

**ABOUT SPORTS TRAINING OF WEIGHTLIFTERS IN  
UZBEKISTAN**

*Utebergenov Amangeldi Kutlimuratovich*

*Nukus State Pedagogical Institute decani candidate of Biological Sciences*

*Associate Professor*

*Утепбергенов Амангельды Кутлимиратович*

*Декан Нукусского государственного педагогического института*

*кандидат биологических наук доцент*

*Elboyeva Umida*

*3rd year student of the Faculty of "Physical Culture" of the Nukus State*

*Pedagogical Institute*

*Елбоева Умида*

*Студент 3 курса факультета "физическая культура" Нукусского*

*государственного педагогического института*

*Annotation: this article describes the history of the development of the sport of weightlifting in Uzbekistan and information on the basics of sports training of weightlifters.*

*Keywords: weightlifting, barbell, special competitive exercises, Hillary of isometric exercises, physical loads, static stretching.*

*Аннотация: в данной статье описывается история развития вида спорта тяжёлая атлетика в Узбекистане и информация об основах спортивной подготовки тяжелоатлетов.*

*Ключевые слова: тяжёлая атлетика, штанга, специальные соревновательные упражнения, комплекс изометрических упражнений, физические нагрузки, статическая растяжка.*

General and special sports training processes in the processes of sports training-physical training of an athlete. The content of physical training is organized by: the education of strength, agility, endurance and agility. Physical fitness is the foundation of the content of sports training.

Nurture power. Muscle strength is manifested in two different modes:

1) in static or isometric mode, force is manifested when forcibly held in one position;

2) in Dynamic mode. In this, the length of the muscle changes, and the elastic tension of the muscle occurs with great force.

In Dynamic mode, resistance-overcoming work can be performed such as depressions in the throw, etc. Such work activity is defined as auxotonic contraction (muscles contract and tense according to different strength requirements when a change occurs in the nervous muscle apparatus); and (muscle length increases in jumps, suspensions. Isotonic (muscle tension remains the same if the force acting on the neuromuscular apparatus does not change) contraction is also possible here, as is the case with auxotonic muscle contraction.

Such events are known that in a person in a state of affect (panic, fear, anger), tremendous strength and speed appear. Where does this power come from? Each young organism, under normal conditions, maintains a huge force gap and opportunities in itself. As a rule, only part of this effort and opportunity is really realized and spent in a person's later life, and very little of the multifaceted is used. An important issue is how to make more complete use of large of strength in our body (calculated by squatting, the total strength of muscle fibers is about 30 thousand kg, and the strength of bones in relation to squatting is equal to the strength of the cast iron).

The dependence of power abilities on various activities is due to the fact that one person's power abilities are bound to the personal development of an organism, and the issue of its use should be purposefully directed.

Strength abilities will depend on the speed of overcoming resistance, and the greater the speed of movement, the lower the weight or resistance level should be.

And in the manifestation of a minimum-power strain (in nuclear thrust), work should occur in the middle zone. But it can happen in the work of the shortest possible time at the expense of the development of the power "explosive". When assessing the level of "explosive" power, it is convenient to use a Fast Power Index. A striking example of "explosive force" is the jump, which is expressed in improving the ability to quickly exert a high degree of tension when moving. In descending movements, muscle strength is much greater (by 50-100%) when muscle length is forcibly increased compared to higher degree isometric strength. For example, the force that occurs in the leap to silence is greater than the force in the depression. With the same training, athletes who are heavier in weight tend to have more results compared to lightweights. In high performance athletes, the correlation between body weight and strength is equal to 0.93 conditional displays, compared to -0.80 in normal athletes; and 0.00 in untrained athletes. (Therefore, the weight of people who are not engaged in sports increases at the expense of the fat layer, and the weight of athletes, at the expense of greater muscle mass). To compare the strength of people of different weight, the Relative Strength, which usually indicates the amount of strength that comes to a weight of 1 kg, is measured in the following: absolute weight is distributed over the weight of the athlete.

Means of preparation by force. When we talk about advanced tools and techniques of strength training, one should not forget about natural and simple tools that should be used in various invasions of preparation. They include:

- 1) very different physical exercises in shape and content part;
- 2) means that increase the coefficient of useful action;
- 3) means aimed at managing the mental state (conscious effect state of rape);
- 4) as means of selective exposure to one or another function and systems of the organism.

And the means of developing indirect power can be divided into:

- 1) exercises performed by overcoming one's own body weight;

2) weights, partner resistance, exercises performed with an Shock Absorber, exercises performed in more complex conditions of the external environment (generally or partially affected).

In the current period, technical means, Universal and economical simulators are introduced, which pre-program the amplitude of movement of strength training, its trajectory, speed execution time, degree of exertion, etc.;

3) Special competitive exercises.

Types of isometric exercises:

1. Specific isometric exercises.
2. Amplitude constraint-like measures.
3. Static straining with extreme load in certain movements.

Isometric stretching should be used in more complex exercises, but their volume should not be too large, and dynamic exercises should definitely be performed before them.

Breathing. When strength training is performed, it will have to strain. According to American Scientists, due to an increase in pressure in the abdomen at the time of exacerbation in barbell lifts, it was found that 10% of diseases and 10% of hemorrhoids occur in them.

When inhaled incorrectly, the pressure in the chest also increases to a column of 40-100 mm of mercury, which leads to tightening of the veins of the vein, and an increase in blood circulation, as well as pressure in the chest, shortens the pulmonary capillaries, and as a result, blood circulation in the lungs is also impaired. Clamping of the sleeping arteries with the neck muscles can lead to withdrawal from itself. Therefore, it is necessary to pay attention to the following during the training session:

- 1) to allow a short time to intensify only if necessary;

- 2) not allowing starters to carry heavy loads;
- 3) not breathing before lifting weights;
- 4) train beginners to breathe and exhale in the middle of the exercise.

The extensional method is used, as a rule, when lifting a chisel weight many times, and in this case the muscle is most tense and the position in which the muscles are clearly falling is repeated.

These techniques are used during the initial period of training (during the period of mastering the technique of movement), to create a comfortable functional floor at the first invasion of the preparatory period (to increase muscle volume and prepare the body for physical loads of great intensity), to train strength endurance.

In weightlifting, general and special training of athletes is organized on the basis of plans, when planning sports training processes, the features of training periods are taken into account, athletes organize their general and special training on the basis of weekly, monthly and annual plans, and the correct planning of general and special training of athletes ensures high results in competitions. The main tools of sports training are special physical exercises that are in accordance with sports, auxiliary and developmental physical exercises that are necessary for them to learn. As well as the health-improving effects of nature factors water, sun and Air, personal and team requirements will be a means of sports preparation.

#### **REFERENCES**

1. Барчуков И.С. Физическая культура. Учебное. пособие для вузов. М., ЮНИТИ-ДИНА, 2003.
2. Дворкин Л.С. Тяжелая атлетика. учебник для вузов. М., ФиС, 2005.
3. Маткаримов Р.М. О'гир атлетика назарияси ва услуги. Дарслик. Т., Узбекистан, 2015.
4. Маткаримов Р.М. Тяжелая атлетика. Учебник. Т., УзГИФК, 2005.
5. Озолин Н.Г. Настольная книга тренера: наука побеждает. М., ООО «Изд. АСТ», 2004.