



**IMPROVING THE METHODOLOGY OF USING GENERAL AND  
SPECIAL TRAINING TOOLS TO INCREASE THE PHYSICAL FITNESS  
OF WEIGHTLIFTERS**

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***Abstract:*** *Today on the day all in the fields happened such as physical upbringing and also in the field of sports big reforms take is going . From Jumala heavy athletics sports development very much for big in scope affairs done is being increased . Heavy athletics athletes general and special physical preparation from the means use methodology to improve circle in our work heavy athletes in training general and special physical preparation tools right choice and application through competition the results to improve is achieved .*

***Key words:*** *Load, training, general physical training, special physical training, sports improvement, systematic training, competition system, speed, strength, endurance, flexibility, agility.*

**Relevance and necessity of the article:** Currently, in our country, consistent measures are being taken at the state policy level to popularize physical education and sports and promote a healthy lifestyle among people, create the necessary conditions for the physical rehabilitation of people with disabilities, and ensure our country's place and worthy participation in the international sports community. A number of decrees and resolutions are being adopted by our President to organize scientific-complex laboratories for athletes of national teams in various sports, introduce advanced innovative technologies into the training process, and bring scientific research in the field of sports to a new level. The Resolution of the President of the Republic of Uzbekistan No. PQ-137 dated 20.03.2024 on measures



for the further development of weightlifting in our country aims to further popularize weightlifting in our country, bring the system of selecting weightlifting athletes among the population and youth to a new level, improve the sports infrastructure and create new bases for weightlifting, and thereby raise the flag of our country by achieving high results in prestigious competitions for our national team. In order to ensure the implementation of the tasks set out in the Resolution of the President of the Republic of Uzbekistan and thereby bring the weightlifting training system to a higher level, a lot of scientific work is being carried out in our country. When experts analyzed the participation of our country's athletes in international competitions, they were always among the strongest and prize-winners in the handstand exercise, but the results in the clean and jerk were not good, and there were problems with physical preparation.

This dissertation research serves to a certain extent in the implementation of the tasks set out in the Resolution of the President of the Republic of Uzbekistan No. PQ-3031 dated June 3, 2017 “On measures for the further development of physical education and mass sports”, the Resolution of the President of the Republic of Uzbekistan No. PF-6099 dated October 30, 2020 “On measures for the widespread introduction of a healthy lifestyle and further development of mass sports”, the Resolutions of the President of the Republic of Uzbekistan No. PQ-5148 dated June 16, 2021 “On organizational measures for the introduction of a system for assessing the level of physical fitness of the population”, and the Decree of the President of the Republic of Uzbekistan No. PF-5924 dated January 24, 2020 “On measures for the further improvement and popularization of physical education and sports in the Republic of Uzbekistan”.

**The purpose of the article is** to substantiate the achievement of growth in the results of two competitions during the competition process by increasing physical fitness in adolescent weightlifters.

### **Pedagogical research methods.**

Analysis of scientific and methodological literature

Pedagogical observation



Pedagogical experience .

Mathematician-statistician method

### **Analysis of literature on the topic:**

In the process of studying scientific literature and articles related to this work, the scientific research of prominent sports scientists in our country, including Matkarimov Rashid Masharipovich, Erkin Qodirov, Mukum Arzikulov, Anvar Khadjayev, Shukhrat Toshturdiyev, and a number of other scientists on the problems of weightlifting, was analyzed, and the similarities and differences between the views of foreign scientists and their research were analyzed.

The results of this analysis confirm how important the general and special physical training of weightlifters is today, and how important the selected training exercises are in improving their physical training. It was found that the fact that Uzbek athletes are among the strongest in the handstand exercise at international and republican competitions, while their results in the snatch exercise deteriorate somewhat, is related to their physical training.

Special strength training tools have always been in the spotlight of experts. Despite their diversity, according to Yu.V. Verkhoshansky, the scope of special strength training tools is quite limited. In his opinion, in fact, novice and qualified athletes use the same tools, the difference is only in the volume and intensity of their execution. This, firstly, leads to a uniform course of training, and secondly, the body adapts to the stimulus that has become habitual and cannot respond to the changes that the athlete intends to make. The scientist believes that during his scientific research he mainly studied the state of special strength training.

### **Dynamics of general physical fitness of adolescent weightlifters of the Bukhara regional Olympic and Paralympic sports training center ( $X \pm m$ )**

**Table 1**

No.	Indicators	Invest time	N		T				F
			G (n-12)	%	G (n-12)	%			
			$\bar{X} \pm \sigma$		$\bar{X} \pm \sigma$				





