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The role of special physical training in improving the effectiveness of competitive exercises

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Abstract
Aim: In this article, athletes-students studying in the specialty "Weightlifting" of the State University of Physical Culture and Sports of Uzbekistan were studied in order to increase the effectiveness of performing competitive exercises with the help of special exercises that were selected during training sessions to improve pedagogical skills in this sport.
Methods: Before starting the study, the results of athletes lifting sets and dumbbells were determined. Then a 4-week (1 month) training plan was developed. The results after the study were analyzed in the form of (%), as well as the number of barbell lifts (NBL) analyzed based on the chart. At the same time, the number of exercises for successful lifting and lifting of dumbbells was calculated.
Results: Our research, which was conducted on the basis of a developed special curriculum, was effectively completed. According to him, at the beginning of the study, recorded 213 NBL results, at the end this figure reached 330 NBK. Also, 8 out of 10 athletes who participated in the study noted a positive indicator .
Conclusion: Results A well-chosen training plan for weightlifters will lead to improved competitive exercises. In this, I mainly focused on the development of muscle strength in the legs and waist, on drawing up a training plan, selecting exercises to perform in accordance with the table.

Keywords: Weightlifters, improving pedagogical skills in sports, the number of barbell lifts, the number of repetitions, competitive exercises, lifting the swing, lifting the set.

Introduction

The need to promote the formation of a healthy lifestyle in front of society, the involvement of the general population, especially young people, in physical culture and sports, the important role of mass sports in the life of a person and family, the basis of his physical and spiritual health, is defined as performance.

In particular, starting from 2020, it is planned to introduce "level of physical fitness" tests among all segments of the population in the field of sports;

- organization of scientific and educational laboratories for athletes of sports teams, introduction of advanced innovative technologies in the preparatory process;

- in order to popularize physical culture among the general population, including students and trainees of professional and higher educational institutions, to determine the level of physical education among them, to develop a system of step-by-step competition "institution with advanced physical training" and to introduce the nomination of the best professional and higher educational institutions (Ukaz Prezidenta, 2020).

In the development of physical culture and sports, its popularization among the population, of course, the knowledge and skills of sports specialists serve as the main criteria. Also, in the formation of general and special qualities of physical training among students of higher education in the field of sports, great importance is attached to special training and sports specialization. Students gradually form the characteristic features of an athlete, qualities in physical culture and sports activities, training, and then these qualities become his permanent quality. A well-formed athlete with physical training-a student will also have a strong and strong-willed character in life.

In the field of training of weightlifters of various types, studies have been conducted in a number of areas to improve their technical training, including training loads to distribute in improving the technical skills of weightlifters and planning, managing the movement of competitions and special exercises and its biomechanical analysis (Khodzhaev, 2019). In some literatures of V.V. Pakov, V.S. Avanesov, V.A. Nizhegorodov, V.V. Novikov, V.F. Drozdov, N.Y. Petrov data on the effectiveness of performing classical exercises with the help of special exercises in the preparation of student athletes for improving pedagogical skills in sports have not been fully disclosed. Today, students of the specialty "Weightlifting" attach great importance to training and improving the athlete's technique in exercises to improve the skills of sports pedagogy. To this end, we believe that improving the effectiveness of competitive exercises through the correct selection of special physical training classes for students of the spe-

cialty "Weightlifting", studying in the field of physical culture and sports, is an urgent topic in the field of physical culture and sports.

Methods

The effectiveness of competitive exercises was determined with the help of a training plan developed during the training of athletes-students studying in the specialty "Weightlifting" of the Uzbekistan state university of physical education and sports for advanced training in the field of sports pedagogy.

At the next stage:

- the results of competitive exercises of athletes and students are determined;
- improving the effectiveness of competitive exercises through a training plan developed in the preparation of student athletes to improve their skills in the field of sports pedagogy.

Results and discussion

This study was conducted at the Uzbek State University of Physical Culture and Sports. 10 student-athletes-weightlifters of the 3rd stage were involved as examiners. Among them, 2 masters of sports and 8 candidates for Master of Sports were selected. The results of their competitive exercises (lifting sets and dumbbells) were determined at the beginning of the school year by the method of control measures (competitive exercises) (Table 1). Also, at the end of the training, that is, according to the results of the control standards at the end of the semester, they are presented (Table 3). They objectively reflected the improvement in physical fitness of the students who participated in the study.

Table 1 also mentioned 10 athletes who participated in the study-the students ' exercises for lifting and lifting dumbbells, the result of two fights. The total number of attempts in a Round is 60 (among them 5 attempts to raise a set, 7 unsuccessful attempts to raise a flick). For students of the specialty, a total of 760 hours were allocated for practical classes on the topic of improving pedagogical skills in sports under the working science program (for stages I-IV), an average of 44 hours for general physical training, an average of 62 hours for special physical training. On the basis of the working scientific program, it is necessary to develop a training plan aimed at improving the effectiveness of competitive exercises, designed by us for 62 hours. It should also be borne in mind that the exercise is mainly aimed at improving the quality of strength and speed-strength qualities . The compression lift is a special auxiliary exercise for the development of the muscle strength of the shoulder and arm involved in holding, while the athlete's lifting of dumbbells from the chest and lifting of dumbbells and dumbbells is fixed. In shunt compression lifting exercises, the lifts are performed approximately

Table 1. Results of student athletes on pre-competition exercises before the start of their studies.

