METHODS FOR THE DEVELOPMENT OF POWER QUALITIES OF CADET GIRLS THROUGH CROSSFIT TOOLS AND METHODS

Mirzakulov Akrom Gafurjanovich
Senior teacher of Combat and physical training Ministry of Internal Affairs of the Academy of the Republic of Uzbekistan
e-mail: akrom.mir@1988gmail.com

Annotation: in order to achieve the development of directed qualities of strength, it is necessary to perform maximum muscle tension. That is why the main problem with strength training responsibility is to ensure a sufficiently high level of muscle tension in the process of performing exercises.

Keywords: crossfit, physical quality, strength, tension, dynamics, Isokinetic, isometric.

In accordance with the indicated methods of stimulating muscle tension, the following methods of developing strength abilities are distinguished:

1. Maximum voltage.
2. Repeated, unbounded voltage.
3. Isometric voltage.
4. Isokinetic voltage.
5. Dynamic voltage.
6. Tattooed method.
7. Circuit training
8. Method of play.

Maximum voltage method. It is based on the use of exercises performed with submaximal, maximum and maximum weights. Each exercise is performed in several approaches. The number of repetitions of exercises in one approach, aimed at overcoming resistance above the Borderline and borderline (weight of 100% or more), can be 1-2, the maximum is 3 times the amount of approaches – 2-3, rest breaks between repetitions in one approach – 3-4 minutes, and between approaches-2-5 minutes. When performing exercises with threshold weights (weight equal to 90-95% of the maximum), the possible amount of repetitions of movements in one approach is 5-6, the number of approaches – 2-5, rest breaks between repetitions of exercises in each approach – from 4-6, and between approaches – from 2-5 minutes. The pace of movement is free, the speed is small to maximum. In practice, different variants of this method are found, the basis of which is different methods of increasing weight in approaches.

This method ensures the gain of maximum dynamic strength without seriously increasing muscle mass. When using force, its growth occurs due to improving coordination within the muscles and between them, increasing the capacity of creatinphosphate and glycolytic mechanisms of ATF resynthesis.

It should be borne in mind that borderline loading makes it difficult to control the technique of movements on its own, increasing the risk of injury. This method is used 2-3 times a week.

Method of repeating non-boundary voltages. Non-marginal external resistance is foreseen to be overcome many times until serious fatigue begins or is not possible.

In each approach, the exercise is performed without rest breaks. In one approach, the exercise can be repeated from 4 to 15-20 times. In one exercise, 2-6 series are performed. There will be 2-4 approaches in one series. Rest between approaches is 2-3 min., and 3-5 min between series. Will continue. The size of external resistors is usually in the range of 40-80% of the maximum. The speed of movement is not very high.

Large – scale muscle activity performed with non-marginal weights activates trophic processes in the muscular system and other systems of the body-generating the necessary hypertrophy of the muscles, increasing their physiological cross-section, thus stimulating the development of maximum strength. This fact should be noted that while strength is being developed, at the same time, when muscle mass is also increased, strength is maintained longer.

This method is common in practice, allows you to control the technique of basic movements, prevent injuries, reduce tension when performing strength exercises, helps with muscle hypertrophy, is considered the only method that can be used in the training of beginner athletes.

Method of isometric voltages. It is characterized by the performance of short-term maximum increases without changing the length of the muscles. The duration of isometric tension is usually 5-10 C. Is. The size of the voltages under development can reach a maximum of 40-50%, static strength complexes should consist of 5-10 exercises aimed at growing the strength of different muscle groups. Each exercise is 30-60 P. lik is performed 3-5 times with a rest interval. It is advisable to include isometric exercises in training up to 4 times a week and allocate them 10-15 minutes each time. Exercise complexes are applied unchanged for about 4-6 weeks, and then renewed.

Rest breaks are complemented by exercises that affect breathing, relaxation and stretching. When performing isometric exercises, it is important to choose the position or the size of the joint angles. For example, isometric strain at 900 has a much greater effect on dynamic force growth than at 1200 or 1500 angles.

The disadvantage of isometric exercises is that the strength training performed at what joint angle is most pronounced in those conditions, while the strength level is maintained for a shorter duration than after dynamic training.

Method of Isokinetic voltages. The peculiarity of this method is that when using it, attention is paid not to the size of the external resistance, but to the constant speed of movement. This allows the muscles to work with optimal loading throughout the movement, which cannot be achieved by adding any of the generally accepted methods. Most often, exercises are performed on special trainers.

This method is used in the development of various types of power abilities – "sluggish", "fast", "explosive" - this method allows you to increase power in a much shorter period than repeated and isometric methods of strengthening.

Strength training, based on the performance of exercises of an isokinetic nature, eliminates the risk of getting muscle-joint injuries.

Educators in physical education and sports should always take a creative approach to the choice of methods for developing their strength abilities, taking into account the level of natural development of those involved and the requirements provided for in physical education programs and features of competition activities.

LITERATURE

1. Cheryasova O. Yu., Onishchuk M. A. Physical culture and sport in the life of modern society // Young scientist Nov. – 2018. – № 48.

2. Barkalov S.N., Gerasimov I.V. Physical training of cadets of educational organizations of the Ministry of Internal Affairs of Russia: status, problems and ways of improvement // Society and law. – 2014. – № 4 (50). – Pp. 299-304.

3. Barkalov S.N. A professionographic approach to physical training of employees of internal affairs bodies // Scientific portal of the Ministry of Internal Affairs of Russia. – 2015. – № 4 (32). – Pp. 121-129.

4. Druzhinin A.V. Features of special physical training of cadets of educational organizations of the Ministry of Internal Affairs of Russia // Problems and prospects of education development in Russia: Collection of materials of the XXXI All-Russian Scientific and practical conference / Edited by S.S. Chernov. Novosibirsk: CRNS Publishing House, 2014. 202 p.

5. Mirzakulov A.G. Jismoniy tarbiya va sport. O'quv qo'llanma. Toshkent 2023 yil. 115 bet.

6. Mirzakulov A.G. Funksional ko'kurash-crossfit. O'quv qo'llanma. Toshknent 2024 yil. 150 bet.