



METHODOLOGY OF WEIGHTLIFTING WITH ATHLETES

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Annotation

Today, weightlifting is developing in our country, and our athletes are achieving high results worldwide. This article discusses some aspects of the organization of training with weightlifters based on an analysis of the scientific literature. The article also covers some aspects of lesson planning, as well as the views of scholars on the subject. In addition, a number of recommendations on the development of speed and strength qualities of the athlete and the process are given.

Keywords: weightlifting, training, physical activity, success, training plan, coach.

Introduction

In recent years, the Uzbek government has promoted physical education and sports in the country pays great attention to development. In the spiritual and physical development of man the importance of physical education and sports is immeasurable. That is why physical education in Uzbekistan and sports have become an important part of public policy. Our government, personally As a result of the efforts of President Sh. Mirziyoyev, physical culture and sports through popularization, the implementation of a healthy lifestyle, physical education and sports great work is being done in the field of improving the health of the people, and in this regard one a number of laws and decisions have been passed. [1, C.97-98] No. PQ-2821, adopted by the President of the Republic of Uzbekistan on March 9, 2017 "XXXII Summer Olympics for Uzbek athletes in 2020 in Tokyo (Japan) In preparation for the Olympic and XVI Paralympic Games with our athletes who have made a significant contribution to the prestige and prestige of Uzbekistan we are proud. At the same time, it is not limited to achievements in higher sports, it is mass They stressed the need to pay more attention to sports. [2]

In today's fast-paced world of globalization, weightlifting coaches puts new demands on it. The coach is new to lesson planning approaches, taking into account international experience in this area. It's like that The approaches should be based on many years of experience to the success of the athlete is an important factor in achieving. Weightlifting coaches usually plan and train well face various difficulties in the process of going. The main reason for this is that every athlete develop proper





exercise techniques based on their physical capabilities output. It is important to note that the training process is important for proper planning principles of exercise, the content of training loads, the movement of the weightlifter the coach is full of quantitative features of ability and so on must have information.

A.V. Chernyak, one of the leading experts in the field of weightlifting, writes in his works describes important solutions and personal views aimed at solving problems. His related to the planning and management of the weightlifting training process in his works a complex of issues is covered. It's about coaching new, promising workouts developed a methodology. A.V. Chernyak has a lot to do with calculating the coach's workload described the data. In the process of conducting the training proposed by the author all the rules are experimental with studies conducted in different qualified athletes found proof. The author describes his weight in a workout with a weightlifter emphasizes the need to increase downloads. Also stone lifting develops new approaches to level assessment. [3, C.136]

Former USSR master of sports, candidate of science A.Medvedov is also a weightlifter The process of training in the field, the theoretical and practical aspects of training young athletes conducted research on the aspects of He trains weightlifters in his work describing the main methods, the author is in the process of developing a technique to lift the student to the barbell introduces basic methodological guidelines for performing specific exercises, relevant exercises will give. Medvedev on the principles of long-term and operational training planning, physical pays special attention to the analysis of the volume and intensity of loads. [4, C.122]

AI Falamayev, AN Vorobyev, AS Medvedev in their research weightlifting 3 types of physical exercises such as basic, additional and general development [5] Special training of athletes - competitions of athletes parts, cycles, stages and elements of movement, as well as the shape of muscles, is a set of exercises that include similar actions in structure and mode and it is to increase physical fitness and improve competition exercise techniques focused.

Today he is a candidate of pedagogical sciences from Uzbek scientists in weightlifting International referee R.Matkarimov conducted research in weightlifting is growing. He has been involved in weightlifting in his writings and scientific articles techniques, principles of improving sportsmanship, increasing the level of physical fitness the technique of using the tools, in the training of weightlifters with different levels of skill training load planning, types of training, rules of competition organization and has made suggestions and recommendations on a number of other topical issues. His "Heavy Athletics Theory and Methodology" as a major conceptual complex in the field [6, C.200]





As mentioned above, the results of weightlifting are growing in many ways depends on how well the training loads are selected. In weightlifting a competition in which the athlete gradually lifts and lifts the weights on the barbell Preparing to perform the exercises is one of the main tasks. This is known to the athlete's body is the maximum for a mode. Creating the conditions to solve this problem factor-it is a rational sports technique. Rational sports technique is a competition by an athlete is understood as the most expedient set of actions to be carried out without violating the rules. They can be used to effectively lift a barbell of maximum weight. [7, C.13]

We believe that the development of speed and strength is a training ground for young weightlifters is an important process that predetermines the direction of the process. This is the beginning of the result stage can be achieved by organizing a high level of general physical fitness. General physical training is a part of the initial training process with a young athlete 50-60 percent of the sessions are appropriate. But overall physical an increase in training can lead to rapid fatigue in the athlete. For this reason It is also important to consider such situations in the classroom.

The following tasks should be considered when training young weightlifters:

- a) Strengthening health and fitness;
 - (b) Developing and improving the movement skills of the weightlifter;
 - c) Gradual disclosure of the functional capabilities of the organism and the individual;
 - (d) Encourage athletes to engage in regular physical activity and sports preparation.
- [8, C.151]

Weightlifting is a high-intensity, high-intensity exercise complexity of coordination and other factors. [6, C.101-102] Maximum Based on methods of generating strength tension, leading scientists measure muscle strength development repetitive motion method, short-term maximum stress method, dynamic recognized the basic methods of motion, such as isometric. The repetition method involves lifting several bars in one set. This the method is used in the training of qualified weightlifters, mainly in the performance of special training exercises applied. In this case, weightlifters, as a rule, 70 kg of the maximum weight in one trip. Perform 3-8 repetitions at 90% weight. The use of this method is very high allows you to perform large-scale work in intensity. This is noticeable in metabolism leads to changes that create the conditions for plastic metabolism, functional muscle contributes to hypertrophy, which in turn has a positive effect on strength growth. [9, C.272]

It should be noted that many years of training in weightlifting The main tasks of the phase should include:

- Increase the level of general physical and special physical training;
- Physical development and upbringing of spiritual and volitional qualities;



- Training and improvement of weightlifting techniques;
- Further improvement of the experience of effective participation in competitions and international fulfilling the requirement of a category master of sports. [10, C.3-4] In conclusion, the weights in weightlifting are in order should be increased based on the rules. The focus is on the athlete's abilities should be centered.

An individual approach to preparing a weightlifter for competitions training based on the individual psychological characteristics of the athlete the coach needs to know better. In such circumstances, it is advisable to create a psychological description of the athlete is compatible. It is recommended that this psychological description include:

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

Knowing the individual psychological characteristics of the athlete is an individual approach to the coach allows you to do it effectively.

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