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TRAINING METHODOLOGY FOR ATHLETES IN WEIGHTLIFTING

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Abstract: The article presents the results of the authors' research on identifying the methodological guidelines for the training process of athletes involved in weightlifting. The main concepts of sports training of athletes in weightlifting, emotional preparation, and the sports form of athletes involved in weightlifting were considered. It was established that the increase in load should be slow. It is more advisable to do this after a small decline or maintaining a certain load for some time.
Keywords: weightlifting, training, methodology, sports uniform, principles of sports training.

INTRODUCTION

Sports training is a holistic pedagogical process during which an athlete acquires specialized knowledge [1]. Physical exercises affect the activity of all organs and systems of the body, placing high demands on them. The response of a healthy body to sports training is manifested in the improvement of all its functions and systems. Under the influence of training, the processes of excitation and inhibition in the central nervous system are enhanced, the balance and mobility of nervous processes are improved, trophic processes are improved, due to which energy resources are spent more economically, ensuring an increase in the body's performance and rapid recovery [2].

MATERIALS AND METHODS

In weightlifting, when performing exercises, the methodological preparation of the weightlifter is of great importance [3].

During the analysis of scientific and methodological literature, studies of domestic and foreign authors, and a survey of respondents, we did not find a solution to the issue in our study. It follows that the training process of weightlifters requires methodological guidelines.

Based on the above facts, we examined the basic principles of sports training, psychological preparation, and the athletic form of a weightlifter [4].

RESULTS AND DISCUSSION

Sports form is optimal readiness to achieve the best sports results. It is associated with the physical, biomechanical, mental and tactical readiness of the athlete. An athlete can show the best results only if the strength of the muscles involved in performing special exercises has increased, the necessary speed of movement has been acquired, and sufficient special endurance has been achieved.

Good physical qualities can only be realized with appropriate technical training [5].

Psychological preparation plays an extremely important role. With equal physical capabilities, victory is always guaranteed to the more strong-willed athlete. Success in competitions also depends on the choice of a tactical plan.

Sports form is characterized by an increase in the functional capabilities of the athlete's organs and tissues, optimal physical, technical, tactical and psychological readiness [2].

The principle of comprehensiveness provides for the growth of the athlete's intellectual level, his psychological and physical qualities.

The principle of gradualism. The development of strength, speed, endurance, agility under the influence of systematic training occurs gradually. A gradual increase in load is one of the main conditions for the adaptation of the body, the development of the necessary qualities. A sharp increase in it can lead to a decrease in sports results [4]. Sports training does not lead to positive

changes immediately, but relatively slowly. Changes accumulate in the body, and then a leap in development occurs. The increase in load should occur from training to training. The functional state of the body cannot improve from training to training, moreover, the athlete's performance can sharply decrease if 4-5 training sessions with increasing load are conducted [2].

The body is not able to immediately master the increased load and quickly develop the necessary qualities: a certain time is required. It follows from this that it should not be increased in each weekly cycle. The load, first of all, should correspond to the functional capabilities of the athlete. Changing training options is permissible, but requires great caution. It is recommended to replace only individual exercises of the selected option, but not the option as a whole. As practical experience and a survey of respondents, who were strength sports coaches, have shown, it is difficult to train for 25-30 days with increased strength load, and by the end of this period, signs of fatigue may appear, negatively affecting athletic results in competitive activities. Therefore, in the pre-competition period, it is necessary to reduce the load. In determining the optimal rest, it is necessary to proceed from the established work rhythm, to which the body has become accustomed for a long time. During the preparation process, it is not recommended to frequently perform exercises with maximum weight, especially in classical movements, since such training will lead to exhaustion of the nervous system and will negatively affect the athlete's performance in competitions. However, this does not mean that it is completely impossible to lift maximum weights. On the contrary, in order to know your strength and distribute it correctly at competitions, it is necessary to try to lift equipment slightly heavier than the competition weight during training. This helps to identify technical deficiencies that are especially noticeable when performing exercises of competition weight. But testing with equipment of competition weight should be done occasionally. Such control testing should be noted in advance in the training plan. It is advisable to conduct tests in one, two, or simultaneously in all classical movements. It is better to test at the beginning of training after a warm-up, for fresh strength. The principle of repetition. Such motor qualities as strength, speed, endurance develop only with a sufficient number of exercise repetitions. Improving vegetative functions also requires repeated muscle work [2].

Studying movement techniques and acquiring skills is impossible without improving and strengthening conditioned reflex connections. This improves the coordination of movements, their accuracy and efficiency. In the process of regular training, movements are practiced to the point of automatism.

CONCLUSION

It has been established that the load should be increased slowly. It is more advisable to do this after a small decline or maintaining a certain load for some time. The body cannot immediately master the increased load and quickly develop the necessary qualities - a certain time is required. Therefore, it should not be increased in each weekly cycle. The load, first of all, should correspond to the functional capabilities of the athlete. To avoid injuries, it is recommended to start trying on after a thorough warm-up with kettlebells of a lighter weight. Trying on is stopped 7-10 days before the competition. Great strength stress is especially harmful on the eve of the competition. When preparing for a competition, it is very important to determine the rest time between the last training session and the day of the competition.

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