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Pedagogical analysis of the participation of the national team of uzbekistan in the 2021 world weightlifting championship

Khakimov Khamro Baxtiyorovich[1]

[1]Uzbekistan state university of physical culture and sports, Chirchik, Uzbekistan

Abstract

Purpose: It consists in evaluating the scientific-theoretical and technical-tactical preparation of the results of highly qualified Uzbek weightlifters (men's national team) at the World Weightlifting Championship among adults, which will be held in Tashkent in 2021. Also an analysis of the results of the national team of Uzbekistan is also presented. According to these results, the performance at the next competitions will be predicted in advance.

Methods: The score in the points category (Robi point) is calculated based on world records, and the result value equal to the world record is defined as the same (1000 points) in all weight categories. The article also counts successful and unsuccessful attempts.

Analysis of materials of scientific and methodological literature, pedagogical observation, pedagogical experiment, mathematical and statistical analysis, questionnaire analysis.

The basis of the methodology for the development of coordination abilities specific for young gymnats was the elements and complexes of exercises for the development of the speed of a motor reaction, complex coordination movements, visual memory, attention, performed in various changing conditions;

-variation of dynamic, temporal and spatial characteristics of movements;

-introduction of unusual starting positions;

-complication of exercises with additional movements for training vestibular functions.

Results: Scientific and theoretical analysis of the results of weightlifters of Uzbekistan (men's national team) at the World Weightlifting Championship among adults, held in Tashkent in 2021, showed that the results of the Robi point categories Akbar Djuraev (984,8081), Ruslan Nuriddinov (897,0256), Sarvar Zafarzhonov (869,1318) took a confident third place.

Conlcusion: The results of the competition analysis showed that the effectiveness of qualified weightlifters in competitions (kg) depends on her psychological, tactical and tactical techniques of rivals in competitions. Our research has shown that the limit of basic training weights for qualified weightlifters ranges from 81% to 90%. Thus, the largest volume of training (the number of barbell lifts NBL) was observed in special auxiliary exercises when improving the technique of snatch and clean&jerk -544 ± 7.3 times in pull-ups, in the exercise with high jumps - 540 ± 9.3 times, in the exercise with squats - 530 ± 12.3 times, in the exercise with lifting the barbell from knee level - 296±7.6 times.

Keywords: World Championship, highly qualified weightlifters, Tashkent-2021, snatch, clean and jerk, pedagogical analysis, effective attempts, technical and tactical training.

Introduction

At the present stage of socio-economic development of the Independent Republic of Uzbekistan, that is, at a time when much attention is paid to the activities of the human factor, the issues of increasing the mass physical fitness of athletes are becoming increasingly important. It is especially noteworthy that representatives of our country have achieved high results at the Olympic Games, World Championships, Asian Games and championships, international competitions, the prestige and sports potential of Uzbekistan in the world is growing, magnificent sports facilities that meet international standards are being restored in the regions of our Republic, three-stage sports events "Umid Nihollari", "Barkamol avlod" and "Universada" are being held.

The Decree of the President of the Republic of Uzbekistan dated June 3, 2017 № PD-3031 "On measures for the further development of physical culture and mass sports" defines important and urgent tasks to popularize the importance of mass sports in the life of a person and family in all regions of the country, to protect young people from bad habits, create the necessary conditions for them to realize their abilities and talents, select talented athletes and improve the system of targeted training.

In particular, Olympic sports are divided into priority, promising and developing sports in the country, 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 results of sports competitions for the participation of the Uzbek national team in the World Weightlifting Championship among adults in Tashkent in 2021 were analyzed pedagogically.

The successful participation of weightlifters in international competitions depends on many factors, including their technical and tactical training. A specific factor in the weightlifting training of weightlifters is the desire for the correct lifting 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 for this. the level of training.

The correct implementation of the three approaches in the snatch and clean&jerk 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 links in the chain of components that make up competitive training is crucial for the ability of weightlifters to compete stably and reliably.

The study of the only rational methods of performing competitive weightlifting exercises, reducing the negative aspects of training loads on the athlete's health, as well as increasing the effectiveness of the load factor is currently the main urgent problem faced by weightlifters.

The analysis of training loads for qualified weightlifters has been tested in domestic and foreign pedagogical experiments. In particular, the authors (Dvorkin L.S., 2020; Sivokhin I.P., 2019; Khodzhaev A.Z., 2019) recommend highly qualified athletes to use different methods of volume-intensive loading.

Methods

In order to assess the technical and tactical readiness of the national team of Uzbekistan, a special pedagogical analysis was conducted. The participation of highly qualified weightlifters in the framework of the World Weightlifting Championship, held in Tashkent, the capital of Uzbekistan in 2021, was filmed, and with the help of pedagogical observations, the order of starting weight at competitions, weight gain, the state of productive use of this time between approaches to the staff was considered, In these pedagogical analyses the results of the men's national team at the 2021 World Championship were considered.

