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Modern volleyball is characterized by the athleticism of the game, the rapid change of game situations, in which the decisive indicators are the ability to perform a powerful offensive shot, place a block in a high jump, perform a power serve or receive it. Moreover, all this happens during a constant one-on-one fight with the opponent and in the conditions of the time limit of possession of the ball, where every mistake of the player can lead to the loss of a point.

Until recently, the evolution of training methods for highly qualified volleyball players was mainly associated with increasing the volume of training and competition loads. This path requires not so much physical effort from athletes, but the search for new ways to mobilize the body's functional reserves. It is quite obvious that this process cannot be endless. Therefore, the issues

of optimization of training of volleyball players are becoming more and more urgent.

Systematic accounting and analysis of the effects on the micro-, mesocycle, stage, period, season of training provide an opportunity to objectively assess the effectiveness of training. Considering the fact that the competitive season of student teams is somewhat shorter than that of highly qualified teams. And also taking into account that medical students spend most of their time studying. These aspects give reason to think about the need for an accurate calculation of training loads (volume, intensity, rest breaks) in the conditions of the shortened stage of the ZFP.

On the basis of data characterizing the level of physical training of high-class volleyball players and, in accordance with the requirements of modern volleyball for players, a technique for distributing training loads in microcycles at the stage of physical fitness was developed. In our study, two groups of 8 female volleyball players of the national team of KhNMU of approximately the same age, anthropometric data and physical development took part. The control group consisted of girls who practiced according to the usual system with a relatively large amount of work using methods of continuous long-term work (long-term load is given in a relatively uniform moderate mode

with a heart rate of 150-160 bpm); repeated (repeated performance of exercises) and circuit training methods (sequential performance of exercises aimed at training strength, speed, endurance, dexterity in various combinations). Their stage of ZFP lasted approximately 25 days, the duration of one training session was 1.5-2.5 hours. One-time training sessions were used. Under our observation was also a group of volleyball players practicing according to an improved system focused on: the interval method (multiple repetitions of short-term "portions" of exercise with strict regulation of the duration of exercises and rest breaks with maximum intensity); variable method (rhythmic alternation of exercises with maximum and minimum intensity); the method of great efforts (repeated performance of one exercise at the level of 80-90% of the maximum - for the development of leg muscle strength); combined method (performance of technical techniques of the game and imitation exercises with weights for a short time). The duration of the ZFP stage is approximately 20 days, one training session is 1.5-2.5 hours. One-time training sessions were used. During the experiment, we relied on the fact that the peculiarities of the level of physical training of volleyball players are determined by the individual type of reaction of the body of sportswomen to loads of a speed-power nature.

At the end of the ZFP stage, all female athletes underwent a functional diagnostic examination program, which included a questionnaire and a study of the functional state of the cardiovascular system. After the analysis of the received data, the adaptation of the CCS was evaluated using the functional tests of Martine-Kushelevsky, Kverg (determining the degree of adaptation of the body to various loads); the Skibinska index, which allows you to assess the adaptation to the loads of the cardiorespiratory system; three-moment combined Letunov test, which makes it possible to assess the body's adaptations to high-speed work and endurance work. Based on the results of the conducted research, it is possible to reveal a correlation between the improvement of the physical capabilities of athletes and the increase in functional adaptation to loads compared to the data of the control group. This system of general physical development allows to increase the level of activation of the cardiovascular system and the respiratory system of volleyball players in response to the same physical load. The developed technique has a positive effect both on the level of physical training of the players and on the indicators of the analytical function of volleyball players.

The obtained research results also confirmed the assumption that with the growth of training of volleyball players in the course of the training process with ZFP, the condition of the analytical function of volleyball players improves, which is expressed in a decrease in the speed of the corresponding visual-motor reactions.

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