Name of students	Weight category (kg)	Snatch			Result	Clean and jerk			Result	Total
TR	67	105	107	~~110~~	**107**	~~135~~	~~135~~	137	**137**	**244**
SU	73	100	105	~~109~~	**105**	~~130~~	130	132	**132**	**237**
IR	81	110	115	118	**118**	147	~~152~~	~~152~~	**147**	**265**
MI	81	105	110	115	**115**	139	141	143	**143**	**258**
AD	89	135	140	145	**145**	170	174	178	**178**	**323**
ShSh	89	115	120	124	**124**	150	154	157	**157**	**281**
NSh	89	120	122	~~127~~	**122**	~~155~~	155	160	**160**	**282**
AB	96	135	138	~~140~~	**138**	165	169	173	**173**	**311**
TD	96	110	~~115~~	115	**115**	140	145	~~148~~	**145**	**260**
OD	+109	~~127~~	130	135	**135**	175	182	185	**185**	**320**

6-30 times during training (Matkarimov, 2015).

Bending with a barbell causes a large load on the lumbar spine in weightlifters, so it is required that the weights are not large, so as not to cause jerks in the lower back. Compared to the highest score of an athlete in lifting a swing, it is approximately 28-60% (50%) from the standing position, while lying down is 15-35% (average 20%) (2). Jerky lifting is not only dynamic, but also associated with the static performance of the work. For example, in the last of the number of multiple lifts of the barbell, especially static stresses occur on the waist and legs. Holding the squat in any position will cause static tension of the athlete's muscle groups of strength. Taking into account the need to develop muscle strength and endurance to static loads, the training process of developing strength qualities with the help of weightlifting exercises is introduced into exercises with a static character. Based on the above, a training plan was developed with the help of special auxiliary exercises, in which the athlete was selected taking into account individual training, weight category and results (Table 2).

weight category of the student. In this training program, exercises aimed at increasing the strength of the shoulder and arm muscles are introduced into the training. According to the schedule of classes, student athletes will have three training sessions per week, first of all, the 8-week training plan was distributed with a 2-month break. The volume of loads at the beginning of the training plan was an average of 20%, and at the end of the training plan-an average of 27%. The number of barbell lifts during training is also indicated in the weekly section (Figure 1). At the same time, the result was 240 NBF at the beginning of training and 374 NBF at the end. It is generally believed that the growth of a person's muscle strength is determined by the strength and repeatability of stimuli. The force of excitation of a moving vehicle depends on the weight of the projectile and the speed of its movement. At any stage of training, it is very important to be able to determine the level of development of one or more of these qualities of weightlifters. This information allows you to monitor special physical training, make appropriate adjustments to it.

Table 2. 1-month training plan for student athletes involved in weightlifting. Comment: % - relative to the individual weight of the athlete

Description of the exercises	During the weeks			
	I	II	III	IV
Flexion of the arms with support on the ground with a weight	15%-10×5	15%-12×6	20%-12×5	20%-14×6
Lifting the barbell from the chest in a sitting position	35%-9×5	35%-12×5	40%-8×5	40%-10×6
Flexing the arms on parallel bars with weights on the arms	10%-10×5	10%-12×6	15%-10×5	20%-8×6
Lifting in the simulator with a push-up at a 45-degree angle with foot	30%-10×5	30%-10×5	35%-8×5	40%-8×6
Lifting back 90 ° with a barbell on the shoulder	10%-9×6	10%-12×6	15%-8×7	20%-11×7

In this training plan, the number of repetitions increases from the initial workout to the next workout. The number of dumbbells (NBF) was distributed according to the average standards, taking into account the weight category of the athlete. Also, the level of physical fitness of each athlete is different, and the training plan plans the load on the training depending on the

In the practice of weightlifters, the assessment of special physical fitness is often used based on the results of competitive exercises shown in his training. Due to the fact that more weightlifters can think about the overall level of exercise and only indirectly about other characteristics, predicting competitions and their results, special control tests (tests) are usually