Results and discussion

The distribution of the training load 4 weeks before the competition contradicts the recommendations of specialists (K.F.Bayazitov, 2011; L.S.Dvorkin, 2018; R.M.Matkarimov, 2018; A.V. Pakov, 1985; V.Alyoshka, 2007; R.A.Roman, 1986; V.I.Frolov, 1977; A.V.Chernyak, 1978, etc.), there is no variability of loads, the monthly volume of load practically does not change due to the fact that the volume of load in the lifting from the knee height level compared to training cycles. The competitions were held from the first week of the cycle to the fourth week of the competition, the load from the lifting exercise was evenly distributed, the lifting exercise from knee level was completely excluded from the training plan. The lack of a reasonable distribution of the training load by the number of lifted barbells in competitive snatch exercises for qualified weightlifters can negatively affect the results of weightlifters' participation in competitions.

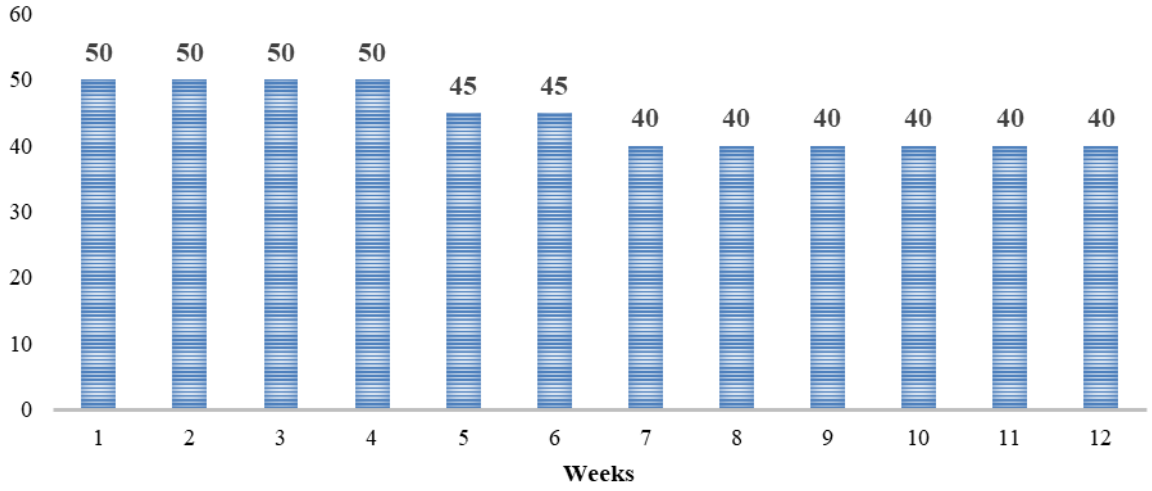
In physical training, squats, deadlift and jumping exercises make up the bulk of the training load, since their use increases strength indicators, because strength indicators are very important for sports improvement in weightlifting.

Partial loads during squats. The results of the snatch and clean&jerk depend on the results of squats with a barbell, so weightlifters pay more attention to this exercise than to all special auxiliary exercises.

In squats, the load capacity occupies a leading position in the total amount of training load, since this exercise allows you to maximize the strength indicators of the leg and trunk muscle groups (lower back), because this muscle group is the most important joint in the body of a weightlifter, which accounts for the main training load. Also, this exercise helps to form and strengthen the technique of a weightlifter.

In our study of the training process, at the stage of sports improvement, the average load capacity in squats with a barbell on the shoulder was 370 barbell lifts in the training cycle, which amounted to -13.4% of the total main load, while in the pre-competition mesocycles the number of barbell lifts was 130 times.In squats, as part of a twelve-week training cycle, the load volumes from 1 week to 12 weeks vary within 5-20 barbell lifts.

Fig 1. Dynamics of load capacity in an eight-week training cycle for qualified weightlifters



The Squats are the main means of training the muscles of a weightlifter, a properly selected load on squats will ensure the growth of strength and sports and technical indicators. As already noted, the lack of variability in the distribution of training load can lead to unpleasant adaptation.

As a result of the study of the load capacity of squats during twelve-week training cycles, a significant difference was found between the weeks of the cycle based on the Student's t-test for comparable selections. This means that qualified weightlifters perform the same load on a schedule from week to week as part of a three-month training cycle in squats.

inclusion of snatch and clean&jerk in training is advisable when an athlete reaches the first category. In athletes of a small athletic level, strength develops sufficiently due to exercises such as a half-squat during snatch and a half-squat when lifting to the chest, and therefore there is no need to include a deadlift in their training. But for qualified weightlifters, the deadlift is effective in adapting to the needs for maximum weights and in improving equipment.

The snatch deadlift is used to improve the technique of lifting the barbell in a sitting position and to develop the strength abilities of a weightlifter (stretching strength of the muscles of the body).

