Analysis of the Technique of Teaching the Jerk in Weightlifting

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ABSTRACT

The presented article presents an analysis of training methods in weightlifting sports, which are used in the training process by coaches and experts in the field of strength training at the present stage. Recommendations for their use are given.

Keywords: Training process, weightlifting, teaching methods, classical snatch

Relevance. The relevance of research. Currently, domestic weightlifting is regaining its leading position in the world sports arena. In such conditions, a particularly important aspect is the scientific approach to the training process of not only highly qualified athletes, but also novice athletes who will soon compete with the leaders. An important area of biomechanical research in the field of weightlifting is the determination of significant parameters of competitive weightlifting exercises, the selection of corrective actions and their implementation in the training process.

Research problem. The problem of the study was to determine the most effective ways of teaching one of the two competitive exercises in weightlifting - the classic jerk.

Object of study – training process of weightlifters.

Subject of study – The subject technique of performing a snatch of the barbell with two hands. Research.

Subject of study – to analyze methodical approaches to teaching the technique of snatching the barbell. Research objectives 1. Conduct a theoretical analysis of approaches to teaching the classic snatch technique in weightlifting. 2. Determine the most effective approaches to teaching the classic snatch technique in weightlifting. 3. Identify typical mistakes when performing the classic snatch technique in weightlifting.

Organization of the study. Eighteen (18) scientific and methodological literature sources were analyzed in order to study the methods of teaching the classic snatch in the sport of the Olympic program - weightlifting. Just a short time ago, the domestic heavyweight was the leader in the world sports arena, and today its position has been significantly lost. This study

may help to correct the situation. Research results and discussion According to L.S. Dvorakian, 2005, classic snatch is the first competitive exercise in weightlifting biathlon, which is performed in two ways: with "scissors" and with "string" (with a squat). Basically, they differ in the technique of leaving (squatting) under the barbell and getting up. Currently, modern athletes do not use the first method in competitions. Today, in weightlifting sports, two methods of teaching the classic snatch should be considered: one of them follows the traditional "bottom-up" path, and the other follows the alternative "top-down" path, the snatch is a movement that is complex in terms of coordination. When lifting the barbell in a competitive snatch, 3 periods and 6 phases are distinguished: the first period is the 1st phase (MOSH) and the 2nd phase (preliminary acceleration); the second period - the 3rd phase (depreciation phase) and the 4th phase (final acceleration); the third period - the 5th phase (unsupported squat) and the 6th phase (support squat) without getting up according to the materials of A.A. Lukasheva, 1975. Another interpretation: start, thrust, undermining, leaving (squatting), standing up [1]. Start.The start consists of two elements: an approach to the bar (with a motor task to create an optimal condition for performing a squat) and a squat (with the task of taking a posture (starting position) that is rational to ensure rigid interaction between the links of the kinematic chain of the human body). After approaching the bar, the athlete (ka) assumes the "starting position" position, from which he begins to apply efforts to the barbell bar to lift it up. The legs are most often placed to the sides at a distance equal to the width of the pelvis or shoulders, the feet are parallel or slightly apart. In the front rear direction, they are placed so that in the starting position the shins touch the neck, and the middle of the heads of the left and right humerus are above it: the projection of the neck should fall on the metatarsophalangeal part of the foot. To take the starting position in the snatch, several methods (options) are used. First way. Without distinct preparatory movements or static start. The athlete tilts his torso (while bending his legs more or less at the knee joints), grabs the bar with his hands, bends his legs even more, exhales. Lifting the bar is performed on an incomplete breath. Until the moment when efforts are applied to the neck, the athlete (ka), as a rule, makes several subtle movements and "tight", i.e. stretches the muscles of the arms and shoulder girdle: and at this moment he should feel the tension of the trapezius, latissimus dorsi, long extensors of the back and in the elbow joints. In the starting position, the head is in the same plane with the body or slightly raised, the gaze is directed forward [2].Capture. There are three ways of gripping the neck with your fingers: ordinary, in a "lock" and one-sided. Ordinary grip: four fingers wrap around the bar on one side, and the thumb on the other, pressing on the index and middle, pressing them to the bar. Lock grip: the thumb wraps around the bar on one side, and four fingers on the other, and presses it against the bar. One-sided grip: All five fingers wrap around the bar on one side. When performing classic exercises, the bar should be held only with an overhand grip, while the palm is superimposed on the neck from above so that the thumbs are turned inward. When performing a jerk, a "lock" grip is used: it is more reliable and stronger than others. Grip. Grip length is measured by the distance between the hands. In the snatch, a wide grip is used, while the width of the grip is not limited. It allows, at the same speed of the bar moving upwards, to reduce the height to which it is necessary to lift the projectile from the platform in order to firmly hold it in the support seat on straight arms, and also to actively influence the bar on a longer path: in traction and undermining. The second way is to start with preparatory movements in the horizontal plane. After gripping the bar, the athlete makes a smooth movement of the shoulders back from the bar with full bending of the legs in the knee joints: the pelvis goes down, the torso takes an almost vertical position, the arms are straight. The athlete takes an incomplete breath. Then he makes a reverse movement and gradually increases the tension of the arms, trapezius and latissimus dorsi; the effort applied to the neck of the bar begins to increase. They reach their greatest value when the shoulder joints return

