

BASIC PRINCIPLES FOR THE DEVELOPMENT OF VOLITIONAL QUALITIES IN TENNIS PLAYERS

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ABSTRACT

The article covers the basic principles of the development of volitional qualities in tennis players. Volitional qualities are an important factor in the competitive activity of an athlete, determining their mental stability, determination, patience and degree of aspiration to the goal. The study analyzed aspects such as the characteristics of tennis sports, the psychological loading in it, the speed of decision making in competitive conditions and stress resistance. Also presented are exercises aimed at the formation of will, motivational approaches and recommendations developed on the basis of pedagogical and psychological methods. The results of the work are of practical importance in the comprehensive training of athletes, in increasing their psychological training.

Keywords: Tennis, volitional qualities, sports psychology, motivation, mental training, self-control, willpower, stress resistance, training process.

INTRODUCTION

Modern sports, in particular tennis, have reached such a level of development that the physical, technical and tactical training of the most powerful athletes today is approximately at the same level. Often, the result of sports competitions is determined by the mental capabilities and reserves of the athlete, that is, psychological factors. High emotional uplift, desire for victory, psychological uplifting, etc. – in many cases leads to the defeat of a stronger athlete who, humiliating his opponent, entered into a mentally unprepared struggle.

One of the leading trends in the development of modern sports is the growing influence of the psychological factor on the effectiveness of training activities of athletes and their success in competitions. Sports activities usually take place in conditions of a significant degree of emotional tension, which is associated with such factors as the responsibility of sports tasks, lack of useful information, time deficit, unforeseen circumstances, large physical and mental stresses. Unfavorable mental states that occur in conditions of extreme activity make it necessary to develop means of their prevention and regulation, as well as to educate the psychic characteristics of the individual, which provide high mental stability.

Psychoregulation is widely used for the purpose of managing the mental states of highly qualified athletes in sports activities, helping them to optimally use their physical and technical capabilities. However, coaches often focus on psychoregulation opportunities only when their athletes have already achieved high Sports qualifications. At this level, it becomes problematic, and sometimes very difficult, to fill in previously overlooked aspects, since psychic stereotypes in activity and behavior will have time to form. It is at the level of high Sports

qualifications that the shortcomings in the mental training of young athletes are clearly manifested. Working with adults on filling previously allowed gaps is not very effective and does not give the desired result, since it takes a lot of time.

This problem makes the issue of searching for new and effective tools and methods for restoring the working abilities of young tennis players and optimizing the training process relevant.

This work was carried out in order to improve pedagogical methods for increasing the voluntary and psychological training of participants in the table tennis circle at the children's and Adolescent Center, designed for children and adolescents. To achieve the set goal, it is necessary to study the recommendations of sports psychologists and coaches and apply them in practice, summarizing their experience.

The main areas of activity of the coach for the psychological training of young tennis players Psychological training of young athletes in Tennis implies the formation of athlete personality and interpersonal relationships, the development of sports intelligence, psychological functions and psychomotor qualities. Psychological training in tennis is aimed at:

- identification of a complex of psychological qualities and characteristics in the personality of an athlete and diagnostics of their manifestations in sports activity;
- to help form the correct psychological attitude towards external factors on the sports field and in ordinary life.

The main tasks of psychological training:

- awakening a stable interest in tennis training;
- formation of a positive mental mood to the training process.

The main ways to influence athletes:

- interview;
- pedagogical irrigation (vnusheniye);
- persuasion;
- modeling competition situations through the game.

Psychological training forms the following qualities in young tennis players:

- "champion" character, that is, an athletic and personality character who is strong-willed, purposeful, creative-minded and has a high level of championship motivation;
- high concentration and stable hold of attention, the ability to quickly and accurately track the movements of the opponent;
- ability and skill to independently mobilize their capabilities in difficult situations;
- goal orientation, determination and striving for victory;
- patience and the ability to catch oneself;
- the ability to put psychological pressure on the opponent and stabilize his own internal state through this, keeping himself in a confident, emotionally stable "shay into battle" position;
- strengthen the mental preparation for the competition by maintaining the brightest and most successful winning movements in memory, restoring them in the mind.

Psychological training is indispensable from educational work with young tennis players. The main task of educational work is to educate young athletes with high moral and spiritual qualities, patriotic feelings and volitional qualities. The main role in educational work belongs

to the coach. As a coach, he must understand that carrying out educational work is an integral part of the training process, as well as technical, tactical and physical training.

Education of will qualities in young tennis players in training

Willpower is a complex psychic phenomenon. Willfulness is understood as the psychic activity of a person in managing his actions, thoughts, feelings, body in order to achieve consciously set goals. This process is carried out by overcoming various difficulties and is an internal stimulus that divides the instruction in the implementation of various actions. Willpower develops and strengthens in the process of overcoming difficulties.

The main ones of volitional qualities in sports are: striving for the goal, perseverance and endurance of hard work, courage and boldness, initiative and independence, endurance and self-control. To educate volitional qualities in young athletes, it is necessary first of all to set specific and concrete goals and tasks for them. As they strive to achieve the goals set, young athletes employ their willpower, develop willpower, learn to overcome difficulties and control their own actions. It is necessary to carry out the development of will qualities in young athletes in a planned way, taking into account their age and gender, physical and psychological capabilities.

Competition is one of the most basic forms of challenge for a tennis player and is the best means of Will training. While training forms the ability of coaches to achieve maximum results in competitions, the coach must remember that competitions with equal opponents are the most effective, since victory is achieved in a difficult struggle. Victories against weak opponents are worth less, since they often lead to overestimation of their abilities, pride.

The psyche of a tennis player is negatively affected by losing in competitions with many times stronger athletes. In situations where encounters with strong opponents cannot be avoided, players are advised to use techniques such as giving different missions, setting fora. At the same time, any victory increases confidence, and the level of play of the tennis player also increases.

The coach should carefully monitor his students, not allowing excessive self-confidence and pride to appear in them instead of confidence. Pride leads to a decrease in training and life routine, insufficient assessment of difficulties, weakening of willpower and psychological training, and usually the athlete loses in competitions.

The coach should introduce students in detail about preparing them for competitions during the training process. If the opponent is not a secret for a tennis player, it is necessary to study in detail aspects such as his technique, game tactics, games against other opponents, when he will apply his decisive blows.

CONCLUSION

Willpower and psychological training are of great importance in training the skills of young tennis players. Unfortunately, there is no scientific and experimental system for this training unit of young tennis players. At the same time, in the practice of training athletes, there are tips and recommendations that can be useful for educators-trainers. The generalization of some studies carried out in the field of psychological training of young tennis players indicates that they are aimed at studying different aspects of psychological training from the point of view of sports psychology and covering its pedagogical aspects.

The educational and training process is a completely pedagogical process, where pedagogical conditions must be created for the formation of psychological preparation for participation in the competition, taking into account the components of psychic activity such as intelligence, motivation, emotions, willpower of young tennis players.

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