© Eurasian Journal of Sport Science 2021; 1(2): 207-211
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# Pedagogical analysis of the participation of the national teams of Uzbekistan and China in the XXXII Tokyo 2020 summer Olympic games in weightlifting

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## Abstract
*Purpose:* Assessment of technical and tactical training of highly qualified weightlifters of Uzbekistan and China at the XXXII Summer Olympic Games in Tokyo 2020.
*Methods:* The criteria for evaluating the technical and tactical training of weightlifters are evaluated by indicators of their effective use of the opportunities provided at competitions. That is, excellent if opportunities above 85% are used, good if opportunities above 70% are used, satisfactory if opportunities above 60% are used, unsatisfactory if opportunities below 60% are used.
*Results:* At the XXXII Summer Olympic Games of the Uzbekistan national weightlifting team, held in Tokyo, Japan, in 2020, 4 weightlifters who started the snatch completed 7 of 12 approaches, which was 58.3%.
*Conclusion:* Scientific and pedagogical comparative analysis of the results of the last Olympic cycle of 2017-2021 in all international competitions of members of the national team of Uzbekistan of all ages (boys, teenagers, adults) with the results of the strongest teams in the world (China, Iran, Georgia, USA).

**Keywords:** Highly qualified weightlifters, Tokyo 2020 Summer Olympics, lifting sets, lifting squats, pedagogical analysis, effective attempts, technical and tactical training.

## Introduction

The formation of a healthy lifestyle in our society, the creation of conditions that meet the modern requirements of the population, especially the younger generation, for regular physical education and mass sports, strengthening confidence in their will, strength and capabilities among young people through sports competitions, improving courage and patriotism, a sense of loyalty to their native land, as well as the systematic organization of physical culture and sports.

Resolution of the President of the Republic of Uzbekistan № PD-3031 dated June 3, 2017, “On measures for the further development of physical culture and mass sports” PD-2821 dated March 9, 2017, “On preparations for the XXXII Summer Olympic Games and the XVI Paralympic Games in Japan”, helps in wide promotion of Olympic ideas, further improvement of Olympic sports in the country, as well as the formation of a healthy lifestyle in society, the involvement of broad segments of the population, especially young people, in physical culture and sports, athletes of the country at the Olympic and Asian Games, World and Asian Championships and other major international competitions. A number of measures are being taken to prepare for sports competitions and ensure their successful participation in these games.

Only the generation in whose veins flows the blood of great ancestors, such as Jaloliddin Manguberdi, Amir Temur, Pahlavon Mahmud, Zahiriddin Babur, worthy of them in all respects, will be able to accomplish such great things. It was recognized that women’s sports are developing in our country.

This is evidenced by the participation of 28 athletes in the Olympic Games in Tokyo. This is a record result in the history of independent Uzbekistan. The President also mentioned 19-year-old Kumushkhon Fayzullayeva, the youngest athlete in weightlifting.

In particular, Olympic sports in the country are divided into priority, promising and developing, and additional measures are being taken to further develop these sports. In recent years, the Uzbekistan national weightlifting team has successfully participated in major international sports competitions.

Due to the fact that weightlifting is included in the list of priority Olympic sports in our country, the pedagogical results of the participation of the national weightlifting team of Uzbekistan in the 2020 Olympic Games in Tokyo were analyzed The successful participation of weightlifters in international competitions depends on many factors, including their technical and tactical training. A specific factor in the training of weightlifters in weightlifting is

the desire for the correct application of the starting weight at competitions and the successful use of three approaches to the barbell in each exercise, and in the final approach - to demonstrate the maximum possible result.

The correct implementation of the three approaches in the snatch and clean & jerk exercises is largely determined by the technical and tactical readiness of the athlete, in particular, the reliability of his stability when performing competitive exercises. The absence of loose rings in the chain of components that make up competitive training is crucial for the ability of weightlifters to compete steadily and reliably.

## Methods

A special pedagogical analysis was conducted to assess the technical and tactical readiness of the national teams of Uzbekistan and China. Highly qualified weightlifters were videotaped participating in the XXXII Summer Olympic Games in Tokyo, Japan, in 2020. With the help of pedagogical observations, the order of the initial weights at competitions, weight gain, effective use of time between approaches with a barbell, weaknesses and their causes were studied. In this pedagogical analysis, the results of the men's and women's national teams at the XXXII Summer Olympic Games were taken into account.

