

PSYCHOLOGICAL PREPARATION OF ATHLETES.

Madaminov Oribdjan Nishanbayevich

*Fergana State University, Faculty of Physical Culture, Department of Teaching Methodology of Physical Education and Sports Games, Lecturer. +998-94-532-79-39
madaminovorifzon083@gmail.com <https://orcid.org/0009-0000-6050-8285>*

Annotation: *The article psychological state of an athlete largely determines the ability to achieve high results. There are many examples of a team that was physically, technically and tactically stronger losing to a team that was poorly prepared but showed great will, perseverance and immense strength to win.*

Mental functions and personal characteristics are very important in mastering technique, tactics, and developing physical qualities. Highly developed willpower, thinking, memory, attention, observation, and movement sensitivity are necessary to master all aspects of sports training.

Keywords: *Psychological preparation, ability, physical, technical, tactical preparation, willpower.*

INTRODUCTION

It is customary to divide psychological preparation into general and preparation for the upcoming competition. General psychological preparation of an athlete is carried out at all stages of training. Its main tasks are to cultivate moral and volitional qualities, develop and improve specialized perception (attention, observation, thinking, ability to control emotions).

The upbringing of the moral and volitional qualities of an athlete should be carried out in unity. Moral qualities include ideology, teamwork, patriotism, discipline, etc.; volitional qualities include purposefulness, determination, perseverance and courage, initiative and independence, endurance and self-control.

The upbringing of moral qualities is necessary both in labor and in sports activities. Often the success of a team in competitions depends on the moral and willpower of its participants...

Sports games are an important means of solving educational problems.

The central "figure" of the educational and upbringing process is the coach. His personality and daily activities are of great importance in educational work.

Research problem and objectives:

It is impossible to fully solve educational problems without an individual approach to students. By observing the behavior of his students in training, in everyday life, and especially in competitions, the coach can get a clear idea of their character. Personal conversations allow you to get to know each team member better.

Educating students is a complex and laborious process. The teacher must rely on youth and public organizations to create a healthy, strong team that can help him in all

matters during training and educational activities. Here, lectures, conversations, group trips to the cinema and theater, competitions, evenings, etc. will be of great help.

Theoretical framework:

The development of willpower largely depends on the athlete's actions, his moral and spiritual state, technical, tactical and physical training. General recommendations for the development of willpower:

1. Set specific tasks, starting with simple ones that match the athlete's capabilities.
2. Each task must be completed on time and well.
3. Follow the daily and nutritional regimen.

4. Force them to work on the weaknesses of physical and technical-tactical preparation.

The development and improvement of specialized perception, attention, observation, thinking, and emotional management skills are carried out during training sessions and competitions. An important aspect of technical skill in sports is the specialized perception of the ball ("feeling the ball"), movements with the ball (foot, hand, racket), its direction and distance to the target.

Muscular activity and visual sensations are of leading importance in the perception of the ball. Through long-term, systematic training, players develop a subtle differentiation of sensations, which allows you to determine the characteristics of the ball's flight, its weight, elasticity, shape, the force of hitting the ball, etc.

Methods:

It is known that skilled tennis players, football players, basketball players, volleyball players determine the weight of the ball with an accuracy of a few grams. With a well-developed "feel for the ball", movements during the shot are distinguished by ease and freedom, reliability and convenience. As special tools for developing these qualities, hitting a target, special exercises in quick shots, hitting a target placed blindfolded, jumping with a rotation with a racket and balls of different weights, etc. are recommended.

Procedure

Structural elements of educational cooperation technologies:

The development of specialized perceptions is especially important in tactical training. The rapid selection of the right solutions in a complex game environment depends on the correct orientation, which in turn depends on the level of development of the visual analyzer (field of view, depth perception, muscle condition).

The manifestation of mental abilities in difficult game conditions requires high concentration, which cannot be sustained indefinitely. Therefore, it is important to develop its stability and the ability to mobilize at crucial moments.

The success of game actions largely depends on observation, the ability to quickly assess the game situation and control actions. There are also often cases where the unsuccessful outcome of the game is explained by the inability to overcome negative emotions (confusion, anger, fear, distrust, sadness, etc.).

Principles of educational collaboration technologies:

Solving the problems of physical, technical, tactical and psychological preparation will not be successful without a certain amount of knowledge on the part of the participants. During practical and theoretical training, the participants learn the necessary knowledge on hygiene, physiology, nutrition, training procedures, game techniques and tactics, and others.

Cooperative learning signs of technology:

For this purpose, lectures, watching films, conversations, observations, analysis of games and practical exercises are used.

Theoretical exercises help to form a worldview specific to New Uzbekistan, develop cognitive abilities, and the ability to think independently and generalize the knowledge gained.

Collaborative teaching technologies are based on the principle of “pedagog-student cooperation” and are used in the following forms:

- conducting small researches;
- participation in the competition on the topic;
- preparation for science Olympiads;
- preparation of joint projects;
- publication of scientific articles in creative cooperation;
- creation of educational resources in creative cooperation.

Requirements for the use of collaborative learning technologies:

- cooperation with partners and groups;
- active work, a responsible approach to tasks;
- positive attitude towards cooperation to tasks;
- not only for his own benefit, but also for the success of his partner and the group and a sense of responsibility.

The procedure for using joint educational technologies:

- requirements work in small groups;
- uniform training material for the team;
- each group finds an answer to a separate question;
- an expe group will be formed;
- this group has the opportunity to assess the performance of each student separately;
- the points scored by the students are summarized and based on the activity of the small group evaluated;
- the team with the highest score is the winner.

The educational process is extremely complex, and in this process society requires high efficiency of education based on its socio-political and economic needs.

Coeducation, which is a relationship between a teacher and a student-students will have coeducation based on technology.

Thus, improving the quality of cooperation technologies in the field of education, increasing the effectiveness of education, making decisions about mutual relations between teachers, students, student group, as well as the community, ideological and

moral to achieve unity, to strive for a conditions for the realization of the inner potential of each student and for his-her manifestation as s person.

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