

**IN IMPROVING THE METHODOLOGY OF USING GENERAL AND SPECIAL
TRAINING TOOLS IN INCREASING THE PHYSICAL PREPARATION OF
WEIGHTLIFTERS**

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Annotation : Heavy athletics sports Olympic included in the program in our country intensity with developed a growing sport In such sports psychological unprepared in competitions participation to grow very big mistake is considered because to the athlete given from attempts use not getting their to the soul big impact does . This the article is about 13-17 year olds heavy of athletes competition and in training psychology place and to effectiveness the impact We are watching .

Key Keywords : Psychology , training , stress, **motivation** , o weightlifting, training , general physical preparation , special physical preparation , loading , sports improvement , systematic preparation

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Today on the day all industries like social also widely in the field reforms take In particular , our country development on the way take going from reforms one growing coming young generation every one-sided mental , moral and physical from the point of view develop is considered . In this and physical upbringing and sports are important importance profession will reach .

In our country heavy athletics sports intensity with developed is going on . At Olympus in the program there is from this sport our athletes regular prize-winner to be with one in line four annual the most influential competition also breaking records are going . Ruslan Nuriddinov at the 2016 Rio Olympics at 105 kg with a gold medal one with 237 kg in the row Olympics also broke the record . At the Tokyo 2020 Olympics and Dear Nabiyeva hand in lifting Olympics record updated Akbar Juraev weighs 109 kg . Olympics championship with one in line flick on the rise also set a record . These results Continued at the Paris 2024 Olympics Akbar Jo'rayev silver medal caught entered

These results through in our country heavy athletics sports with practitioner youth noticeable at the level increased . International heavy athletics federation by competitions officially three young in the category organization to be done by designating given :

- 1. Teenagers** – 13-17 years old
- 2. Youth** – 15-20 years old
- 3. Adults** – 15 years old and from it adults ...

This young Categories we work in take going group this Girls 13-17 years old heavy athletes , this the group from choosing goal this young in the category teenagers Participated in the Olympics that they may in consideration take them in the activity psychological preparation important importance profession will reach .

Work purpose . It's heavy. of athletes The goal is to improve the role of the psychological approach in improving competition performance by conducting psychological tests and interviews to improve their results .

Psychological preparation is an important factor in increasing self-confidence in athletes, developing stress and stress countermeasures, maintaining concentration and motivation, and improving results in competitions .

Methods of organizing the research:

1. Conduct a scientific and pedagogical analysis and study of literature related to the long-term training of weightlifters.
2. The importance of psychological changes in weightlifters aged 13-17 in organizing the structure and content of training from a scientific pedagogical perspective.
3. The training structure of weightlifters is young and to sex circle psychological changes .

Psychological training methods.

1. Visualization : Observations
2. Stress Control : Breath
3. Motivation designation : Personal goals designation
4. Attention Management: Avoiding Distractions

Analysis of scientific and methodological literature . During the work on scientific and methodological literature, more than 40 local and 15 foreign literature sources on the topic were analyzed. The structure and content of weightlifters' training during the many years of training were studied, and special attention was paid to the issues of the many years of training and its impact on the body of children, adolescents and adult weightlifters.

ShKS - barbell lift number ;

- US - attempts number ;

- UTS - in the attempt repetitions number ;

- MS - training number ;

- NSh - relative intensity (of the barbell) this in practice the most good to the result relatively in percentages average weight);

- hand lift and flick lift 90-100% of the weight in the exercises lift number - competition activity speed and effectiveness .

Results of two weightlifting events in the pre-competition training of the experimental and control group weightlifters (n=12)

No.	Control group participants	Control group	Experimental group participants	Experiment group
		Total weight of two lifts in the snatch and clean and jerk (kg)		Total weight of two lifts in the snatch and clean and jerk (kg)
		T/O		T/O
1.	A - ev. V.	232	R - o v. S .	190
2.	CH-ov. Ye.	250	G' -ov. O .	245
3.	SH-ov. P.	250	SH - o v. V .	240
4.	F-ev. N.	235	T -ov. M .	300
5.	J-ev. SH.	250	R - o v. R .	220
6.	O-ev. A.	250	S -ov. U .	200
7.	M-ov. A.	234	M - e v. M .	330
8.	R-ov. I.	240	R -ov. M .	260

9.	I-ov. B.	230	R -ov. A .	227
10.	M-ov. J.	224	Q-ov . J .	205
11.	M-ov. K.	260	M - o v. Z .	290
12.	I-ov. SH.	240	N -ov. U .	220
\bar{x}		241.3	\bar{x}	243.9

Note: Before TO-research.

Research Results and Discussion:

During the study, several psychological methods that had been practically applied by professional sports psychologists were selected from numerous existing practices and implemented in the experimental group. When measuring the results of 13-17-year-old weightlifters based on their combined event performance, it was found that the athletes in the experimental group achieved significantly greater improvements compared to those in the control group.

The psychological interventions carried out in this study led to notable performance improvements and enhanced the athletes' ability to make maximum use of their attempts during competitions. It was also emphasized that these methods can be effectively applied to other age categories as well.

Conclusion:

Based on the indicators obtained from the control and experimental groups, it can be concluded that the selected and targeted psychological methods and tools applied to the weightlifters in the experiment had a positive impact on improving sports performance. The results analyzed through control tests confirmed the effectiveness of these methods. Therefore, it is expected that in the future, the competition results of 13-17-year-old weightlifters will further improve at the international level.

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