Table 1. Indicators of the World Championship of the Uzbekistan men's national weightlifting team, held in Tashkent in 2021

№	Full name	Snatch				Clean and jerk			
		1	2	3	Approaches used	1	2	3	Approaches used
1.	Mirzaboyev Mirkhosil	**164**	**168**	**170**	2	**193**	**200**	**205**	2
2.	Juraev Akbar	**187**	**192**	**195**	3	**226**	**232**	**238**	3
3.	Ruslan Nuriddinov	**185**	**185**	**189**	1	**227**	**236**	**242**	2
4.	Nomozov Kurbonmurod	**148**	153	**157**	2	**180**	**187**	--	2
5.	Olimov Khodjiakbar	**148**	**152**	**152**	2	**180**	**186**	**191**	3
6.	Imamov Otaxon	**146**	**151**	**154**	2	**186**	**191**	**191**	1
7.	Zafarjonov Sarvarbek	**162**	**166**	**169**	2	**196**	**202**	**205**	3
8.	Toshtemirov Mukham-madkodir	**157**	**162**	**164**	1	**180**	**192**	**192**	2
9.	Yokubov Doston	**140**	**143**	**144**	2	**172**	**176**	**180**	3
10.	Ergashev Adhamjon	**134**	**139**	**140**	1	**168**	**174**	**177**	2
	Total:	**9**	**5**	**4**	**18**	**10**	**8**	**5**	**23**

The minimum weight in snatch deadlift training is about 70% compared to the result of snatch in competitions, and the maximum weight is 120%.

The different weight of the barbell affects the development of technique and strength in different ways. Improvement of the snatch and clean&jerk technique can be achieved through the use of deadlift in a snatch with a weight of 91-100% and 101% and higher relative to the greatest result in a snatch.

As can be seen from the table above, athletes from the national team (men) made up 10 people. Unlike other weight categories, in the 109 kg weight category she took first place among two athletes (Akbar Juraev, Ruslan Nuriddinov) and in the 67 kg weight category (Doston Yakubov and Adhamjon Ergashev). Weight categories 55, 61, 73 kg remained open for the national team. As can be seen from Table 1, if in the snatch exercise 18 successful (60%) out of a total of 30 attempts were made, then in the clean and jerk there were much more, that is, 23 successful (76.6%) attempts were made. At the 1st attempt of the snatch Ruslan Nuriddinov was not considered completely successful (10/1-90%), while at the 2nd attempt (10/5-50%) and at the 3rd attempt (10/4-40%), the result was recorded. While a much more positive indicator was recorded in the clean and jerk the 1st attempt was completely successful (10/10-100%), the 2nd attempt recorded a positive result (10/8-80%), the 3rd attempt took into account that K. Namazov refused the last attempt (10/5-50%). Athletes who have used 1 attempt in the snatch (R.Nuriddinov, M.Toshtemirov, A.Ergashev), we see that this indicator belongs only to O. Imamov. At the same time, when we calculated the results of the representatives of our national team based on the analysis of the program (Robi points) developed for each weight category introduced by the International Weightlifting Federation, the following points were determined (see figure 1). Athletes with the best results at the World Championships (109 kg) A. Juraev scored 984.8081 points, R. Nuriddinov - 897.0256 points and S. Zafardzhanov - 869.1318 points completed the strong three. You can see the results of the other athletes in the picture below

Conclusion

At the World Weightlifting Championships among adults in Tashkent in 2021, out of 9 weightlifters, 18 of 30 snatch approaches were successfully completed, which is 60%. Similarly, in the clean and jerk, 23 out of 30 attempts (76.6%) were successful.

The result of the pedagogical analysis showed that the indicators have a level of unsatisfactory training from the technical and tactical side in the preparation of the athletes of the national team in snatch and jerk. During the jerk and push exercises, the members of the national team were not able to fully use the opportunities, which showed that the members of the national team have a large reserve of physical fitness, but technically there are mistakes and shortcomings.

The results of the members of the national team were clearly stated in tables based on mathematical and tactical calculations of the indicators of the use of 6 opportunities provided by the competition rules. Based on the results obtained, it is possible to give practical recommendations to the coaches of the national teams. These practical recommendations proved that the national team performed very successfully at the following prestigious international competitions.

During the experiment, almost all the planned training loads were carried out. During the training, the advantages of the new distribution methodology used in the monthly cycle planning methodology were revealed. The new planning methodology we use has allowed us to create weekly cycles quite efficiently.

The results of the experiment indicate that training loads on specially auxiliary exercises for weeks with the improvement of the technique of performing the exercises snatch and clean&jerk and increasing the result of snatch have a positive effect on the average size of weights (81-90%) by intensity zones.

In special auxiliary exercises, 51-60% of the weight is planned - 188 times NBL, 61-70% -144 times NBL, 71-80% -304 times NBL, 81-90% -488 times NBL, 91-100% -216 times NBL and in the area above 101% -110 times NBL. In pre-competitive mesocycles, the following were planned 30 times NBL, 12 times NBL, 6 times NBL, 134 times NBL, 80 times NBL and 112 times NBL respectively. As a result, the distribution of the intensity of the load volume turned out to be close to the law of normative distribution (from a mathematical point of view).

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AUTHOR BIOGRAPHY:



Khamro Baxtiyorovich KHAKIMOV
Employment:
Independent researcher at Uzbekistan state university of physical education and sport
Degree:
MD
Research interests:
weightlifting, referee, powerlifting, bodybuilding, benchpress, front squat, WWC, technique of lifter
E-mail: khakimov@jtsu.uz