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Problems of sports selection and prediction of sports results at the stages of long -term training of weightlifters

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Abstract

Purpose: Determination of the optimal age for multi-year sports training of weightlifters, for improving sports and technical qualification.
Methods: theoretical analysis of scientific and methodological literature on the problems of research, pedagogical observation, pedagogical testing, pedagogical experiment, mathematical statistics.
Results: Based on the results of the conducted research with weightlifters 13-15 years old at the second stage of the selection process it is necessary to assess the ability to master the technique of weightlifting exercises. Also at selection and forecasting at the second stage it is proposed to use such indicators as the level of physical fitness of weightlifters, the rate of growth of sports result during 2 years, health condition, the level of technical training, motivation to weightlifting.
Conlcusion: Identification of the initial level of physical fitness is the first task of sports selection, the second task is the realistic prediction of possible performance at the stages of multi-year sports training. The starting point of forecasting is the goal of sports training and its manifestation in model characteristics of sports training, which should be achieved by a weightlifter at the end of a certain stage.

Keywords: World class athlete (WCA), candidate master of sports (CMS), master of sports (MS), weightlifters of Uzbekistan, competitive preparation of weightlifters, age-specific characteristics of the dynamics, long-term training of weightlifters, sports results, sports selection.

Introduction

The study of the problems of sports selection is becoming increasingly important, it is associated with the ever-increasing sports competition between high-class athletes in the world, which prompts the purposeful specialized training of reserves for high-performance sports [1,7,11]. Among the main guidelines for the rational construction of multi-year sports training and selection are typical for the specialization of athletes the age of sports training and achievement of the highest results, the duration of sports training, preceding the achievement of high performance by athletes, and their preservation of a high level of sportsmanship [9]. The most important factors of sports training are the structure of competitive activity and peculiarities of athletes' preparation, regularities of formation of various components of sportsmanship, individual characteristics of athletes, the pace of biological formation and growth of sportsmanship, the content of the educational and training process, other additional factors [4,8].

The above factors determine: the favorable age for the beginning of sports activities; the length of time required to master the technique of competitive exercises; the achievement of the first and highest results; the duration of the stages of multi-year sports training; age-specific characteristics of the dynamics of growth of sports results

Results and discussion

In order to determine the optimal age for the beginning of sports, weightlifting, improvement of sports and technical skills at the stages of multi-year sports training, we conducted a questionnaire survey of the leading coaches of the republic, including 6 coaches with the honorary title “Coach of Uzbekistan”, 28 coaches of the highest category, 32 coaches of the I category. At the same time, 106 protocols of republican and international competitions of various scales for the period from 2012 to 2020 were analyzed. 43 strongest weightlifters of Uzbekistan with the sport title of WCA, winners and medalists of various prestigious international competitions, including Olympic Games, world and Asian championships were analyzed.

The first factor that a coach should take into account when forming training groups is the favorable age for the beginning of sports activities. Favorable is considered to be the age at which most of the studied strongest weightlifters of Uzbekistan started to practice sports.

It was revealed that the strongest weightlifters of Uzbekistan started practicing

various sports at the age of 6-12 years old. They started weightlifting at the age of 8-14 years old. At the same time, according to the results of questionnaire survey of leading coaches of Uzbekistan, it was revealed that **mastering the technique of weightlifting** exercises in the youth age period, as a rule, takes 2-3 years on average.

One of the important conditions of effective long-term training of weightlifters is knowledge and consideration of optimal dynamics of sportsmanship formation connected with general regularities of male organism development. Weightlifters, who fulfilled the norms of Master of Sports of Uzbekistan (MS) at the age of 17.5 years and MSMK at the age of 21.5 years, spent the period of time from the norm of the first sports category to the norm of Candidate for Master of Sports (CMS) on average 2.5 years, the period from the norm of CMS to the norm of MS on average 3.5 years and from the norm of MS to the norm of MSMK - 5.5 years. The total training experience before achieving the best result averaged 12.5 years, and the maximum age in this indicator was 27 years. Achievement of the best result, as a rule, was preceded on average by 9-15 years of training. After achieving a personal record at the level of MS and MSMK in 65.4% of cases weightlifters continue their sports career for another 3-6 years. Weightlifters from 13 to 29 years old compete 85-130 times during their sports career.

Age indicators of the strongest weightlifters of Uzbekistan show that high results are achieved at different ages. It was determined that weightlifters aged 16 to 29 years won and took prizes at the championships of Uzbekistan, while the range between the maximum and minimum age of the beginning of sports activities was six years. It was found that athletes begin to master the technique of competitive exercises in weightlifting in the age range from 9 to 15 years old, while the maximum age of fulfillment of the standard of MSMK is 26 years old.

The study of age data of the strongest weightlifters, medalists and winners of championships of Uzbekistan for the last eight years showed that in 83.5% of cases the duration of formation of sportsmanship of weightlifters is stable, despite the constant improvement of the system of sports training. In some cases, weightlifters with pronounced individual abilities achieve high results one to three years earlier than acceptable age zones. The process of age development of such weightlifters, adaptation shifts occurring in their organism under the influence of the educational and training process, significantly reduce the duration of time and stages of achieving high performance.

The analysis of available scientific and methodological literature has shown that there are very few works on sports selection and forecasting in weightlifting, and the available literature [2,5,6,12] is mainly devoted to the selec-

Table 1. Control standards for selection of young weightlifters 9-12 years old

Types of tests	9-10 years old			11-12 years old		
	5	4	3	5	4	3
Run 30 m, s	5,6	5,8	6,0	5,4	5,6	5,9
Cross 500 m, s	125	130	140	110	120	130
Long jump from a place, cm	165	155	150	180	170	160
High jump from a place, cm	60	55	51	64	60	55
Shuttle race 3x10 m, s	7,5	8,1	8,7	7,3	7,5	8,0
Pull-up from hanging (number)	13	11	6	15	12	8

Table 2. Growth rates of the strongest weightlifters in Uzbekistan from 19 years old to the best result

Indicators	Growth rate		
	high	medium	low
Snatch	+ 40,7	+ 25,3	+ 19,6
Clean and jerk	+ 56,1	+ 42,1	+ 28,3
Total	+ 96,8	+ 67,4	+ 47,9

tion of weightlifters at the youth age.

Sports selection in weightlifting is proposed to be conditionally divided into 4 stages, which can be associated with the stages of multi -year training of athletes:

Stage I - sports selection in the initial training group (criteria - general physical preparation, physical development);

II stage - sports selection to the training group (criteria - general physical training, special physical training, technical training);

III stage - sports selection to the group of perfection of sportsmanship (criteria - special physical training, general physical training, technical training);

Stage IV - sports selection to the group of the highest sportsmanship (criteria - special physical training, technical training).

The main goal of multi-year sports training of qualified weightlifters is to achieve international level results, so predicting the achievement of high performance is one of the main and significant problems of sports selection.

Conclusion

We managed to develop acceptable age ranges for the strongest weightlifters of Uzbekistan to achieve high sports results. At the same time, it was found that the growth of weightlifters' qualification by stages of training averaged 2.5 years from the first grade to CMC; from the first grade to MS - 6.0 years; from the first grade to WCA - 11.5 years.

Model characteristics of competitive preparation of weightlifters at different stages of multi-year sports training can be applied in planning of sports result at comparative analysis of stage quantitative indicators of development of sports abilities, essentially influencing sports performance.

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