to the position above the bar. Before lifting the barbell, the athlete can make several such preparatory full and partial movements [1, 2, 3]. The third way is to start with preparatory movements in the vertical plane. It has two options. 1.After gripping the bar, the athlete almost completely straightens the legs, lifts the pelvis up, the body is transferred to an almost horizontal position, and an incomplete breath is taken. Then, bending the legs and lowering the pelvis down, he (she) takes the starting position, gradually increasing the tension of the arms. Some athletes perform several completed and incomplete such preparatory actions. 2. When grasping the bar with his hands, the weightlifter bends his legs, and immediately transfers the body to an almost horizontal position; then performs the steps described above. The fourth way is to start from the move. The athlete makes several springy up and down movements (ankle, knee and hip joints synchronously bend and unbend), adjusts with his hands and concentrates his attention to grab the bar. Takes an incomplete breath and then, going down, quickly takes the starting position and without stopping (delay) begins to perform the exercise. The last three ways of moving to the starting position are related to dynamic start. Deadlift includes the phase of the athlete's interaction with the barbell (the task of which is to create a rigid system for transferring forces from the legs and torso to the barbell bar) and the phase of preliminary acceleration of the barbell (which includes the task of directing the barbell along the optimal trajectory, informing it of the necessary movement speed). With varieties of start, the efforts applied to the barbell neck gradually increase, and when the shoulder joints move to a position above the barbell (or slightly in front of the barbell bar), the legs begin to actively unbend, the pelvis rises up and somewhat back.At the moment of separation of the disks from the platform, the anterior part of the left and right deltoid muscles is projected in front of the bar; however, the centers of the shoulder joints should be exactly above it. The legs rest on the platform with the whole (full) foot. The general center of mass of the "athlete-barbell" system (OCT) is projected into the middle of the support area: the weightlifter feels an even distribution of the weight of the body and the barbell on both feet with support along the entire plantar part from toes to heels (but closer to the heels). When lifting the bar from 60 to 100% for masters of sports and candidates for master of sports, the indicator of vertical support reaction in this phase (expressed as a percentage of the weight of the bar being lifted) decreases from 240 to approximately 153%, and for weightlifters of junior sports categories (beginners) - from 225 to 164%.

