

Improving the Methodology of using General and Special Training Tools to Increase the Physical Fitness of Weightlifters

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Abstract. *This study develops a new version of general and special training tools and methods to improve the physical fitness of weightlifters. In order to improve the fitness of athletes, general training exercises are used to increase physical qualities such as strength, endurance, speed and flexibility and to work on them, to train them in the necessary skills for competition techniques and physical exercises. According to the nature and direction of the effects of the tools used, physical training is divided into general physical training (GPT) and special physical training (SPPT). The aim of developing this methodology is to improve the results of weightlifters in sports competitions in two wrestling events.*

Key words: *Load, training, general physical training, special physical training..*

Introduction: Currently, in our country, consistent measures are being taken at the state policy level to popularize physical education and sports and promote a healthy lifestyle among people, create the necessary conditions for the physical rehabilitation of people with disabilities, and ensure our country's place and worthy participation in the international sports community. A number of decrees and resolutions are being adopted by our Head of State to organize scientific-complex laboratories for athletes of national teams in various sports, introduce advanced innovative technologies into the training process, and bring scientific research in the field of sports to a new level. The Resolution of the President of the Republic of Uzbekistan No. PQ-137 dated 20.03.2024 on measures for the further development of weightlifting in our country aims to further popularize weightlifting in our country, bring the system of selection of weightlifters among the population and youth to a new level, improve the sports infrastructure and create new bases for weightlifting, and thereby raise the flag of our country by achieving high results in prestigious competitions for our national team. In order to ensure the implementation of the tasks set out in the Resolution of the President of the Republic of Uzbekistan and thereby bring the weightlifter training system to a higher level, a lot of scientific work is being carried out in our country. When experts analyzed the participation of our country's athletes in international competitions, they were always among the strongest and prize-winners in the handstand exercise, but the results in the clean and jerk were not good, and there were problems with physical preparation.

In this work, the aim of improving the physical fitness of weightlifters aged 13-17 is to improve the competition results of weightlifters through the correct selection of general and special physical training tools, and to organize the training process in accordance with modern requirements, which places high demands on the standardization of training loads. Today, the International Weightlifting Federation (IWF) organizes competitions in three age categories:

Teenagers: 13-17 years old

Youth: 15-20 years old

Adults: Athletes over 15 years old

The main reason for the selection of 13-17-year-old weightlifters is that proper physical training at this age serves as the basis for good results in the future. The organization of the Youth Olympics, not the youth, shows that special attention should be paid to weightlifters of this age. In the sport of weightlifting, the effectiveness of mastering competition techniques is determined by the development of physical qualities, the growth of strength abilities and the functional reserves of the athlete's body; physical training is interrelated with the sports activities of a weightlifter: therefore, the definition of physical qualities, on the one hand, the connection with technique and on the other hand, the development of strength abilities, is an important component of the training process of athletes aged 13-17. The practice of working with athletes in the Bukhara region and the oasis shows that the main criterion is the sports result, but mandatory training does not allow weightlifters to reveal their potential in competitions based on the results of two fights. There is no clear agreement on which general and special training methods are most effective in training athletes aged 13-17, and there is not enough scientific research on the organization and planning of the training and training process for this group of weightlifters. Thus, today it is urgent to scientifically substantiate the correct selection of general and special training methods in the training of weightlifters aged 13-17 specializing in weightlifting in our country.

Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 No. PQ-3031 "On measures for the further development of physical education and mass sports", Resolution of the President of the Republic of Uzbekistan dated October 30, 2020 No. PF-6099 "On measures for the widespread introduction of a healthy lifestyle and further development of mass sports", Resolutions of the President of the Republic of Uzbekistan dated June 16, 2021 No. PQ-5148 "On organizational measures for the introduction of a system for assessing the level of physical fitness of the population", Decree of the President of the Republic of Uzbekistan dated January 24, 2020 No. PF-5924 "On measures for the further improvement and popularization of physical education and sports in the Republic of Uzbekistan" Resolution of the President of the Republic of Uzbekistan dated March 20, 2024 No. PQ-137 This dissertation research will serve to a certain extent in implementing the tasks set out in the Resolution on Measures for the Further Development of the Sport of Weightlifting and other regulatory and legal documents related to this activity.

The purpose of the article. It is to justify the achievement of growth according to the results of two struggles in the course of competitions by increasing physical training in weightlifters aged 13-17.

Methods of pedagogical research.

Analysis of scientific and methodological literature

Pedagogical observation.

Pedagogical experiment.

Mathematical and statistical method

Analysis of literature on the topic: During the preparatory process, the share of MJT increases continuously, while the share of UJT decreases, on the contrary. The author gives the following ratios of UJT and MJT in percentages at different stages of preparation: new students - 80/20%, III-II grade - 65/35%, II-I grade - 60/40%; I-SUN-40/60%; SU - 30/70%; XTSU - 20/80%. Similar data are also given by L.S. Dvorkin. However, some deviations (no more than 5-10%) are indicated.

A.V. Loginov devoted his research to the problem of the ratio of MJT and UJT means, and the experimental training program for young weightlifters developed by him involves the use of UJT loads of mixed energy direction up to 12% of the total volume (running and gymnastic exercises, elements of sports games, etc.), which was found to help increase the level of not only functional, but also special training of athletes.

