

DEVELOPMENT OF PSYCHOLOGICAL TRAINING OF YOUNG TRACK AND FIELD GIRLS

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ABSTRACT

The article highlights the improvement and effectiveness of the methodology of using action games in increasing the psychological training of young track and field athletes.

Keywords: teenage athletes, action games, physical fitness, technical-tactical training, psychological training.

INTRODUCTION

Today, the popularization and development of physical education and Sports has become one of the most important areas of the world community. At this point, the role of children's and youth sports is of particular importance. The role of physical, technical-tactical, psychophysiological, intellectual training in the involvement of gifted children in sports in the chosen sport, the cultivation of their sports skills is incomparable.

The intense development of sports is one of the important aspects of the development of children's and adolescent Sports Today, conducting modern scientific research in this field and organizing training on a scientific basis based on their results. One of the most basic tools for the development of children's sports is action games.

The research work carried out in the world investigated the issues of formation and development of motivation for sports training of young athletes engaged in schools, optimization of training loads, taking into account their anatomical-physiological, psychophysiological and age characteristics. At the initial preparatory stage, the means and methods of rational formation of movement training in the chosen sport, a methodology for developing the qualities of their movement, taking into account the sensitive periods of children, have been developed.

There have been studies devoted to the problems of determining the importance and effectiveness of action games in qualifying for sports, maintaining the contingent in their sports circles. Currently, the improvement of the system of application of action games in the psychological training of young athletes engaged in the initial preparatory stage is considered a solution to solving the tasks of the initial stage.

In our country today, physical education and sports, especially the development and popularization of children's sports, are considered as one of the priority areas. "It is important to increase and realize the creative and intellectual potential of the younger generation, the formation of a healthy lifestyle among children and young people, their wide involvement in physical education and sports." Our young athletes are taking prizes at prestigious international competitions. The achievements of our youth are significantly increasing in athletics sports. It is known that the victory in each sport is mainly ensured through the physical and psychological training of the athlete.

In research work to date, action games have been recommended as the most effective means of comprehensive training of young athletes. But there has not been enough special research done to improve the methodology of applying action games to the training process, which is used to improve the physical and psychological training of young track and field athletes. Scientifically-pedagogically substantiating the application to the educational process of action games, taking into account the age characteristics of those engaged in action games, which are used to increase the psychological training of young athletes, is today one of the pressing problems of the theory and practice of children's and adolescent Sports on an international scale.

Psychological training of young track and field athletes involved in school athletics circles is an extremely important process. As well as being able to understand the tasks set by the coach in time, athletics ensures that the elements are mastered wisely.

In summary the 10-year-old student was considered to have a significant developmental potential in action games in the psychological development of girls. In this, these games have a description of practical activity, on the one hand, they contribute to the physical development of young track and field athletes, and on the other hand, they create favorable conditions for the development of attention, memory, thinking.

In this case, the rules established in the implementation of action games provide the basis for the formation in the minds of the participants in the game of perceptions of situations such as the norms of order, norms of behavior of a person in real life, which are decided in the existing relationship between people in society.

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