



ACADEMY OF THE MINISTRY OF INTERNAL AFFAIRS APPLICATION OF CROSSFIT EXERCISES IN THE PROCESS OF PHYSICAL TRAINING OF CADETS GIRLS

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Annotation: Comprehensive physical fitness of Cadet Girls, health improvement, general endurance and fast-strength quality training, mastering the basics of running the competition in a combination way, developing special endurance, gaining competition experience.

Keywords: *functional all-around, crossfit, physical education, physical culture, sports, burpee.*

The main styles of training are repeated, circular, variable, game, competition.

Training tools of cadets girls: sports games, cross-country running, , acrobatic exercises, exercises with small weights, training and training competitions.

When planning the training process, it is necessary to devote a lot of time to technical and tactical training, since the athlete needs to master many technical actions. At this stage, it is necessary to try to teach the correct biodynamic structure of technical action.

The success of Cadet Girls in CrossFit technical training depends on the optimal proportions of the development of physical qualities of Cadet Girls in many cases. At this stage, it is necessary to continue to train speed in the process of training, including special exercises of an athlete aimed at training physical qualities that are of great importance in movement and sports. During this period, great attention is paid to the development of fast-strength qualities of Cadet Girls. It is necessary to continue to educate the flexibility of cadets. Stretching exercises that help increase the amplitude of movement are the main tools in training flexibility. at this stage of training, special attention should be paid to the upbringing of endurance. Common endurance training tools include cross-country running, sports games, swimming. In CrossFit training, it is necessary to devote a lot of space to training agility, mastering movement skills, skills, improving the ability to effectively skate movement activities when the situation changes. Therefore, the upbringing of chakkonism

implies the acquisition of coordination complex movements and the improvement of kayta vision of movement activity in suddenly changed situations.

