

IMPROVING THE GENERAL AND SPECIAL PHYSICAL TRAINING OF FEMALE CADETS BY MEANS AND METHODS OF CROSSFIT

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Annotation: The physical fitness of Cadet Girls is considered one of the important components of organizing sports activities using functional multicooker (CrossFit) methods, and physical qualities - a process aimed at developing strength, endurance, flexibility, agility and agility.

Keywords: crossfit, female cadets, physical training, tools and methods, improvement, sports, physical qualities.

The main tasks of physical training are to develop physical qualities in a unit that meets the peculiarity of functional multicooker (CrossFit) methods in increasing the level and capabilities of athletes' health.

Physical fitness is divided into general and special training.

The general physical fitness of Cadet Girls is the foundation, the necessary basis for achieving high results. It also provides for the solution of tasks mainly for the comprehensive harmonic development of the organism of Cadet Girls, increasing its functional capabilities, developing physical qualities and strengthening health. It is necessary to properly use intensive training using functional multi-training (CrossFit) methods and active rest during the period of competition loads. General physical fitness includes a variety of tools. Among them are exercises performed in sports equipment and exercises performed, exercises performed on special simulators with a partner, other sports: acrobatics, athletics, sports games, swimming, etc. are allocated to general developmental exercises derived from. Special physical training is designed to create a special basis, which is necessary for the effective execution of a large-scale work aimed at the development of special skills of movement. It has a much narrower and more specific direction and solves the following tasks:

- develop qualities that are more characteristic of mainly functional multicooker (CrossFit) ;
- the selective development of Cadet Girls of muscle groups that participate to a large extent in their movements.

As advanced tools of general physical training, such exercises are used that are suitable for the main actions that Cadet Girls perform in competitive activities, due to

their kinematic and dynamic composition and the nature of neuromuscular tension. Among such exercises, the following can be distinguished: exercises performed on special training devices, exercises performed with personal body weight and aerobic exercises.

The special physical training of Cadet Girls is aimed at developing the qualities of movement in strict accordance with the requirements imposed by the features of competition activities.

The special physical training of Cadet Girls is carried out mainly in the training hall and is aimed at developing the most important qualities of movement in the composition of movement qualifications. Therefore, competition exercises are used, involving various possible complications as the main tools of special physical training. Such complex exercises enhance the effect on the body of Cadet Girls. For example, working with a load with a relatively heavier weight, or training is performed using functional multicooker (CrossFit) methods, etc. All these exercises serve to develop one or another mechanism of energy supply, and also have an integrated effect on the engagement of Cadet Girls, and at the same time increase her physical fitness.

All indicated types of physical fitness are inextricably linked with each other. Failure to adequately assess training for any type of fitness using CrossFit methods will ultimately prevent increased athletic performance. Therefore, it is considered very important to adhere to the optimal ratio of the types of physical fitness indicated using the methods of functional multicooker (CrossFit) training. Its numerical expression is not considered a constant size, but the qualifications of Cadet girls, their individual characteristics, vary depending on the state of the organism at this time using CrossFit methods of training.

The principle of a relatively general and special training unit using the methods of functional multi-training (CrossFit) of Cadet Girls implies the relationship of general and special training. The leader in this is the general training at the first stage of multi-year sports training using functional multi-year (CrossFit) methods. General training creates a certain foundation of the capabilities of the body, as well as a reserve of movement skills and skills. For example, cadet girls who have mastered acrobatics exercises well at the initial stage using functional multicooker (CrossFit) methods of training will successfully master complex methods of functional multicooker (CrossFit) in the future.

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