The model of weightlifters long-term training

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Abstract

Purpose: is to develop and experimentally substantiate the weightlifters long-term training models.
Method: Development of weightlifters' long-term training model was carried out by the results of the author's theoretical and methodological state analysis of the system weightlifters' long-term training model, identifying the characteristic features of its elements, applying control standards for the selection of young weightlifters and model characteristics for various levels of training. Weightlifters' long-term training model has acquired an increased focus, application and tasks of various long-term training, particularly sports preparedness, the rate of biological development and sports qualifications' growth.
Conclusion: The weightlifters' developed long-term training model of sports training is substantiated by the positive results of pedagogical experiments of long-term training. The structure and content of determining the long-term readiness of weightlifters, the needs of favorable ages for the development of diseases of the cardiovascular system, as well as the definition of sensitive states of the development highest indicators of basic weightlifting qualities are disclosed.

Keywords: weightlifters, long-term training of weightlifters, long-term training model, model characteristics, long-term training stages.

Introduction

The relevance of improving the system of weightlifters' long-term training in various stages is caused by the need for further development and updating the scientific-theoretical, scientific-methodical and scientific-practical support for an adequate increase the level of sportsmanship and sports performance (1, 2, 4, 7, 11).

Management of the training process includes operations consisting of three groups: 1) collection of the necessary information about the indicators of physical development, competitive and training loads, competitive performance; 2) analysis of the received information based on the comparative indicators of given and actual parameters, development of methods for planning and operational correction of the planning of competitive or training activities in the direction that guarantees the achievement of high performance; 3) implementation of the decisions made by the way of development and further implementation of methods and means, goals and objectives, programs and plans that ensure the achievement of high performance in competitive and training activities (6).

The process of sports training is divided into three interrelated parts: drawing up a plan, its implementation, as well as constant monitoring of the training process (9).

In connection with the abovementioned, for further improvement of weightlifters' long-term training in various stages, for effectively increasing sports performance, we set a goal, which was to develop a model of weightlifters' long-term training.

To achieve this goal, the following tasks were identified: analysis of the theoretical and methodological state of the management system for long-term training of weightlifters, identification of the characteristic features and its elements, as well as the definition of structures and contents in various stages; model characteristics development for determining promising and productive weightlifters at the stages of long-term training; development of a model of weightlifters' long-term training.

Research methods and organization

In this scientific work, was used a set of research methods, including: scientific and theoretical summary analysis of information data from literary sources, generalization of trainers' experience and specialists in weightlifters' preparation of various qualifications, questioning and pedagogical testing.

The content of long-term sports training primarily includes: the goal set; stages of long-term preparation; system of phased sports selection; consistent and gradual implementation of training plans and programs, taking into account long-term modeling; complex pedagogical control over sports preparedness in various sports-level stages; training-program loads (10).

In the course of tasks implementation, the set in the issue of weightlifters' long-term train-

ing management, in comparison with the recommendations of weightlifting specialists (1, 4, 5, 8), we have determined the provisions that need to be taken into account when structuring the weightlifters' long-term training.

The abovementioned provisions include:

a) Improving sports results at a certain stage of weightlifters' long-term training which is depend on its primary focus;

b) adequate training loads applying at the stages of weightlifters' long-term training which affects to the timeliness of sports performance improving in combination with favorable (sensitive) age zones;

c) effective planning of the educational and training process and further specialization in weightlifting with an increase in the level of sportsmanship is guided by the model characteristics of determining the level of preparedness of weightlifters at the stages of long-term training;

