



IMPROVING THE PHYSICAL AND TECHNICAL TRAINING OF YOUNG KARATEKAS USING CROSSFIT TOOLS AND METHODS

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Abstract

The possibility of increasing special endurance by including crossfit means and methods in the training process is considered. Improving the physical and technical training of young karatekas using means. The results of the developed and tested in practice methodology for developing special endurance of athletes based on the use of the method of circuit training with crossfit elements are presented.

Keywords: Karateka, athlete, sports training, special endurance, crossfit.

Introduction

Crossfit is a system of general physical training, functional training based on the cyclical performance of strictly regulated, variable and high-intensity exercises. In this case, we are talking about circuit training, in which the fundamental principle is movement through stations with the performance of certain tasks at the required pace. A new sport is actively developing in our country - CrossFit. CrossFit is a set of exercises characterized by high intensity, regular change of exercises, including components of weightlifting and track and field, bodybuilding, powerlifting, fitness, classical gymnastics, kettlebell lifting. The main characteristics of CrossFit are, firstly, its comprehensive impact on the student's body, which helps to increase the effectiveness of physical training. Secondly, a quick change of conditions, technology and environment allows students to work faster, more actively and resourcefully. Thirdly, a combination of activities with high emotionality and emotional stress, expression of inhibition and control. Fourthly, the spirit of competition teaches students to overcome any difficulties and act as intensely as possible. The conducted analysis of the educational process in Physical Education and a review of scientific and methodological literature showed that the methodology of training students in universities does not have a scientifically based system for improving the level of physical fitness of students. At the same time, a review of scientific literature showed that fundamental research in the field of students' physical fitness has not been conducted in our country. Comprehensive development of physical qualities is one of the most important components of Physical Education classes. The main components





of students' physical fitness are speed, coordination, strength, and agility. In addition to these qualities, students should develop flexibility, reaction, a sense of time, accuracy, and endurance. Therefore, it is proposed to consider the CrossFit circuit training method to improve students' physical fitness in Physical Education classes. The use of CrossFit in student classes has not been sufficiently studied. Based on the existing research by some scientists, we can conclude that only some CrossFit exercises were used during classes, which is not sufficient for a comprehensive increase in physical fitness.

When developing the methodology, exercises from the CrossFit arsenal were selected for use in the preparatory, main and final parts:

- Special warm-ups
- Underwater exercises
- Development of physical qualities.

Exercises were selected that take into account the formation of motor skills in young people of this age group and allow varying the load depending on the physical capabilities of each student.

In this regard, it remains important to address the issue of improving all aspects of training, on which the athletic achievements of not only highly qualified athletes but also athletes training at various stages of long-term training depend. The growth of achievements in oriental martial arts is largely determined by the continuous improvement of the athlete training system. Particular attention should be paid to improving the training system of athletes training at the initial stage of athletic training, who have different mechanisms of energy supply for muscle activity (MEMS). Therefore, sports specialists involved in the training of karatekas are faced with the task of solving the problem of selectively influencing the development of aerobic, anaerobic performance and overall performance, as well as reserve adaptive capabilities and accentuated development of motor abilities without harming the health of young karatekas.

All the means used in the training process were divided into four types according to the structure of effectiveness.

- Exercises using pull-ups and various types of suspension.
- Exercises using push-ups and various types of presses.
- Exercises for developing leg muscles: jumping, squats, lunges, burpees, etc.
- Aerobic exercises: running, skipping rope, exercise bike, etc.

The effectiveness of the developed method was determined by different levels of development of special physical qualities: speed-strength (long jump from a standing position), muscular endurance (lifting the body from a lying position), muscular





endurance of the muscles of the upper shoulder girdle (hanging pull-ups on a bar), special muscular qualities (bench press). All measurements were taken twice - at the beginning and at the end of the school year.

The study showed that the non-specialized high-intensity CrossFit training system has a positive effect on the level of physical fitness of students. It was found that it increases motivation for physical education and sports, promotes the acquisition of knowledge about modern approaches to the organization of physical education, as well as skills and abilities for independent physical training.

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