First, the bar moves up due to the efforts of the muscles that extend the ankle and knee joints. The head in relation to the body does not change its original position. In the process of traction, the muscles of the hands are in a highly stretched, but not tense position. The efforts from the muscles of the legs to the neck reach with less loss if the feet are fixed in relation to the platform, the support is rigid, the weight of the body and the bar is distributed evenly on both legs until the end of the lift, the line of gravity passes through the middle of the support area, the pressure of the load is felt on the plantar surface feet from toes to heels, arms are straight, their muscles and muscles of the shoulder girdle are stretched by the weight of the bar. Throughout the lifting of the barbell, the athlete (ka) actively interacts with the platform, creating the most rigid kinematic system "athlete-barbell" and tries to push off from it higher. The relative value of the support reaction (as a percentage of the lifted weight of the bar) decreases in highly qualified athletes with a weighted projectile (from 60 to 100%), in candidates for master of sports from 187 to 147%, and in junior athletes from 215 to 166%. The speed of lifting the barbell also largely depends on its weight and the qualification of the athlete: with a heavier weight, it decreases, the duration of the pre-acceleration phase is gradually reduced with the acquisition of sportsmanship. So, this indicator with a weight of 60 to 100% for candidates for master of sports is 0.17-0.25 s; for athletes of junior categories - 0.18-0.32 s.In the pre-acceleration phase, the barbell moves not only upwards, but also slightly backwards (from 3 to 10 cm) towards the athlete at an average speed of 1.0-1.6 m/s. Tall weightlifters lift the barbell faster.

The distance that the bar moves towards the athlete increases with increasing weight and depends on the length of the body and the angle of its inclination to the platform. In athletes of heavy weight categories, this movement is more significant (according to R.A. Roman and M.S. Shakirzyanov - up to 12 cm or more) [2, 3]. The bar is attracted to the body with straight arms involuntarily due to the tension of the long extensors and the latissimus dorsi; the state of these muscles determine the position of the back, as you know, attaching to the crest of the lesser tubercle of the humerus. The movement of the bar in the direction of the knee joints receding back ensures the convergence of the projections of the center of mass of the weightlifter (CTS) and the center of gravity of the bar (CTS). This reduces the overturning moment of the rod gravity and reduces the moment resistance arm in relation to the working joints. BCT is slightly shifted back. The lifting technique when performing traction depends on the individual typological features of the athlete's body structure. So, on average, when the bar is separated from the platform, the angles in the knee joints reach 80-1100; in weightlifters of the dolichomorphic type, the body structure is smaller than in the representatives of the mesomorphic type, and in the latter they are less than in the brachymorphic ones. The angles in the hip joints at this moment, on the contrary, are greater in dolichomorphs than in mesomorphs, and less in brachiomorphs, according to A.I. Mulchina, 1988;.By the end of the pull, the angles in the knee joints reach 145-1550, in the hip - 95-1050. There are also other data on the angles in these joints at the end of the preliminary acceleration phase, respectively 135-1500 and 90-1000. Undermining. The third period consists of a phase of bringing the knees (the task is to prevent a significant decrease in the speed of the bar M.P. Mikhailyuk, 1984, change the direction of the trajectory of its movement and take a rational posture to ensure the effectiveness of the actions of the body links in the next phase - the final acceleration, the task of which is to achieve the optimal boom take-off speed at higher heights). Intentionally teaching practitioners to bring the knees leads to great flaws in the technique of the exercise. This phase lasts 0.14-0.16 s for junior weightlifters; for masters of sports - 0.11-0.13 s. When summing up the knees, the pressure on the support is noticeably reduced and amounts to 65-75% of the weight of the bar. Faster execution of the third phase of "damping" allows you to deal with a significant decrease in the speed of lifting (moving) the projectile. Here, the shoulders and head begin to move up and down in an arc, and the barbell moves up and slightly forward. CCT, still passes through the middle of the support area. The athlete takes a comfortable position before the final acceleration phase: he feels an even distribution of body weight and the barbell on both feet, the back is bent or straight, the head is somewhat laid back, the centers of the shoulder joints are projected. This phase with different weights of the bar lasts 0.12-0.16 s for them, and 0.12-0.13 s for junior athletes [9]. A longer impact on the bar while maintaining the rigidity of interaction with the support allows you to give it a significant speed (according to V.I. Frolov - 1.85-2.15 m / s) and ensure the movement of the sports equipment by inertia to the required height - up to 17- 23 cm [10, 11]. The third period is departure (squatting). Here it is necessary to single out the fifth phase of the unsupported squat (the task of which is to pull the hips up to the body and, pushing off the bar with the hands, thereby accelerating the movement of the body down) and the phase of the support squat (with the task of using the support, first facilitating the vertical movement of the bar up, and then restraining its fall, take the projectile on straight arms and firmly hold it in this position until the final fixation). The length of the body (height) of the weightlifter, his sports qualification and the weight of the lifted projectile (barbell) affect the duration of the unsupported squat [1]. With an increase in weight and height indicators, it increases: for beginner athletes - from 0.16 to 0.21 s; for qualified athletes - from 0.14 to 0.16 s (when performing an exercise with 95% weight). In the process of sports improvement, the duration of this phase is reduced. So, for beginners with a projectile weight from 55 to 90% of the maximum, the unsupported squat time

