



CONCEPTUAL FOUNDATIONS OF THE ORGANIZATION OF PHYSICAL TRAINING OF PRE-CONSCRIPTION YOUTH

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Abstract: This article is intended for students (cadets) of the Faculty of Military Training and Physical Education of higher educational institutions, as well as for teachers on the subject of pre-prescription military training. The purpose of the article: to provide information on the conceptual foundations of the organization of physical training of pre-prescription youth, as well as elements of the state system of physical education.

Keywords: adaptation, preparation, program, staff, system, complex.

Simultaneously with mastering the basics of military affairs and civil defense, the program of pre-prescription training of young men provides applied physical training.

Both the physical training of pre-prescription youth, which is organized by full-time mentors-teachers of pre-prescription training, and the physical training of military personnel, which is organized and provided by the chiefs of physical training of troops, are separate elements of the state system of physical education, between which there is a specific connection. That is why every specialist of physical training should be competent in matters of state standards for the physical training of pre-prescription youth.

Proper physical training of young men of pre-prescription and draft age is the primary condition for the rapid adaptation of novice young soldiers to military service and the foundation for further successful performance of official duties. Therefore, they must have the necessary level of physical and psychological training, be able to master the program of combined arms training of a young fighter in a short time.

Physical training of pre-prescripts is organized and provided by physical education teachers who assist their physical development and hardening, increase psychological resilience, form moral qualities and self-confidence, expand their worldview.

The system of pre-prescription physical training of young men is provided to provide:

- general physical training according to the program "Physical Culture" for general educational institutions throughout the entire period of study;
- special physical training according to the program "Physical culture" for grades 10-11 and according to the program of pre-prescription training of young men (section "Applied physical training").

The complex of educational and educational tasks in the system of physical training requires young men to be able to perform physical exercises of varying complexity on sports equipment, overcome various obstacles, possess a wide arsenal of motor skills, have high moral and combat qualities necessary in military activity and in life (courage, endurance, perseverance, intelligence, etc.) and physical qualities (strength, endurance, speed, ability to withstand overloads, etc.).

In the process of pre-prescription applied physical training, additional opportunities are created to improve:

- *physical fitness* – to increase the basic physical motor qualities, enrich the general motor base, motor experience of a young man, teach him to freely own his body, be physically hardened and not depend on life and military difficulties;
- *psychological preparedness* – to improve psychological qualities and processes: psychological mobility and resilience, accuracy of perception of impressions, richness of sensations, willpower and character, memory, attention, ability to concentrate;
- *moral preparedness* – to create and strengthen a system of moral values, beliefs, ideological fortitude, patriotism, fortitude, etc.

Physical training of young men in general education institutions is carried out in two directions:

- In the form of physical education classes according to state programs for educational institutions with mandatory participation in competitions during sports and mass work.
- In the form of special physical training classes on topics provided for by the program of pre-prescription training of young men.

In the process of practical training in special physical training, the initial level of physical fitness is taken into account, determined by testing in the first classes. The content of pre-prescription physical training provides the following types of physical education: overcoming obstacles, throwing grenades, hand-to-hand combat, gymnastics, games, swimming.

Separate thematic classes in the program of pre-prescription training of young men are provided:

- *overcoming obstacles and throwing grenades* – learning and training in overcoming individual obstacles: overcoming obstacles by jumping, using an emphasis on the arm and leg; jumping down (in depth) from a sitting position, from a vis; climbing by force with support on the hip of a friend, on the shoulders of a friend, using a log; moving horizontally and vertically ropes; overcoming a system of obstacles; overcoming a single system of obstacles; throwing a grenade at a target;
- *gymnastics* – exercises on individual projectiles; floor exercises – performing two sets of floor exercises for up to 16; crossbar – pulling up the maximum number of times; lifting from the vis with a coup at point-blank range; lifting from the vis with force at point-blank range; swing movements with the right (left) foot forward and backward; from the upper right stop (left) leg ups and downs, swing out of the stop with an arc and a swing backward with a swing and a swing backward with a 90° turn; bars – flexion and extension of the arms in the stop; flexion and extension of the arms in the swing; swinging with the emphasis on the hands, from swinging with the emphasis on the hands, lifting by extension to the saddle (legs apart); swinging with the emphasis; jumps from the stop swinging backwards (to the right side, to the left side); jumps from the stop swinging forward at an angle (to the right, to the left); support jumps – jump over the "goat" in width (legs apart; legs bent); jumping over a horse in length (legs apart), projectile height 120 cm; rope – climbing with legs; climbing without legs; lifting weights – weights 16-24 kg, barbells, other weight (cartridge box);
- *hand to-hand combat* - learning and training of preparatory techniques (self-insurance, preparation for combat); learning and training of basic techniques (rear footrest, tying the opponent; protection from blows with a hand, foot; evading enemy grabs; protection from a knife strike: from above, from the side, from below, straight; disarming the enemy during an attempt to get a pistol, when threatened with a pistol close to the front, from behind);
- *swimming* – swimming freestyle, breaststroke, backstroke; diving upside down, upside down, diving; turns in the water; diving in length (distance);
- *Games* – learning and training of various game exercises (passing, receiving, driving the ball; throwing, hitting the ball, moving with the ball) in certain types of sports games — football,

basketball, volleyball, handball. Simultaneously with the study of the elements of certain types of special physical training in the course of classes, the skills and abilities acquired by students in previous physical education and drill classes (formations, alignment, movement, drill techniques, which must be performed according to commands and in the order determined by the Drill Charter of the Armed Forces) are improved.

In addition to practical classes scheduled once a week, an important role in the applied physical training of young men is played by the system of competitions held during sports and mass work. Such competitions should include either individual exercises or sets of exercises from the program of pre-conscription training of young men.

The standards for assessing physical fitness and state tests for applied physical training of pre-conscription youth consist of the following tests:

- endurance — running 3000 m — for boys or 2000 m for girls;
- on the force: 1) pull-up on the crossbar; 2) complex strength exercise; 3) long jump from a place;
- for speed — running at 100 m;
- agility — shuttle run 5 x 10 m;
- Mastering applied skills — swimming, throwing grenades.

All tests are conducted according to the established standards, with the determination of the appropriate amount of points, which is a criterion for the level of physical fitness of each recruit.

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