

PSYCHOLOGICAL TRAINING OF YOUNG PEOPLE ATHLETES

Gafurov Abduvokhid Makhmudovich

Kokand State Pedagogical Institute, Uzbekistan

ABSTRACT

Special psychological training is aimed at solving the following specific tasks. Formation of physical stability, contributing to overcoming psychological obstacles in an athlete. Overcoming psychological obstacles that arise in the fight against a certain opponent.

Keywords: Psychological training, sport, discipline, improvement, motivation, individual characteristics.

INTRODUCTION

The main task is to foster high moral and spiritual qualities, patriotism and loyalty to their homeland, the values of collectivism, hard work and discipline in training sessions with young athletes. Direct sports activity plays an important role in the spiritual education of young athletes, as this activity has great potential in the education of spiritual qualities.

A high sense of responsibility to society, the formation of moral qualities of the personality of young athletes should be carried out simultaneously with the development of strong-willed qualities of an athlete, while psychological training should be understood as an educational process aimed at the development and improvement of the personality of young athletes. At the same time, psychological preparation for a continuous training process is carried out through the continuous development of motives for sports activities and a benevolent attitude towards various aspects of the training process.

Psychological training of young athletes is aimed at the formation of unique personality characteristics that allow them to successfully participate in competitions by adapting to certain conditions and extreme competition conditions. Psychological training acts here as an educational and self-educational process. In this process, the coach-teacher is the central figure, the coach-teacher is not limited to managing the behavior of athletes during training and competitions. The success of the training of young athletes is largely determined by the daily coordination of sports training and general education tasks by the coach.

It is advisable to start training the discipline from the first lessons. Strict observance of the rules of participation in training and competitions, strict compliance with the instructions of the coach, impeccable behavior in training, at school and at home – all this should always be paid attention to by the coach. From the very beginning of sports training, it is important to cultivate hard work and the ability to overcome difficulties, which is achieved by regularly completing training tasks. A young athlete should use concrete examples to make sure that success in modern sports depends on hard work. In the process of training with young athletes, intellectual (psychological) training is of great importance. The main task of psychological education is for students to acquire special knowledge specific to sports training, hygiene and other areas.

Modern sports such as table tennis are characterized by a high level of training and competitive loads. At all stages of training, only an athlete who is in good physical shape

and able to maximize his potential can go through a very strict selection process. This is possible only if there is a high interest in achieving this result.

Recall that a motive is an incentive to engage in activities related to meeting certain needs. A need is a human condition expressing a person's dependence on certain living conditions. High achievement motivation, which is defined as the desire to achieve a result, directs the athlete's capabilities to one place, reveals creative potential, forces the athlete to look for and find the most interesting behaviors, a sense of norm and responsibility, and, although not immediately, it provides everything necessary to achieve a high result after a certain period of time. An athlete changes from the inside, becomes worthy of record results, shows his best sides. Of course, we are talking about the desire to win without deviating from the rules and high moral ideals.

The level of mobilization of an athlete's capabilities is an indicator of his desire to complete a task, and, accordingly, by influencing this desire (motivation), it is possible to increase the level of mobilization of capabilities. The more a person wants to achieve a certain result, the more he will try to achieve the appropriate result.

In the practice of table tennis, the problem of motivation is solved in two ways: selecting athletes with a high level of motivation and further increasing this level through persuasion and encouragement. In this case, it is an effective way to increase the previously high motivation of an athlete due to special effects.

Means and methods of psychological training

According to the content, the tools and methods are divided into the following groups:

- psychological and pedagogical - persuasive, guiding, mobile;
- behavioral, social;
- psychological-suggestive, mental, social-gaming;
- psychophysiological, psychopharmacological, respiratory.

According to the direction of exposure, the funds can be divided into:

- means aimed at correcting the perceptual-psychomotor field;
- means of influencing the sphere of consciousness;
- means affecting the emotional sphere;
- means affecting the volitional sphere;
- means of spiritual influence.

In the process of working with young athletes, a certain direction of superiority of one or more means and methods of influence is determined. In the conditions of a children's and youth sports school, such methods include methods of influencing words (verbal, figurative, word-figurative).

Creating internal psychological support – this method is very effective when it is necessary to build self-confidence in the presence of such individual characteristics as sensitivity, indecision, emotional tension, and a tendency to risk. This method is based on the formation of confidence in a strong manifestation of fitness in a young athlete. This confidence is reinforced by the fact that the coach artificially creates suitable situations during training. Due to the creation of "internal psychological stability", on the one hand, current and quasi-stationary psychological conditions are optimized, and on the other hand, the level of special training of young athletes is actually increased.

Rationalization is the most common method used by any athlete at all stages of training. This method is very effective in working with athletes who are insecure, characterized by hypersensitivity and emotional excitability. This method is also highly effective in examination tests (when adopting control standards or a mandatory TTK program), in microcycles of control games and in competition conditions, to find its reflection in the rational interpretation of some mechanisms of the situation.

Sublimation is an artificial substitution of one mood for another, and this method is more effective when changing the purpose of an exercise or game (changing the goal, for example, switching from a strength exercise to performing a certain technique). Athletes with an unstable nervous system, who have lost self-confidence, and are not very confident in their own abilities, feel the need for such verbal influence.

Deactualization is an artificial reduction of the opponent's strength, which is used to solve problems that arise during training or competitions. There is a distinction between direct deactualization and indirect deactualization. Pointing out the weaknesses of an opponent's training to a young athlete is a direct deactualization, and emphasizing and highlighting the strengths of a young athlete is an indirect deactualization. It requires a certain pedagogical tact from the coach. This method is more effective when used for young athletes with a weak and unstable nervous system.

All of the above means of verbal influence can be used by the coach, since currently the coach cannot stay away from the problems of educational work and psychological training of young athletes.

A high result in table tennis involves the performance of work of varying volume, intensity and content aimed at the practical application of the potential achieved by the athlete in competition conditions. Only a person with certain characteristics of spiritual and moral education can withstand enormous stress and act effectively in such conditions.

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