decreases from 0.21 to 0.16 s; but with 95% weight - increases to 19 s. For highly qualified weightlifters, the time for moving the legs to a new place of support depends less on the weight of the bar being lifted.It shortens only with an increase in the weight of the rod up to 75% (from 0.18 to 0.14 s), and then stabilizes [11]. Both legs almost simultaneously touch the toes with the platform, then stand on the whole foot with a slight turn of the heels inward. The distance between them is slightly more than the width of the shoulders. From the initial position at the start, the legs are on the platform somewhat behind (by 2-5 cm); as the weight of the bar increases, the distance they move back tends to increase. The jump forward is the result of incomplete straightening of the legs in the knee joints during the execution of the final acceleration phase and incomplete extension of the body and maintaining a bent position at the moment of the final straightening of the body up and back, this significantly reduces the effectiveness of the technique of lifting the barbell [1, 8, 12, 13 fourteen]. After the final acceleration phase, the bar moves up and back a little by inertia. In the support squat, the muscles of the legs work in a yielding mode, the muscles of the arms work in an overcoming one; resting on the bar, the hands first help to move the bar up, and then, holding back its fall (overcoming the force of gravity of the Earth - free fall), straighten up and hold the bar on straight arms until it is completely fixed. Therefore, when going into the squat, the bar rises a greater distance compared to that which it could have traveled by inertia in accordance with the take-off speed given to it. It begins to drop down when the hips move almost to a horizontal position.At the end of the support squat, its downward movement stops: at zero, and as soon as the bar is on straight arms, the muscles of the shoulder girdle tighten to fix it in this position; and immediately the extensors of the legs and torso begin to more actively slow down the further lowering of the body and the bar down. In the lowest position, the legs are bent to the maximum possible position at the ankle, knee and hip joints, both feet are fully on the platform. The torso is somewhat inclined towards him and slightly bent at the waist; the abdominal muscles almost touch the thighs. The bar is behind the head on arms straightened up, the shoulder blades are brought to the spine, the chest is turned, the neck is extended forward, the chin is raised and the gaze is directed forward or directed forward and upward. The whole way of lifting the rod has an S-shaped trajectory. As previously mentioned, in the deadlift the bar moves up and slightly towards the lifter; in the lift, it moves up and slightly forward from the athlete, and then in an anteroposterior direction in a small arc up towards the athlete and down. Standing up was singled out by us in a separate period, with the conditional designation of it as the “fourth period”, containing the following phases: straightening the legs and torso (with the task of maintaining the projection of the BCT of the “athlete-barbell” system in the support area) and complete fixation of the bar (the task is to keep bar in a stationary position according to the rules of competitions in weightlifting). Using the depreciation (spring) function of the muscles, However, the step-up method is only suitable for those who have good flexibility and a high sense of coordination. Breath. At the start, you should exhale and take a small breath (half-breath). The exercise is performed while holding the breath while inhaling. At the moment of fixing the weight above the head, you can breathe voluntarily. Lowering the bar is associated with holding the breath while inhaling. V.F. Skotnikov and A.A. Shalmanov, A.V. Panin, 2013 indicate that in the snatch, the bar rises in one continuous movement to the arms extended above the head. The rules of weightlifting competitions do not allow: any stop of movement, the beginning of lifting the bar from the hang, change the width of the grip during the movement of the sports equipment, press the bar with one or two hands, touch the platform with any part of the body, except for the feet [12, 15]. Compared to another classic exercise (barbell push), the snatch is the shortest in duration. Depending on the weight on the bar, it lasts an average of 2 to 4.6 seconds, not counting the preparatory movements at the start and fixation. The average speed of the bar in the snatch with two hands is greater than in the press and clean and jerk when lifting the