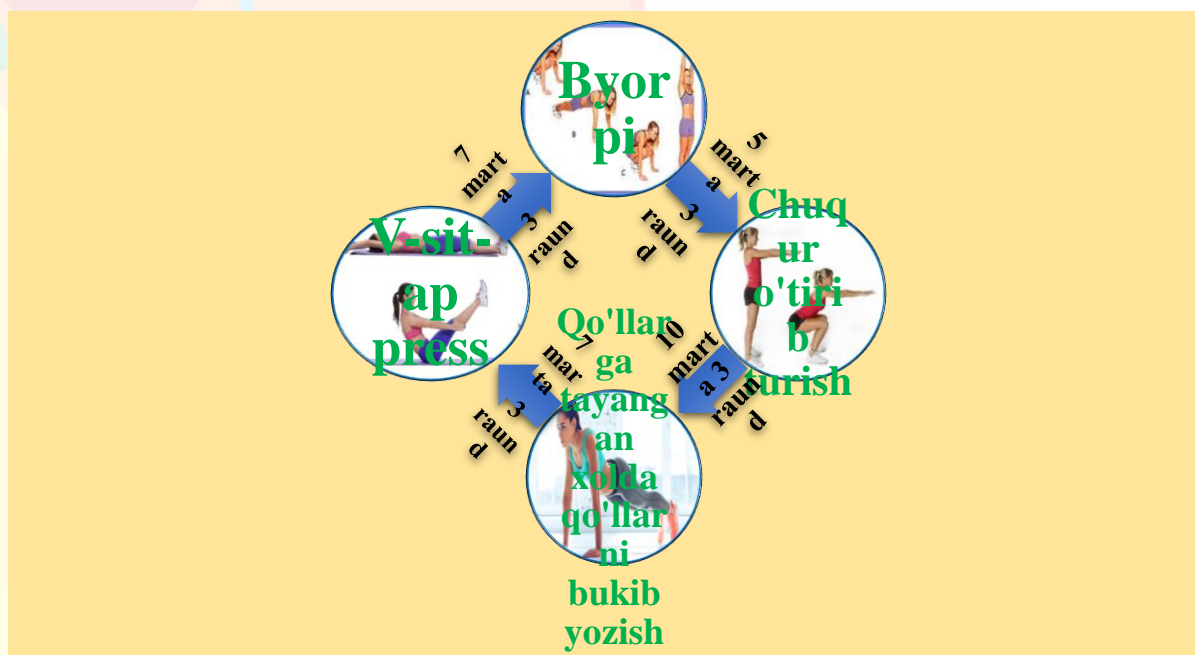


Figure 1. CrossFit exercise designed to develop strength qualities

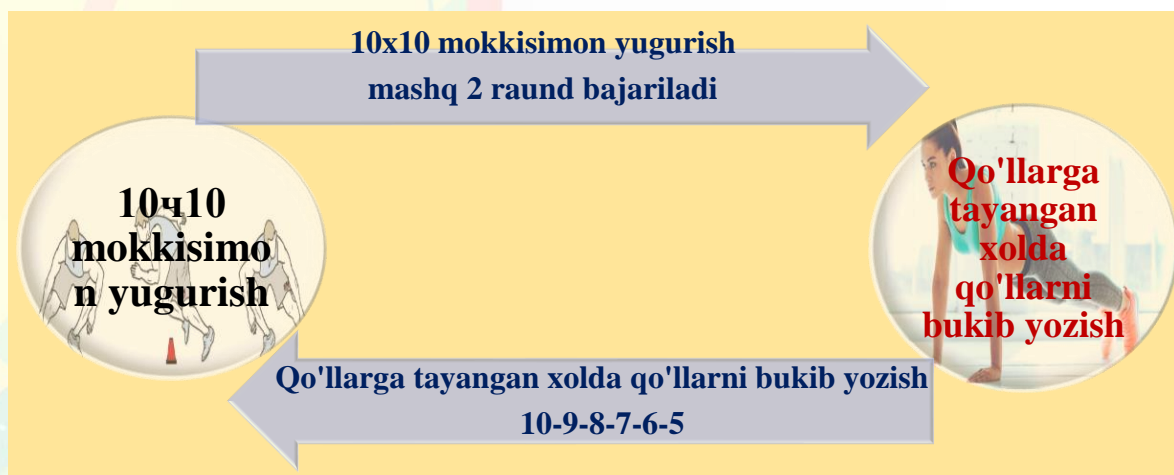


Figure 2. Speed is a CrossFit exercise designed to develop the qualities of strength and agility.



Figure 3. Speed is a CrossFit exercise designed to develop the qualities of strength and agility.

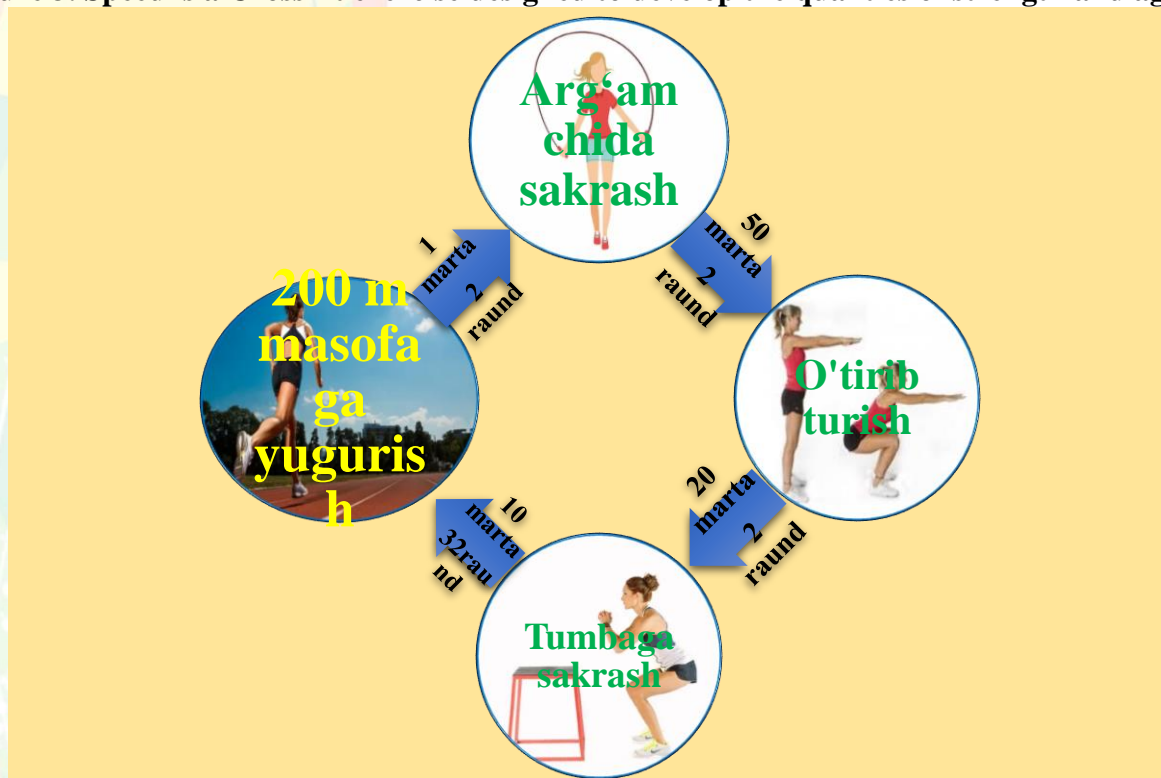




Figure 4. Speed is a CrossFit exercise designed to develop the qualities of strength and agility.

Exercise 1. Designed to develop power qualities.

- bjoerpi (legs are brought towards the hands on the floor with a support, and jump high on the raised posture) 5 times;
- deep sitting 10 times;
- bending and writing hands in a position resting on the hands (otjimanija) 7 times;
- V St-ap press (arms and legs to the abdominal muscles in a lying position are raised the same and meet in the Center) 7 times.

