

# Specific Aspects of Targeted Training for Weightlifters

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**Annotation:** Today, weightlifting is developing in our country, and our athletes are achieving high results at the world level. In this article, some aspects of the organization of training with weightlifting athletes are considered based on the analysis of scientific literature. In addition, the article contains some elements of training planning and the opinions of scientists in this regard. In addition, several recommendations are given regarding developing the athlete's speed and strength qualities and this process.

**Keywords:** weightlifting, training, physical effort, training plan, coach

The decree of the President of the Republic of Uzbekistan on March 9, 2017, No. PP-2821 "On the preparation of athletes of Uzbekistan for the XXXII Summer Olympic and XVI Paralympic Games to be held in Tokyo (Japan) in 2020" has made a great contribution to the influence and prestige of Uzbekistan in the international arena. At the same time, they emphasized that we should not limit ourselves to the accomplishments achieved in high-level sports, but pay great attention to mass sports.[1]

Today's rapidly changing era of globalization puts new demands on weightlifting coaches. When drawing up training plans, the coach should make use of new approaches and consider international experience. The implementation of such approaches based on long-term experience plays an important role in the athlete's success.

Weightlifting coaches usually face various difficulties in the process of planning training and conducting it with quality. The main reason for this is that the athlete develops the technique of training correctly based on his all-around physical capabilities. It should be noted that if incorrectly draws up a training plan, the coach has full knowledge of the principles of the training process, the content of training loads, the quantitative characteristics of the weightlifter's ability to move, etc. must be.

Types of training for athletes include physical, technical, psychological, and tactical training. V.G. Oleshko determined the level of physical preparation of weightlifters for competition and averaged the number of special auxiliary control exercises in his research. With the help of a large number of control standards, it is possible to know more precisely the level of physical training of weightlifters. During the pedagogical experiment, it was determined that the results of half-squatting hand-ups in athletes of different weight categories and different qualifications were  $80 \pm 2.9\%$  in hand-ups, and half-squatting in swinging the barbell to the chest  $82 \pm 3.3\%$ . [2.86]

A.I.Falamayev, A.N.Vorobyev, A.S.Medvedev divided physical exercises in weightlifting sports into 3 types: basic, additional, and general developing.[3] Special

training with athletes is a set of exercises that includes parts, periods, stages, and elements of the athletes' competitive movements, as well as similar movements in terms of the shape, structure, and mode of muscles, and is aimed at improving physical fitness and focuses on improving the technique of competition exercises.

In the macrostructure of the trainer, various macrocycles are distinguished, the duration of which can vary from several months to 4 years. For athletes in the first stage of long-term training, the macrocycle is fundamentally different from the 3rd or 4-5th stage of maximum realization of the individual capabilities of the athlete. This difference can be primarily in terms of the macrocycle, in the first case up to 2 years and in the second up to 4 years. If the main task of the macrocycle in the first stage is to create technical and functional conditions for effective training in the future based on proper physical development and strengthening of health, then the macrocycle continues in the stage of achieving high sports results. The period of up to 4 years is related to the organization of systematic preparation for the Olympic Games. In this case, the tasks and content of each annual stage of the macrocycle are related to solving the intermediate tasks of preparing the athlete for the main four-year competitions. **[4.79]**

Today, R. Matkarimov, a candidate of pedagogic sciences from Uzbek scientists, a weightlifting referee of the international category, conducts scientific research on the sport of weightlifting. In his works and scientific articles, he discusses the techniques of training in weightlifting, the principles of improving sports skills, the method of using tools to increase the level of physical fitness, and the planning of training loads in the training of weightlifters of different skill levels. , types of preparation, rules of organization of the competition, and several other relevant topics have been given suggestions and recommendations. His textbook "Theory and Methodology of Weightlifting" can be recognized as a large conceptual complex in the field. **[2.200]**

As mentioned above, the growth of weightlifting results largely depends on how well the training loads are selected. In weightlifting, one of the main tasks is to prepare an athlete for step-by-step weightlifting competition exercises. This is the maximum for a certain condition of the athlete's body. Rational sports technique is the factor that creates conditions for solving this problem. Rational sports technique means the most appropriate set of actions performed by the athlete without violating the rules of the competition. With their help, you can effectively lift a barbell of maximum weight. **[5.13]**

In our opinion, the development of speed and strength qualities is an important process that predetermines the direction of the training process of young weightlifters. This result can be achieved by organizing a high level of general physical training at the initial stage. It is appropriate if the general physical preparation from the initial training process with a young athlete makes up 50-60% of the whole training. However, excessive general physical training can cause rapid fatigue in the athlete. That is why it is important to take into account such situations in training.

Weightlifting is characterized by the high intensity of muscle tension, the complexity of the coordination of the performed movements, and other factors. Based on the methods of creating maximum power tension, leading scientists have identified the main methods of developing muscle strength, such as the method of repeated movements, the method of short-term maximum tensions, the method of dynamic movements, and isometric. who confessed.

It should be noted separately that the main tasks of the training stage of long-term training in weightlifting should include:

- increase the level of general physical and special physical fitness;
- education of physical development and spiritual and voluntary qualities;
- teaching and improving the technique of weightlifting exercises;
- to further improve the experience of effective participation in competitions

and to fulfill the requirement of an international class master of sports. [6.3-4]

In conclusion, it can be said that the loads in weightlifting training should be increased based on certain rules. It is necessary to put the athlete's capabilities at the center of attention.

When preparing a weightlifter for competitions, it is necessary to train him based on an individual approach, and the coach should know the individual psychological characteristics of the athlete well. In such conditions, it is appropriate to make a psychological description of the athlete. This psychological description is recommended to reflect the following:

- Typological characteristics of the person (characteristics of the nervous system and temperament);
- Characteristic features of the person (moral, volitional features);
- Emotional manifestations of personality (general emotionality, intensity of emotional experiences).

The individual psychological characteristics of the athlete allow the coach to effectively implement an individual approach.

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