## Results and discussion

At the XXXII Summer Olympic Games in Tokyo, Japan, in 2020, 4 weightlifters who started in the snatch exercise 6 out of 12 approaches were successfully completed, which was 50%.

**Conclusions based on the results of the pedagogical analysis of the results of the Uzbekistan national weightlifting team at the XXXII Summer Olympic Games in Tokyo 2020:**

1. According to the results of the pedagogical analysis of the Uzbekistan national weightlifting team at the XXXII Summer Olympic Games in Tokyo 2020, the following indicators were identified in the snatch exercise. If 50.0% of boys used unsatisfactory opportunities at the Olympics. 66.7% of girls satisfactorily took advantage of the opportunities at the Olympic Games.

2. According to the results of the pedagogical analysis of the athletes of the national weightlifting team of Uzbekistan in the clean&jerk exercise at the XXXII Summer Olympic Games in Tokyo 2020, the following indicators were identified. Boys had an unsatisfactory chance of participating in the Olympic Games of 50.0%, while girls also had an unsatisfactory chance of participating in the Olympic Games of 50.0%.

3. The results of the pedagogical analysis showed that the athletes of the national team have an unsatisfactory level of technical and tactical training in the snatch and clean&jerk. The team members did not fully use the opportunities in snatch and clean&jerk exercises, which showed that the team members have a large reserve of physical fitness, but there are technical errors and shortcomings.

At the XXXII Summer Olympic Games in

**Table 1. Performance of the men's national team of Uzbekistan at the Summer Olympic Games in Tokyo 2020.** (XXXII Summer Olympic Games in Tokyo, Japan, 2021).

| № | Full name | Snatch | | | | Clean & jerk | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | Approaches used | 1 | 2 | 3 | Approaches used |
| 1 | **Ergashev Adkham** | ~~139~~ | 139 | ~~144~~ | 1 | 173 | ~~184~~ | ~~184~~ | 1 |
| 2 | **Jurayev Akbar** | ~~189~~ | 189 | 193 | 2 | 227 | ~~234~~ | 237 | 2 |
| **Total:** | | **0** | **2** | **1** | **3** | **2** | **0** | **1** | **3** |

| № | Exercises | Unsuccessful approaches | | Successful approaches | |
|---|---|---|---|---|---|
| | | number | % | number | % |
| 1 | **Snatch** | 3 | 50.0 | 3 | 50.0 |
| 2 | **Clean & jerk** | 3 | 50.0 | 3 | 50.0 |
| **Total:** | | **6** | **50,0** | **6** | **50.0** |

**Table 2. Performance of the women's national team of Uzbekistan at the Summer Olympic Games in Tokyo 2020.** (XXXII Summer Olympic Games in Tokyo, Japan, 2021).

| № | Full name | Snatch | | | | Clean & jerk | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | Approaches used | 1 | 2 | 3 | Approaches used |
| 1 | **Nabiyeva Muattar** | 95 | ~~98~~ | 98 | 2 | ~~114~~ | 114 | ~~117~~ | 1 |
| 2 | **Fayzullayeva Kumushkhon** | 97 | ~~101~~ | 101 | 2 | 122 | 126 | ~~230~~ | 2 |
| **Total:** | | **2** | **0** | **2** | **4** | **1** | **2** | **0** | **3** |

| № | Exercises | Unsuccessful approaches | | Successful approaches | |
|---|---|---|---|---|---|
| | | number | % | number | % |
| 1 | **Snatch** | 2 | 33.3 | 4 | 66.7 |
| 2 | **Clean & jerk** | 3 | 50.0 | 3 | 50.0 |
| **Total:** | | **5** | **41.7** | **7** | **58.3** |

Tokyo, Japan, in 2021, the Chinese national weightlifting team of 8 starting weightlifters successfully completed 19 out of 24 snatch approaches, which is 79.2%.