.	6 0m dash (s.)	B	$\begin{matrix} 8 \\ .04 \pm \\ 1.02 \end{matrix}$	$\begin{matrix} 1 \\ 2.6 \end{matrix}$	$\begin{matrix} 8 \\ .37 \pm \\ 1.04 \end{matrix}$	2.4	.78	0.05	>
		O	$\begin{matrix} 7 \\ .95 \pm \\ 0.98 \end{matrix}$	2.3	$\begin{matrix} 7 \\ .20 \pm \\ 0.71 \end{matrix}$	.8	.14	0.05	<
.	1 000m run (s.)	B	$\begin{matrix} 2 \\ 65.52 \\ \pm 38.97 \end{matrix}$	$\begin{matrix} 1 \\ 4.6 \end{matrix}$	$\begin{matrix} 2 \\ 86.83 \\ \pm 39.25 \end{matrix}$	3.6	.33	0.05	>
		O	$\begin{matrix} 2 \\ 41.98 \\ \pm 39.54 \end{matrix}$	6.3	$\begin{matrix} 2 \\ 13.06 \\ \pm 21.82 \end{matrix}$	0.1	.14	0.05	<
.	3 x10 m Mokkisi mon running (s.)	B	$\begin{matrix} 8 \\ .06 \\ \pm 1.18 \end{matrix}$	$\begin{matrix} 1 \\ 4.6 \end{matrix}$	$\begin{matrix} 8 \\ .25 \\ \pm 1.15 \end{matrix}$	3.9	.39	0.05	>
		O	$\begin{matrix} 7 \\ .99 \\ \pm 1.10 \end{matrix}$	3.7	$\begin{matrix} 7 \\ .18 \\ \pm 0.78 \end{matrix}$	0.8	.08	0.05	<
.	F orward bend (cm.)	B	$\begin{matrix} 1 \\ 9.81 \\ \pm 2.43 \end{matrix}$	$\begin{matrix} 1 \\ 2.2 \end{matrix}$	$\begin{matrix} 1 \\ 8.74 \\ \pm 2.50 \end{matrix}$	3.3	.06	0.05	>
		O	$\begin{matrix} 2 \\ 0.06 \\ \pm 2.39 \end{matrix}$	1.9	$\begin{matrix} 2 \\ 1.94 \\ \pm 1.96 \end{matrix}$	.9	.10	0.05	<
.	H igh on the horizonta l bar contracti	B	$\begin{matrix} 1 \\ 3.18 \\ \pm 1.64 \end{matrix}$	2.4	$\begin{matrix} 1 \\ 2.46 \\ \pm 1.74 \end{matrix}$	3.9	.04	0.05	>
		O	$\begin{matrix} 1 \\ 3.04 \\ \pm 1.82 \end{matrix}$	3.9	$\begin{matrix} 1 \\ 4.31 \\ \pm 1.06 \end{matrix}$	.41	.08	0.05	<



	on ( times )							
	standing from the place to the height jump (cm.)	B	3.67 ±14.47	7.2	7.19 ±15.53	0.1	.05	0.05
		O	9.02 ±11.39	2.79	8.35 ±9.57	.7	.17	0.05
	standing from the place to the length jump (cm.)	B	86.29 ±29.43	5.8	72.76 ±30.91	7.8	.05	0.05
		O	91.26 ±23.16	2.1	109.67 ±19.82	.4	.09	0.05

**Note :** s- seconds , cm-centimeters , TB- experiment head , TO- experience the end .

Bukhara Olympics and Paralympic sports preparation center teenager heavy of athletes in training used this exercises athletes physical preparation level growth indicators research took and results after the study between difference through observation possible . Select taken general preparation tools heavy of athletes five physical in the adjectives growth indicators determination opportunity gives .

### Scientific novelty of the research

- Special physical training was improved to increase training efficiency by developing a program to improve the special physical fitness of weightlifters ;
- The effectiveness of general physical training has increased due to the use of general physical training tools in improving the physical fitness of weightlifters ;



- An increase in physical qualities was achieved due to a new planning of training sessions based on a scientific and pedagogical analysis of the structure and content of training to improve the physical fitness of weightlifters ;
- Competitive performance improved due to the development of a pre-competition program to improve the psychological preparation of weightlifters ;

**Conclusion.** During the research period, out of 53 tools provided in the questionnaire conducted among coaches, based on the responses of experts, the tools that were considered the most effective were selected and training loads were planned using these tools.

The program we proposed differs from other programs in that: firstly, the most effective means for general physical training were combined with developmental and supporting exercises, and secondly, special physical training means were reduced and combined with restorative means. This, in turn, gave good results in the transition of weightlifters at the stage of sports improvement to the stage of improving their technical, tactical, physical and mental skills, without injuries and with a large reserve in physical training.

To improve the physical fitness of weightlifters, a monthly program plan was developed consisting of special weightlifting exercises aimed at developing strength, speed, and explosive power, taking into account the volume, duration, magnitude of loads, and level of stress.

As a result of our research, a training program developed based on selected tools has shown significant changes in the dynamics of physical fitness of weightlifters at the stage of sports improvement.

Experimental group involved in the study The post-study physical fitness of weightlifters was tested through the above control exercises.

As a result of the implementation of these recommendations, the strength quality of weightlifters of the Bukhara Olympic and Paralympic Sports Training Center for 2024 increased by 10-12%, the quality of quick strength by 9-11%, and the quality of explosive strength by 11-13% based on the training sessions conducted in January and December. The study was confirmed by the fact that 6 weightlifters





were included in the national team of Uzbekistan, 2 took 2nd place and 4 took 3rd place in the championship of Uzbekistan.

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