maximum weight. When studying the snatch, it is customary to divide it into seven interrelated phases that follow one after the other: start, pull and undermine, go under the bar, get up, fix and lower. However, any division of the whole destroys the connections between the individual parts of the exercise, and this must be taken into account when studying.In modern weightlifting, two classic methods of performing a snatch with two hands are used: a snatch with "scissors" and a snatch using the "legs apart" method (stringing). These methods mainly differ in the technique of going under the bar. Each of them is successfully used for a certain category of athletes in all countries of the world and each of them has its own advantages and disadvantages. In his works Yu.A. Briskin, A.F. Tovstonog, M.P. Pityn, 2011 indicate that learning the snatch technique with two hands also begins with learning the starting position, then the individual parts of the snatch are learned in divisions, and then the execution follows as a whole in the following order: 1. From a standing position (barbell in lowered hands) raise barbell up on straight arms, as in a snatch with two hands, but without a "squat" [3, 9]. When performing this exercise, it is important to ensure that the bar rises close to the body, and the hands are brought under the bar when it is at the level of the top of the head. 2. From a standing position (barbell in lowered hands), raise the barbell up to straight arms, first with a "squat" in the "half squat" method, and then, as in a competitive snatch with two hands. In the first approach, "squatting" in the "scissors" way is not deep, in the next repetitions gradually deepen the "squatting". In the following approaches, repeat the movement in the reverse order - from a deep "squat" to a slight one.In this exercise, special attention should be paid to the speed of lowering into the "squat" with bringing the pelvis and torso (shoulders forward) under the bar, to the continuous effort of the arms (until they are fully extended) to lower them into the "squat" and to the correct position of the barbell bar in the hands . 3. From the position, as before the start of the "undermining" (barbell in lowered hands), lift the barbell up to straight arms with a "squat", as in a two-handed snatch. With the further implementation of this exercise, the barbell is lifted from a lower position - from the knees, below the knees, and then from the starting position. In these exercises, the main attention is paid to the transition from the first phase of lifting to the second - "undermining" - and its implementation. 4. From the starting position, perform a jerk with both hands as a whole. "Squatting" in the "scissors" way to do different depths, which is possible when lifting the barbell to different heights. This exercise develops the ability to perform a "squat" according to the height of the barbell, so that it is always picked up in the highest position. "Hidden" by the "low squat" method (stretching) must be done in full depth. But if the weight is raised higher than necessary, then after picking up the raised bar, further lowering into the "squat" is done with a yielding effort. Snatch with two hands is learned with a barbell weighing from 20 to 40 kg. The weight is taken depending on the weight category of the athlete or on his result, shown during the testing of the exercise [7]. If the bench press, snatch and jerk with two hands are learned in parts, then in the lesson for each part of the exercise 2-4 sets are done with 2-3 repetitions in each set. To consolidate the skill in the right.

Conclusions. An analysis of the methods of teaching weightlifters the classic snatch technique (competitive exercise) revealed the following. To date, there are many approaches to teaching the technique of competitive exercises. But all authors are unanimous in their opinion that the ability to perform a motor action is formed on the basis of certain knowledge about its technique, starting from the relevant prerequisites. 2. In the structure of the athlete's technical readiness, it is important to single out basic and additional movements. Basic movements, which are mandatory for the athlete, form the basis of the technique. Additional movements and actions are secondary movements and actions that are characteristic of individual athletes and associated with their individual characteristics, determine the individual technical manner and style of the athlete. 3. Identification of errors and their causes allows you to choose special

preparatory exercises to correct them. Special-preparatory are exercises that include parts, periods, phases and elements of competitive actions of athletes, as well as movements similar to them in form, structure and mode of muscle activity. They are aimed at increasing special physical fitness and improving the technique of competitive exercises.

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