

SPECIFIC APPRECIATION ELEMENTS OF THE TECHNICAL PRESENTATION OF WEIGHTLIFTERS AGED 10 TO 12

Costel Dimofte¹

¹Teacher – coach, barbells, Galați School Sports Club, Romania

Key words: technical training, technical procedures, appreciation criteria, grades

Abstract: When dealing with barbells, we appreciate both the lifted weight and the technical aspect. In barbell exercises the technique of weight lifting is of utmost importance. In practice, the appreciation of the technical degree of the weightlifters' training is not always given enough importance. Therefore, the purpose of this paper is to emphasise the specific characteristics, components and methodology of learning and acquiring the weight lifting technique in barbell exercises, criteria which would help us appreciate the very important technical training.

Current issue:

When dealing with barbells, we appreciate both the lifted weight and the technical aspect. In barbell exercises the technique of weight lifting is of utmost importance. In practice, the appreciation of the technical degree of the weightlifters' training is not always given enough importance. Therefore, the purpose of this paper is to emphasise the specific characteristics, components and methodology of learning and acquiring the weight lifting technique in barbell exercises, criteria which would help us appreciate the very important technical training.

Purpose: Specific evaluations of the technical training in barbell exercising. Appreciation criteria for weightlifters' technical training. Grades in the evaluations of the pull and toss classical procedures

Methodology of the research:

It includes the study of the specialised literature and of the weightlifting competition regulation. [3]

Determination and establishment of the criteria for the appreciation of the technical training composition

The increasing demands of modern training require a conscious attitude towards the training process as well as towards entering competitions.

In great competitions, where participants may be of reasonably equal values, winners will be those who prove great consciousness, self-control, maximum devotion, who will know how to dose their energy.

In order to have access to such competitions, weightlifters have to be aware of their possibilities, to trust their abilities, to have maximum power of concentration. [1, 3]

The requirements of training 10 to 12-year old children

The tests and control norms provided by the national selection system, as well as the organisational measures meant to identify the members of the beginners' group, focuses on the observance of the following criteria:

- a) Favouring the process of growth, development, preservation of the state of health and increasing the overall resilience of the body.
- b) Harmonious physical development of the children included in the training process.
- c) Progressive development of the functional capacity of the organs and systems of the body and increasing their adaptability to progressively increased effort.
- d) Acquisition of the correct technique of the pull and toss procedures, as well as of the assistance exercises carried out during trainings.
- e) Creating a baggage of basic motor skills and abilities (running, jumping, tractions and thrusts, climbing, throwing and catching, carrying weights and balance).
- f) Development of the basic motor skills:
 - speed of execution of certain single movements of the upper and lower limbs;
 - rate of reaction, particularly, to visual and auditory stimuli, concretised by grabbing, leaning, pushing, deviating, retracting, avoiding actions;
 - coordinating the action of arms and legs;
 - coordinating the actions of grabbing, pushing, holding, keeping and carrying various objects;
 - developing segmental explosive force, using the weight of one's own body or small burdening objects.
- g) Forming a system of elementary notions concerning the characteristics of weightlifting, rules of conduct in the weightlifting hall and the young weightlifter's lifestyle (nutrition, body hygiene, rest, individual training).

- h) Accustoming children to the contest atmosphere, insisting on the rules for preparing before a contest, focusing during the contest and compulsory measures for recovery after contest.
- i) Educating discipline, perseverance, endurance and confidence in one's possibilities, indispensable qualities for any weightlifter. [1, 3, 4]

1.Evaluation of the standard appreciation grid of the technical training for each distinct procedure

Take into consideration presentation on the podium, attitude, behaviour during the contest, aspects noted by the referees according to the tables:

Table 1. Appreciation criteria of the pull technique according to the component stages

Pos.	Name of the exercise	Maximum score
1.	Start – approaching the bar	2
2.	Position of the legs	1
3.	Position of the back and of the head at the start	1
4.	Detaching the barbell from the floor – straightening	4
5.	The pulling phase	5
6.	Getting under the barbell in hip thrust position	5
7.	Holding the position	4
8.	Raising from the hip thrust position	3
9.	Anchoring the body	3
10.	Lowering the barbell onto the podium	1
11.	Leaving the podium	1
Total score		30

