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## **COMPREHENSIVE CONTROL OF THE FUNCTIONAL CONDITION OF ATHLETES IN BADMINTON**

**Introduction** badminton, as in other team sports is an issue of growing popularity and entertainment. However, in order to increase the spectacle of competitive activity, it is necessary to solve the problem of intensification of the athlete's activity on the court. Therefore, there is a need to revise training system as a whole and particularly functional badminton training qualifications [6]. At the same time, badminton has its own characteristics, both in the structure of motor skills and in the system of functional support.

**Purpose of the research:** To determine the algorithms for comprehensive control of the functional state of the body of qualified badminton athletes.

**Research methods.** Theoretical analysis and synthesis of materials of methodological literature and documentary sources on the problem of complex control the functional state of athletes qualified badminton.

### **Results and Discussion**

The main issue of the control and planning system is the prediction of potentially high results in a particular sport based on a complex combination of motor and mental abilities and anatomical and physiological traits [5].

High results in high-achievement sports are demonstrated by athletes who have a set of outstanding features:

- motor quality (speed and speed-power, coordination skills in all manifestations, flexibility, and endurance);

- high psycho-physiological characteristics: operational thinking, all types of reactions (simple visual-motor, choice reaction, reaction to a moving object), speed of information processing, speed of decision making, various manifestations of attention (distribution, switching, intensity, stability, concentration);

- mental (individual) character traits: purposefulness, determination, persistence, courage, perseverance, endurance, independence, self-motivation, patience, reliability, ambition, initiative, modesty, honesty, fighting spirit, sincerity [2].

- Creating models of integrated control involves the specification of some prospects for development. The practical application of such models aims to create samples of the desired result during the training of athletes [5]. To solve this problem, it is necessary to have as many specific results of players of different skill levels, their individual characteristics, growth rates of different qualities, abilities to quickly develop skills, features of training modes.

In sports, efficiency and effectiveness depend on high speed, unexpected alternation of attacking and defensive actions, a wealth of tactical decisions and extreme emotional stress [1]. Given that the effectiveness of highly qualified badminton players depends on the athlete's ability to perceive, analyze and process information, the study of psychophysiological functions to monitor the functional state of the athlete and the correction of the training process is very important [4].

In modern sports science, the field of sports psychophysiology is one of the most promising in the search for modern approaches to the training of highly

qualified athletes. The study of psychophysiological characteristics provides additional information about the functional state of the athlete during training and competitive activities. It is known that sports results largely depend on the individual typological characteristics of man, as well as on the extent to which these features are used to realize the full range of capabilities of the athlete [3].

The modern system of complex control in sports consists of various components, and in our opinion, one of the most important is psychophysiological research. When deciding which psychophysiological characteristics of an athlete should be taken into account as qualitatively important, it is necessary to proceed from the principle of unity of personality and activity. Therefore, important are those psychophysiological characteristics that meet the requirements of a particular sport, and affect the achievement of high sports results.

**Conclusions:** determined that the purpose of control is to optimize the process of training and competitive activities of athletes based on an objective assessment of various aspects of their training and functionality of the most important systems of the body. This goal is realized by solving various private problems related to the assessment of the condition of athletes, their level of training, implementation of training plans, the effectiveness of competitive activities, etc.

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