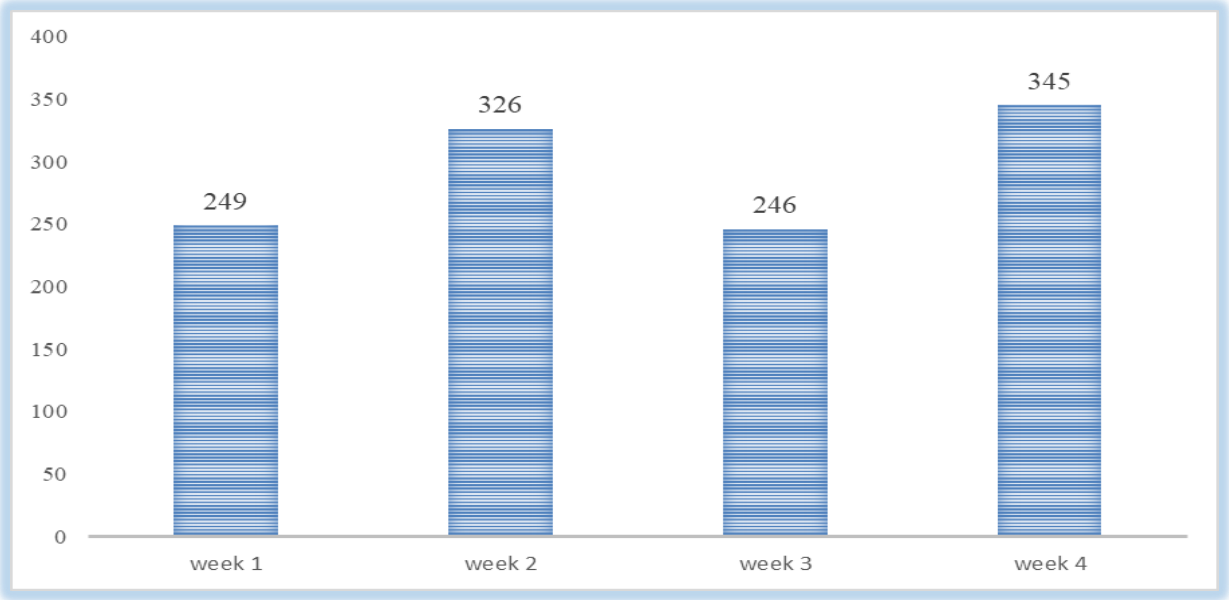


Figure 1. Ratio of the number of barbell lifts (NBF) by week

conducted, which represent the level of development of individual physical qualities. This means that the development of muscle strength should be observed with an increase in the strength of arousal or body weight. A standard stimulator has a certain "power limit" at which the growth of muscle strength stops. An increase in the strength level can only be achieved by increasing the weight of the shank.

If we pay attention to the ratio of the number of barbell lifts in Figure 1 (NBF) in the cross-section of weeks (an average of 300 NBF), then weeks I, III, V, VI were recorded with the minimum NBF, while in weeks II, IV, VII, VIII they were trained with the maximum NBF. The reason for this is to push athletes towards a recovery time before the maximum load.

Conclusion

If we analyze the results obtained as a result of the study, then based on the results of two exercises TR 244*-256** (snatch +7 kg, c&j +2 kg, attempts), SU 237*-246** (snatch +6 kg, c&j +3 kg, attempts), IR 265*-275** (snatch +2 kg, c&j +8 kg, attempts 6/6), MI 256*-258** (snatch +5 kg, c&j - 3 kg, attempts 6/3), AD 282*-293** (snatch

Table 3. Results of student athletes of the II stage - on classical exercises after training

Name of students	Weight category (kg)	Snatch			Result	Clean and jerk			Result	Total
TR	67	105	110	114	**114**	135	139	~~145~~	**139**	**253**
SU	73	105	107	111	**111**	130	~~133~~	135	**135**	**246**
IR	81	108	116	120	**120**	147	152	155	**155**	**275**
MI	81	~~105~~	110	~~115~~	**110**	~~140~~	140	146	**146**	**256**
AD	89	122	125	130	**130**	154	158	163	**163**	**293**
ShSh	89	134	140	147	**147**	172	175	180	**180**	**327**
NSh	89	~~118~~	122	128	**128**	151	~~155~~	160	**160**	**288**
AB	96	135	138	142	**142**	168	172	176	**176**	**318**
TD	96	112	115	119	**119**	144	149	~~152~~	**149**	**268**
OD	+109	~~125~~	132	139	**139**	178	183	188	**188**	**327**

+8 kg, c&j +3 kg, attempts), ShSh 323*-327** (snatch +2 kg, c&j +2 kg,), NSh 281*-288** (snatch +4 kg, c&j +3 kg), AB 311*-318** (snatch +4 kg, c&j +3 kg), TD 268*-260** (snatch +4 kg, c&j +4 kg), OD 320*-327** (sntach +4 kg, c&j +3 kg) increased results can be indicated. According to the results of the study, it can be said that the development of the strength of the muscles of the shoulders and arms on the basis of a reasonably planned and selected training plan had a positive impact on improving the effectiveness of competitive training of weightlifters.

The analysis of foreign and domestic literature has shown that it is possible to increase the effectiveness of competitive exercises by developing the strength of the muscles of the arms and shoulders. In the course of the study, a training program was developed for students of the specialty "Weightlifting" in practice to develop the strength of the muscles of the legs, waist, arms and shoulders in the form of resistance training in the technique of overcoming resistance. It is established that the load according to the training plan developed for training to improve the pedagogical skills of athletes has a positive effect on the specific performance of the student-athlete's body. The number of sessions and exercises in weekly cycles corresponded to the opinions expressed by many experts. The proposed training plan is to take into account the age characteristics of the student-athletes involved and the correct distribution of the functional reserve of the young body.

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