Table 2. Appreciation criteria of the toss – upright row technique according to the component stages

Pos.	Name of the exercise	Maximum score
1.	Start – approaching the bar	2
2.	Position of the legs	2
3.	Position of the back and of the head at the start	2
4.	Grasping the barbell and position of the arms	2
5.	Position of the shoulders at the start	2
6.	Detaching the barbell from the floor – straightening	4
7.	The pulling phase	5
8.	Reversing the elbows	5
9.	Position of the barbell on the chest – clavicle	3
10.	Preparing for tossing	3
	Total score	30

Table 3. Appreciation criteria of the toss – chest toss technique according to the component stages

Pos.	Name of the exercise	Maximum score
1.	Position of the body and of the legs	3
2.	Executing the flexion and extension for tossing	3
3.	Detaching the barbell from the chest	4
4.	“Scissors” hip thrust	5
5.	Position of the body and of the legs in the hip thrust position	5
6.	Holding the hip thrust position	3
7.	Straightening up	3
8.	Anchoring the body after straightening up	2
9.	Lowering the barbell onto the podium	1
10.	Leaving the podium	1

	Total score	30
--	--------------------	-----------

Grading shall be done by 3 - 5 referees who shall use the grading system from Table 1, Table 2 and Table 3.

The referees shall sit in different positions around the podium to be able to view the trainee's evolution, noting it in the appreciation grid, Table 4.

There shall be 3 lifting attempts for each style (for the same weight) and either the best one or an average of the three attempts shall be recorded, both for pulling and for tossing.

Table 4. Grading shall be made according to the appreciation grid of the lifting technique

No.	Score	Obtained score	Grade
1.	1 – 5		Insufficient
2.	6 – 10		Poor
3.	11 – 20		Sufficient
4.	21 – 25		Good
5.	26 – 30		Very good

In case of equal scores, the tie-break will be: the number of missed attempts, year of birth, month of birth, etc.

This type of appreciation shall be used for 9 to12-year old trainees to be selected and trained in the clubs affiliated to F. R. Haltere; they must present the following: sports ID, identification request, medical certificate, birth certificate.

Avoid lifting too heavy weights, compete using the same weights.

For instance:

Boys, pulling 15 kg, tossing 20 kg.

Girls, pulling 10 kg, tossing 15 kg. [2]

Conclusions

The training of beginner weightlifters (10-12 years old) requires a minute activity with respect to the determination, elaboration and construction of an optimal and adequate methodology, according to the age of the beginners, as well as according to the special, difficult requirements of the weightlifting technique.

The weightlifting specialists' opinions show that the most adequate age for the initiation of a multiannual specialisation process is 10-12, but in some cases, it can be 8-9.

In order to avoid putting too much stress on 10-12-year old children, it is recommendable to compete using small weights, grading the lifting technique.

BIBLIOGRAPHY

1. Baroga L. – (1977) Haltere și culturism, p 37, București, Editura Sport - Turism.
2. Hâtru D. – (1985) Haltere Pregătirea copiilor și juniorilor, București, Editura Sport – Turism, p. 68-69.
3. Lucikin N. I. – (1954) Haltere, Editura Cultură Fizică și Sport, București, p. 28, 68.

ELEMENTE SPECIFICE DE APRECIERE A PREZENTĂRII TEHNICE A SPORTIVILOR HALTEROFILI 10 – 12 ANI

Cuvinte cheie: pregătire tehnică, procedee tehnice, criterii de apreciere, procedee tehnice, calificative

Rezumat: În haltere se apreciază atât greutatea ridicată cât și aspectul tehnic. În sportul cu haltere tehnica ridicării greutăților are o importanță deosebită. În practică aprecierea nivelului tehnic de pregătire al sportivilor nu întodeauna are locul și importanța cuvenită. Astfel, scopul prezentei lucrări este acela de a determina scoaterea în evidență a particularităților specifice, a componentelor și a metodologiei de învățare și însușire a tehnicii ridicării greutăților în sportul cu haltere, criterii după care poate fi apreciată această latură foarte importantă, pregătirea tehnică.