According to E.I. E.I. Kadirov said that if the training process is considered as a multi-year process, then at a certain stage there will be a need to make changes and additions to the basic MJT tools,

because the possibility of the result achieved by a simple increase of the UJT tools in the percentage of loads will soon decrease, and it is also contrary to the nature of the training. it can.

According to F.A. Kerimov, modern sports training is considered as a multi-year process. In practice, it should be such that when its first stages are devoted to creating the maximum possible functional, movement, technical capabilities, and the rest are devoted to realizing these in the form of a high sports result, then, naturally, the intensification of training in this case gives way to work for the future, that is, the indicated second stage of sports training.

Special strength training tools have always been in the focus of attention of specialists. Despite their diversity, according to Yu.V. Verkhoshansky, the scope of special strength training tools is quite limited. In his opinion, in fact, novice and qualified athletes use the same tools, the difference is only in the volume and intensity of their execution. This, firstly, leads to a monotonous course of training, and secondly, the body adapts to the usual stimulus and cannot respond to the changes that the athlete is looking for.

The research consists of the following stages:

At stage I (November 2023) - the formulation of a working hypothesis, determination of the object of research, selection of scientific research methods and formulation of tasks were carried out.

Stage II (November 2024) - a questionnaire survey was conducted among weightlifters studying at the Bukhara Olympic and Paralympic Sports Training Center.

Stage III (2023-2025) - the main experiment. A training methodology was developed and implemented using the selected training tools. The indicators of physical performance of weightlifters of all stages of 13-17 years of age who participated in the research show that the optimal proportions of training tools and loads are proven through the use of general special training tools.

Training tools selected to determine the UJT and MJT levels of qualified weightlifters before the study

General physical fitness equipment			
Exercise name	Unit of measurement	The name of the exercise	Unit of measurement
Standing long jump	Cm	The tourniquet	times
Standing high jump	Cm	Brus	times
Forward bend with a barbell on the shoulders	Time	Elasticity	cm
Press-Naklon	Count/min.	running	Counts/min.
Competition exercise	Special aids		
Exercise name, Total volume (SHKS)	The name of the exercise		Total volume (SHKS)
Raise your hand SHKS	Standing press		SHKS
	Knee-height press		SHKS
	Squat press		SHKS
	Semi-sitting press		SHKS
	Holding the barbell at shoulder width		SHKS
	Chest press with barbell on/off		SHKS
	Sitting press with barbell on shoulders		SHKS
Competition Exercise	Special aids		
Exercise Name, Total Volume (TBL)	Exercise name		Total volume (SHKS)
Snatch	Raise from knee height to chest		SHKS
	Half-sitting breaststroke		SHKS

	Scissor lift from the chest	SHKS
	To shake from the back of the head	SHKS
	Chest-to-leg raise (shwung)	SHKS
	Breastfeeding	SHKS
	Raise the barbell to waist width	SHKS

The volume of UJT and MJT training loads for the training period of qualified weightlifters (SHKS)

Exercises	Weeks				Total SHCS
	1-2	3-4	5-6	7-8	
Classic deadlift	150±4	120±2	150±4	120±2	540±12
Special assistance exercises for the Dk	138±2	214±4	214±4	214±4	780±14
Classic jerk	150±4	120±2	150±4	120±2	540±12
Special assistance exercises for the Sk	202±4	314±6	196±2	314±6	1026±18
Barbell curls	120±3	120±3	120±3	120±3	480±12
Sit-ups	128±3	148±4	128±3	148±4	552±14
Jumping exercises	490±9	490±9	490±9	490±9	1960±36
General SHKS	1378±29	1526±31	1448±28	1526±31	5878±58

Conclusion. From the 53 tools given in the questionnaire conducted among the coaches during the research period, the most effective tools were selected based on the answers of experts, and training loads were planned using these tools.

The different aspects of the program proposed by us from other programs are: firstly, for the tools considered most effective for general physical training, developmental and supporting exercises were used together, and secondly, special physical training tools were reduced and combined with restorative tools. This, in turn, was effective in transferring weightlifters at the stage of sports improvement to the stage of improving their technical, tactical, physical and mental skills, without injuries and with a large reserve in physical fitness.

Based on the selected tools, a 2-month training program was developed for the preparatory period and 1-month training program for the competition period for weightlifters at the stage of sports improvement, and research was conducted on this program. The preparatory period and training with these tools were planned for the 1-month training program of weightlifters at the stage of sports improvement from the 25 selected tools.

During the preparatory period, the largest volume (71-80%) of the exercises for handstands and clean and jerks was performed in the 3rd intensity zone. In this case, the training load was 45.4%. In special-developmental exercises (lifting the barbell to the waist and sit-ups) it was determined as 18.0% of the total volume, and in exercises that develop the quality of quick strength it was 36.6%.

These indicators confirm the effective effect of the tools selected for qualified weightlifters at the stage of sports improvement and the volume and intensity of the load selected for training.

It was found during the research that the disproportionate use of a large amount of general and special physical training equipment by weightlifters at the stage of sports improvement, without taking into account the sports competition system, leads to a state of stress and overstrain of the athletes' body, which leads to a decrease in results in the main competitions.

As a result of the research we conducted, a training program developed on the basis of specifically selected equipment recorded significant changes in the dynamics of physical training of weightlifters at the stage of sports improvement.

The physical training status of the experimental group of weightlifters involved in the study after the study was checked through the above control exercises.

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