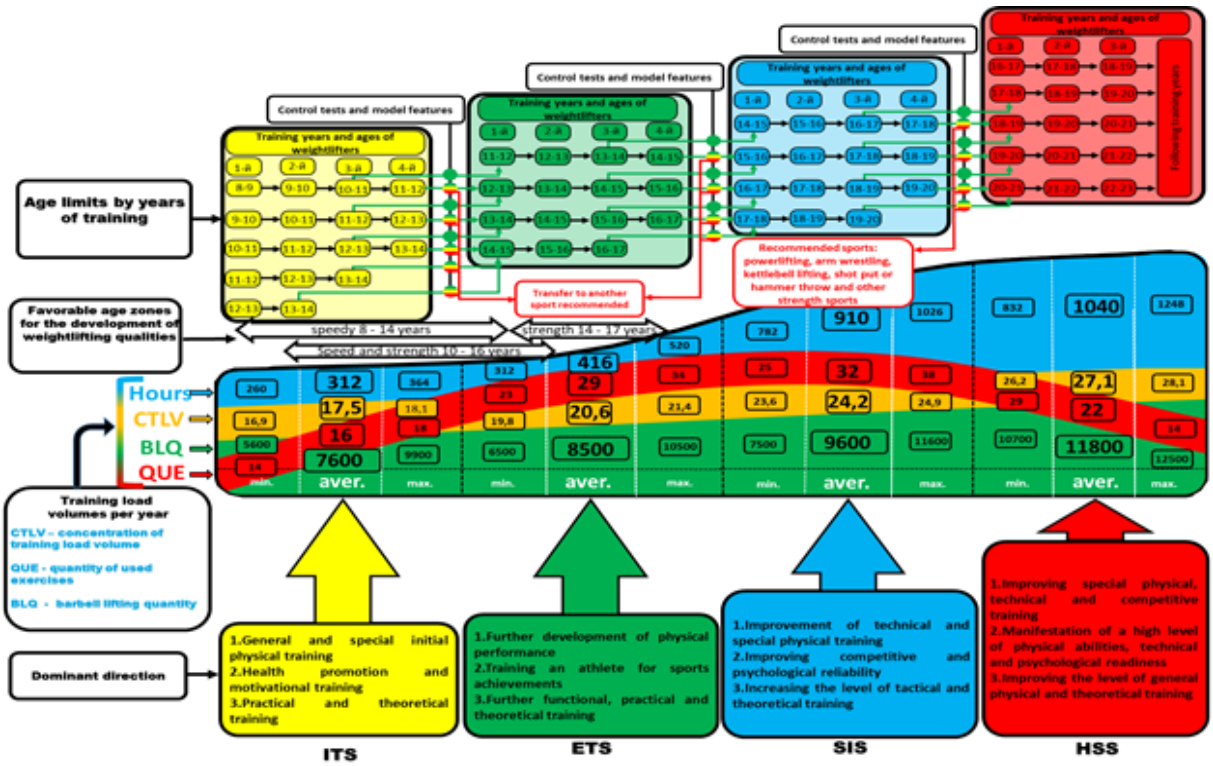
d) effective implementation of the goals and objectives of weightlifters long-term training phase takes into account: indicators of physical, functional fitness and physical development; interrelations of sportsmen's special preparedness with the structure of competitive activity;

dynamics of sports performance growth and achievement of the best results; development of training loads, plans and programs; the level and frequency of sports competitions in accordance with the calendar plan of sports and physical culture events.

Stages of long-term sports training, approximate favorable age limits for athletes and the advanced directions at various stages, methods and means of sports training, acceptable adequate training loads, a set of control tests and standards specific to each stage of athletes' training are necessary components of the model for building a long-term training in a certain form and sports activities (3).

Summarizing the advanced directions, goals and objectives of weightlifters' various stages in the long-term training, as well as with the aim of improving managerial influences on long-term sports training, taking into account the structure of weightlifters' actual competitive activity and the features of sports readiness, the individual characteristics of weightlifters, the rate of biological maturation and the growth of sports qualifications, the content of the sports and pedagogical process, other additional factors, we have developed a model of weightlift-

Fig. Weightlifters' long-term training model



Note: ITS – Initial training stage, ETS – Educational and training stage, SIS – Sportsmanship improvement stage, HSS – The highest sportsmanship stage

ers' long-term training (Fig.).

Results and discussion

The developed model for building long-term sports training for weightlifters is substantiated by the positive results of pedagogical experiments in planning of the long-term training for weightlifters, namely Akbar Juraev's phased training, Olympic champion and three-time record holder of the Tokyo-2020 Olympic Games.

The developed model of weightlifters' long-term training provides for: age limits by years of study at the stage of initial training, the training stage, the stage of improving sportsmanship, the stage of higher sportsmanship; using at each stage of control testing and model characteristics to determine productive weightlifters; favorable age zones for the development of weightlifting qualities (speed, speed-strength, strength); volumes of annual training loads, measured in hours, concentration of training load volume (CTLV), number of barbell lifts (NBL) and the number of exercises used (in minimum, average and maximum volumes); the primary focus of each stage of long-term preparation.

The developed model provides that weightlifters with the low results do not correspond to the transition from the initial training stage to the training stage and from the training stage to the stage of improving sportsmanship, it is recommended to transfer the athlete to another sport. Weightlifters with the low results do not correspond to the transition from the stage of improving sportsmanship to the stage of higher sportsmanship, it is recommended to transfer athletes to such sports as powerlifting, armwrestling, kettlebell lifting, shot put, hammer throwing and other power sports.

Conclusion

By means of the author's model of weightlifters' long-term training, the structure and the content of the stages of weightlifters' long-term training are revealed, consisting of their predominant directions, the most favorable age limits for the stage groups' shaping involved in weightlifting, the use of informative control tests for selection for various stages of long-term sports training, the volume of annual training loads.

The model of weightlifters' long-term training determines the favorable ages for starting weightlifting, the terms of training at the stages of weightlifters' long-term training, and also indicates the sensitive zones of the most optimal development of the main weightlifting qualities in terms of ages and stages of long-term training.

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