Note: Exercise 3 rounds are performed. Rest between rounds is not allowed. **Exercise 2.**

Designed to develop speed-strength and agility qualities.

- 10x10 moccisimon running;
- writing with hands bent on the sleeve (otjimanija)10-9-8-7-6-5

Note: at the beginning of the exercise, the cadet girl performs otjimanija 10 times, after running fast in the 10 meters she performs otjimanija 9 times, back in the 10 meters she performs 8 times. The exercise is performed up to 5 times the number of otjimanija execution. Exercise 2 series is performed.

Exercise 3. Designed to develop speed-strength qualities.

- 15 times in the case of leaning on the hands, writing with the hands bent (otjimanija);
- 60 metres run;
- sitting 15 times.

Note: at the beginning of the exercise, the cadet girl performs otjimanija 15 times, runs fast for 60 meters, sits 15 times at the finish line. Adjust the breath and do the same exercise again. The exercise is done in 3 rounds.

Exercise 4. Designed to develop the qualities of speed-strength and agility. -50 jump rope;

- 20 sit-ups;
- 10 times jump out and fall into a 60 cm Tumba in height;
- 200 m race.

Note: after jumping on the rope 50 times, you will sit 20 times and then jump 10 times to a 60 cm Tumba in height and run in the 200 meters. The exercise is performed 2 rounds.



The purpose of training and training processes systematized on the basis of special exercises aimed at increasing the physical quality indicator levels of Cadet Girls also includes wellness, as well as five quality improvement levels, which occupy an extremely important place in the time of performing the service tasks of Cadet Girls. At the same time, it is clear until the day that the growth of physical quality indicators, the inability of cadets to show their influence on the level of combat training of girls. In training and training processes, which are systematized using the effective techniques that are carried out in cadet girls for training in the technical movements of CrossFit sports, training in technical methods, taking into account the developed physical qualities of Cadet Girls, expands the possibilities of training in jargovor.

In addition, 40 cadet girls were involved in a scientific study conducted by us. Of the Cadet Girls, 20 were selected for the control guru. In them, at the beginning of the study, when it came to determining the levels of development of indicators of speed and strength quality, after the results of the test were obtained, they began to engage in traditional training and training processes. In order to determine the results of the research carried out during the pedagogical experiment, at the end of the pedagogical experiment, the HIV Academy belonging to the control group (studying in the direction of Prevention of violations) summarizes and analyzes the materials of scientific and methodological literature for the purpose of determining the level of physical fitness of the cadet girls, as well as, based on their results, the main statistical characteristics, calculated according to general concepts and formulas, are given the arithmetic values of the average, the numerical values of the indicators of the average quadratic or standard deviation and the coefficient of variation.

By US, studies were carried out on the introduction of a program aimed at improving cadet girls through CrossFit special efforts into training processes, and the results at the end of tajiriba were determined.

The studies carried out and the results obtained from them form the basis for drawing the following conclusions:

According to the analysis of indicators obtained at the beginning and end of the study on the levels of change in the indicators of physical quality of speed and strength of Cadet girls involved in the study, it was found that the results achieved by Cadet Girls after applying a systematized program based on a complex of one-year CrossFit methods developed by us to improve

2. In the course of the study, it was found that while the selected cadet girls to the control group reported a moderate increase in strength quality indicators, training processes improved on the basis of exercises adapted to speed improvement. It was found that if it was observed that cadet girls selected for the



experimental group, by the end of the study, strength quality indicators improved with the introduction of CrossFit methods into the training process, this indicates an improvement in the quality of strength in them. It has been observed that program directors, introduced into systematized training processes based on Sambo actions, have uniformed their influence on the improvement of the speed quality of Cadet Girls in the experimental group with the traditional program.

Control group Cadet Girls CrossFit special exercises in determining the establishment of their traditional training after the first obtained test tests to determine the training levels. Improved levels of CrossFit preparations by Cadet Girls by lifting opponents of their own weight and performing movements of sitting, twisting and overbearing in this position indicate a moderate increase in the development processes of waist and leg muscle forces of Cadet girls selected by the end of the study. The traditional training of Cadet Girls shows that little attention is paid to improving the muscular forces of the waist and legs and increasing the chances of Cadet Girls in performing the technical actions of sports wrestling.

The experimental group used cadet girls to determine the level of training in CrossFit special exercises in determining the establishment of their traditional training after the first obtained test tests. Improvement levels of CrossFit preparations by Cadet Girls in the experimental group by lifting partners of their own weight on the shoulders and sitting in a raised position on the shoulders, turning to the right-left is one of the technical methods of struggle, performing an over-the-waist movement by the end of the study the experimental group showed that In contrast to the traditional training and training of Cadet Girls, the program systematized by US was proven to have excellent performance of its task, compiled from the meticulously developed complexes based on the necessary exercises in improving the strength of the waist and leg muscles and expanding the capabilities of Cadet Girls in performing technical actions of sports wrestling.

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