

DEVELOPMENT OF THE PERSONALITY OF YOUNG ATHLETES

Azizov Mukhammadjan Azamovich

Kokand State Pedagogical Institute, Uzbekistan

ABSTRACT

The nature of adolescents' sports interests affects their adaptation in the educational process and their effectiveness. The psychological necessity of young athletes in training, physical development, recognition, desire to show themselves, command or obey others, communicate, establish emotional ties are necessary conditions.

Keywords: Sports, Physical Education, young athletes, training, healthy generation, training, mental, Sports - age, moral qualities.

INTRODUCTION

In order to ensure psychological and pedagogical unity in the education and upbringing of young athletes, it is necessary to have certain knowledge, qualifications, skills, develop an individual orientation, character, sports ability of young people, form a worldview, correctly formulate high moral feelings, intellectual abilities, aesthetic and physical qualities. To develop the personality of young athletes, it is important to use various methods and techniques in the process of education and training: self-education, strengthening passion for their work, expanding knowledge. In order to ensure psychological and pedagogical unity in the education and upbringing of young athletes, it is necessary to have certain knowledge, qualifications, skills, develop an individual orientation, character, sports ability of young people, form a worldview, correctly formulate high moral feelings, intellectual abilities, aesthetic and physical qualities.

To develop the personality of young athletes, it is important to use various methods and techniques in the process of education and training: self-education, strengthening passion for their work, expanding knowledge. When the coach is active, independent, has a high level, creative abilities, when working with young athletes, in the educational process, their psychological aspects are well understood.

The pedagogical system "coach - children's sports team" forms not only sports knowledge and skills, but also their spiritual moral world. The personality of a teenager can be formed only in the environment of creative search, in the process of development, expansion and complication of activities. The complexity of the activity, on the other hand, determines the development of the child's psyche. Therefore, educational issues are solved only on the basis of the Psychological Laws of human activity, their dynamics.

When building a system of educational influences, it is necessary to take into account the characteristics of the various types of activities in which the young athlete participates, its content and size. All types of children's activities can be divided into 2 groups. The first involves the study of children's attitudes, tasks, motives and norms among people. In this, children develop a mainly needy-motivational sphere. Secondly, this group includes those who have developed socially, have mastered the methods of cultural activity. Intellectual, cognitive, technical abilities of schoolchildren are formed here.

Thus, during the period of activity, periods of development of needs and motives alternate naturally, with the period of development of abilities. The special organization of the leading type of activity is the main condition for the hierarchy of needs and motives, in which the targeted influence on the personality of children is required of it. Any method of upbringing that affects us, S. L. Rubinstein believes that what we experience is conditioned by what changes our mind.

External influence affects a person through his sense and experience. Therefore, the influence of such pedagogical motives and mental factors, which take into account the individual qualities of adolescents, will be effective.

Educational effects can accelerate or slow down certain developmental skirts. At the same time, as in other sports, in this regard, each sport has its advantages and disadvantages, each sport has its advantages and disadvantages, each sport has its advantages and disadvantages, each sport has its advantages and disadvantages, and each sport has its advantages and disadvantages. Training in both higher sports education and classes is the result of teaching the type of students, the team, the chosen sport of individual qualities and interpersonal relationships. Thus, the well-known ego qualities of sports education require not only optimal physical exercises, but also the development of conditions for their performance.

At the same time, the popular qualities of the formation of your adolescents without resetting in educational and educational materials, mastered sports as didactics, socio - political knowledge, kunikma and qualifications, for example, not only a team, but also a school sports instructor, refereed, do not know public sports.

A coach who wants to have a successful education should know the essence of this process and be able to control it. Taking into account the children's sports team, the individual characteristics of adolescents, their relationship to the moayyan sport, the coach finds methods, the best techniques for conducting the educational process, chooses the most pedagogical solutions.

The coach must be able to see his future from Olin, his upbringing, engaged in a certain type of sport. If the coach knows to what extent the Apple will help with education, according to which the set goal and its perspective are interconnected, he will easily be able to choose the most necessary for his work from within the kuggina methods.

It is necessary to introduce various, colorful elements into the upbringing process, sports situations and present it in a new way. Importantly educational uploads show athletes their skills in tournaments and competition, not training.

The main types of sports activities are associated with a certain movement and are exercises aimed at solving the problems of physical education (improving, developing the physical qualities of young athletes). Exercise contributes to an individual being spiritually strong, strong-willed. In this regard, exercise can become a subject of special psychological research. It is impossible to develop rational methods of education without a clear analysis of the psychological foundations of physical exercises.

Training adolescents for sports is a multi-component system. Each component must be studied in depth by the coach. In order to lead a focused education, the coach must arouse the desire

of adolescents, to perform complex situations, explain the meaning, stimulate independent decision-making.

For effective education and upbringing, information about various aspects of adolescent personality development is of great importance. Unfortunately, often coaches have information about the improvement of the skills of a young athlete in sports knowledge, but do not know anything about the deeper manifestation of his personality, psychological characteristics. These are: the formation of cohesion, motivation, temperament, character and sports ability, Mo'ayyan sports skills. It is the study of these characteristics that, given the role of adolescents in sports activities, is represented by a positive (cheerfulness, confidence, curiosity, passion) or a negative side (fatigue, tusheunlik, apathy, relaxation) posture. determines the success of educational work in the teenage community.

REFERENCES

1. B.B.Kipchakov A.Q.Utepbergenov. The effect of intensive physical loads on the physiological state of athletes of a high category. Pim is also a jamiet. №1.2021.
2. Якубжонов, И. А., & Якубжонова, Ф. И. (2023). Развития реакции быстроты у спортсменов. Образование наука и инновационные идеи в мире, 32(1), 51-55.
3. Abdullaev, R. (2023). Necessary formation of complex competence safety of tourist services during the development of a structural-functional model. Science and innovation, 2(A2), 261-264.
4. Abdullaev, R. (2023). Bases of scientific and technological support of the process of formation of special tourist knowledge, abilities and skills. Science and innovation, 2(B3), 122-123.
5. Makhmudovich, G. A., Anvarovich, I. S., & Inomov F. O', (2022). Development of physical activity of students based on physical education and sports classes. International journal of social science & interdisciplinary research issn: 2277-3630 Impact factor: 7.429, 11(11), 135-141.
6. Азизов, М. А., & ўғли Рахмонов, М. К. (2023, January). Взаимосвяз физической и технической подготовки волейболистов. In international scientific and practical conference "the time of scientific progress" (Vol. 2, No. 1, pp. 226-232).
7. Abdukhamidovich, M. I., Albertovich, S. A., & Azamovich, A. M. (2022). Physical culture as a motor factor of mental performance of adolescents. International journal of social science & interdisciplinary research issn: 2277-3630 Impact factor: 7.429, 11(11), 128-134.
8. Azamovich, A. M. (2022). The types of jumps required in physical education and sports practice, the peculiarities of jumping and jumping endurance. International journal of social science & interdisciplinary research issn: 2277-3630 Impact factor: 7.429, 11(11), 324-326.