

Development of Physical Work Skills of Weightlifters

Ismailov Makhmud Nodirbek ugli

Student of Physical Culture Faculty of Urgench State University, Urgench city, Uzbekistan

ANNOTATION

This article discusses the implementation of classical techniques of weightlifting. It also talks about the pedagogical methods of improving the athlete's technique in deadlifts and deadlifts.

KEYWORDS: *weightlifting, technique, exercise, movement, physical development, weight, barbell, deadlift, deadlift.*

Like all sports, weightlifting is developing in our country. Evidence of this can be seen in the achievements of our weightlifters in the Olympic and Paralympic Games. In the development of this sport, the president of the Republic of Uzbekistan dated March 9, 2017. The adoption of this Decision Number PQ-2821 On the preparation of athletes of Uzbekistan for the XXXII Summer Olympic and XVI Paralympic Games to be held in Tokio (Japan) is also of great importance. As a result of this, our athletes won 3 gold, 2 bronze medals at the Tokyo 2020 Games and noted high indicators, in the results achieved, it was important that careful preparations were made for the Olympic Games in advance, and that our state created all conditions for it. Therefore, in the words of our president, the Tokyo olympics discovered a number of new talents in the world of sports, new heroes of the new Uzbekistan[1].

In the processes of training weightlifting athletes and conducting training with them, not only the development of the athlete's muscle strength, but also their pre-workout preparation and the formation of willpower are important. It is necessary to create a set of scientifically based guidelines.

Physical exercise is one of the main special means of training in sports characterized by active movement activity. The content of such exercises is specialized to one degree or another according to the characteristics of the sport chosen as the subject of sports improvement[2]. Weightlifting sport also has training structure and special sets of exercises, which serve to ensure the athlete's development. It is considered a sport of lifting a heavy stone and today it is becoming popular all over the world. This sport technique is characterized by the manifestation of speed. Weightlifting creates the ground for the perfect development of a person, becoming a rational combination of physical strength and health, beauty and knowledge.

Weightlifters should develop their special physical fitness and skills during sports training for several years. It is appropriate to develop physical fitness based on the development of new strategic plans for training and targeted training of talented athletes.

The results of studies show that in the first years of training for weightlifting athletes, the main focus should not be on achieving high sports results, but at the initial stage, the main focus should be on multi-faceted solid training. The main task of technical training in the preliminary stage of preparation should be to create an idea about the studied technique and master its structure. It is desirable to master the basics of exercise techniques by repeating individual steps and exercises in simplified conditions. When learning techniques, it is necessary to analyze the execution of exercises, the correct use of tools, the optimal number of repetitions of exercises and the appropriate rest time. It is important to define [3].

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In the sport of weightlifting, competitions are held in two classic exercises, the deadlift and the deadlift. Athletes use certain techniques and exercises to lift the bar more comfortably and efficiently. Coaches use certain training methods, taking into account the anatomical and physiological characteristics of the technique of weightlifters, to improve sports results[4]. Barbell training takes place in certain specific conditions and is defined by the specific movements of the weightlifter. Weightlifting exercises are performed with small, medium, large and very large weights. It requires dynamic and static tension from the muscle system involved in the movement. The heavier the weight of the equipment, the more muscles are involved in the movement. The speed of lifting the barbell depends on its weight and the athlete's skill: it decreases with heavy weight, the duration of the initial movement (acceleration) phase gradually decreases after the achievement of sports skills. For example, this indicator is 0,17-0,25 seconds for candidates and masters of sports with weight from 60% to 100%, and it is equal to 0,18-0,32 seconds for athletes of small size.

The technique of pulling the barbell to the waist depends on the individual typological characteristics of the athlete's body structure. For example, when the barbell is separated from the platform, the angles in the knee joints reach an average of 80-110 degrees, in the dolichomorphic body structure type, these angles are less than in athletes with a mesomorphic structure, and in them, they are also less than in weightlifters with a baximorphic structure.

The foundation of the fundamentals of exercise techniques is built from the first days of playing sports. This careful mastering and further improvement carried out during the entire practical activity of a weightlifter. Ignoring the proper execution of competition exercises and special supporting exercises will become a strong inhibiting factor in future sports training.

It is necessary to note separately that for good development of hand and swing exercises, the athlete is required to use and observe the following during training:

- it is necessary to ensure the manifestation of coordination forces in movements during the movement;
- good mastery of sports technique and adherence to its rules;
- firstly, making sure that the employee has a sufficient level of physical training, taking into account the weight, conducting training;
- to master the movements of pulling the barbell up to the waist, sitting the barbell on the back of the neck, and pushing the barbell up and down with the shoulders while placing the barbell on the back of the neck;
- the increase in the skill of a weightlifter is directly related to the correct organization of training and training processes. It is important that the value of training is carried out taking into account the age and weight of the athlete. The tools and methods aimed at solving the problems of physical, technical-tactical, mental and special voluntary training are used in the training. Training loads should be gradually increased at different stages of sports activity, otherwise improperly performed sports training will not be effective or it may cause medical problems. Strength does not always determine the sports result in quick strength exercises such as push-ups and deadlifts. The most important indicator in these exercises is the ability to show strength in action, that is, the ability to lift a large weight at a high speed. Therefore, quickness and lightness are important physical qualities for a weightlifter. When lifting a barbell (especially large and maximum weight), a weightlifter must show quickness and the ability to show explosive power in a full race. At the same time, a weightlifter can not fully demonstrate such qualities without thoroughly studying the technique of performing classical exercises.

Achieving high results during training depends on the weightlifter's adaptation to physical loads, his

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body's adaptation not only to the size of the weight lifted, the functions of lifting it or the speed, but also to the biochemical processes occurring in the athlete's body and the reaction changes of body fluids. In addition, it is necessary to take into account the psycho-emotional state of the athlete. Therefore, taking into account the psycho-emotional state of the athlete in weightlifting competition and training is one of the main factors in the weightlifter's success.

In order to correctly and effectively master the classic exercises of weightlifting, the athlete must return them continuously for a long time. It not only improves sports skills, but also ensures body weight and its stable development. It should be stated that in such processes, compliance with certain laws and requirements is the main element of training.

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