At the XXXII Summer Olympic Games in Tokyo, Japan, in 2020, out of 8 weightlifters who started in the clean&jerk, 20 out of 24 approaches in weightlifting were successfully completed, which is 83.3%.

**Conclusions based on the results of the pedagogical analysis of the results of the Chinese national weightlifting team at the XXXII Summer Olympic Games in Tokyo 2020:**

1. According to the results of the pedagogical analysis of the athletes of the Chinese national weightlifting team during the snatch exercise at the XXXII Summer Olympic Games in Tokyo 2020, the following indicators were identified. At the same time, 66.7% of boys satisfactorily took advantage of the opportunities at the Olympics. 91.7% of girls at the Olympic Games took advantage of excellent opportunities.

2. The results of the pedagogical analysis of the athletes of the Chinese national weightlifting team in the clean&jerk exercise at the XXXII Summer Olympic Games in Tokyo

**Table 3. Performance of the men's national team of China at the Summer Olympic Games in Tokyo 2020.** (XXXII Summer Olympic Games in Tokyo, Japan, 2021).

| № | Full name | Snatch | | | | Clean & jerk | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | Approaches used | 1 | 2 | 3 | Approaches used |
| 1 | **LI Fabin** | ~~137~~ | 137 | 141 | 2 | 166 | 172 | ~~178~~ | 2 |
| 2 | **CHEN Lijun** | 145 | ~~150~~ | ~~151~~ | 1 | 175 | 187 | --- | 2 |
| 3 | **SHI Zhiyong** | 158 | 163 | 166 | 3 | 188 | ~~192~~ | 198 | 2 |
| 4 | **LYU Xiaojun** | ~~165~~ | 165 | 170 | 2 | 197 | 204 | ~~210~~ | 2 |
| **Total:** | | **2** | **3** | **3** | **8** | **4** | **3** | **1** | **8** |

| № | Exercises | Unsuccessful approaches | | Successful approaches | |
|---|---|---|---|---|---|
| | | number | % | number | % |
| 1 | **Snatch** | 4 | 33.3 | 8 | 66.7 |
| 2 | **Clean & jerk** | 3 | 25.0 | 8 | 66.7 |
| **Total:** | | **7** | **29.1** | **16** | **66.7** |

**Table 4. Performance of the women's national team of China at the Summer Olympic Games in Tokyo 2020.** (XXXII Summer Olympic Games in Tokyo, Japan, 2021).

| № | Full name | Snatch | | | | Clean & jerk | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | Approaches used | 1 | 2 | 3 | Approaches used |
| 1 | HOU Zhihui | 88 | 92 | 94 | 3 | 109 | 114 | 116 | 3 |
| 2 | LIAO Qiuyun | 92 | 95 | 97 | 3 | 118 | 123 | 126 | 3 |
| 3 | WANG Zhouyu | ~~115~~ | 115 | 120 | 2 | 145 | 150 | ~~160~~ | 2 |
| 4 | LI Wenwen | 130 | 135 | 140 | 3 | 162 | 173 | 180 | 3 |
| **Total:** | | **3** | **4** | **4** | **11** | **4** | **4** | **3** | **11** |

| № | Exercises | Unsuccessful approaches | | Successful approaches | |
|---|---|---|---|---|---|
| | | number | % | number | % |
| 1 | **Snatch** | 1 | 8.3 | 11 | 91.7 |
| 2 | **Clean & jerk** | 1 | 8.3 | 11 | 91.7 |
| **Total:** | | **2** | **8.3** | **22** | **91.7** |

2020 revealed the following indicators. Boys satisfactorily used 66.7% of their chances at the Olympic Games, and girls - 91.7% of their chances at the Olympic Games.

3. The results of the pedagogical analysis showed that the athletes of the national team are technically and tactically well prepared for the snatch and clean & jerk. In the snatch and clean & jerk exercises, the members of the men's national team did not take full advantage of the opportunity, demonstrating their technical and tactical training. We revealed that the members of the national team have a large reserve of physical fitness, but they are significantly inferior to the women's team in terms of the efficiency of using opportunities.

## Conclusion

Based on the results of a comparative analysis of national teams in international competitions, it is necessary to develop and implement a model description of the participation of national teams in national and international competitions for all national teams of Uzbekistan.

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