

**THE IMPORTANCE OF PSYCHOLOGICAL PREPARATION IN THE TRAINING OF
ATHLETES**

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Annotation: This article talks about the role of psychological preparation of athletes and the important conditions for achieving victory.

Keywords: Coach, training, opponent, psychological preparation, victory, characteristic.

Achieving high results in modern sports requires many years of intensive sports training, tireless work and a high level of patience. For this, the athlete must be psychologically ready for any situation. Such preparation is carried out during sports training through the continuous formation of internal motivation, aspiration, which are the motives of movement activity, that is, through the creation of favorable attitudes towards various aspects of the training process. The training process leads to the cultivation of mental preparation by creating relationships. However, the uniqueness of motivation requires its separate consideration. It is important that the relations and motives that arise during training are not limited to external regulation by the trainer, but are implemented through self-regulation. Long-term experience shows that we can recognize psychological preparation as an important component of the content of training and form special tasks of training athletes.

- formation of motivation for each athlete during training;
- formation of relationships that ensure the success of training;
- teaching self-regulation methods in psychological situations.

According to the views of E. V. Melnik and J. K. Shemet, sport as an activity has its own psychological characteristics and reveals 7 main features:

The first feature. One of the most important signs of sports activity, its component is psychomotor - the functional connection of various mental processes with human movement and activity. Psychomotor is the connection between the main factors and laws of mental development, which ensures perfect mastery of the technique of a particular sport. Psychomotor processes include specialized perceptions of all voluntary actions (including motor skills), speed and accuracy of response to stimuli.

The second feature is the athlete's desire to improve in the chosen sport (the need to master the perfect technique of performing physical exercises) and to achieve the highest results in it. It requires systematic and long-term training from the athlete, during which certain motor skills are formed and improved. Qualities necessary for a particular sport are developed.

The third feature is the presence of struggle, competition, manifestation of high emotions during competition.

The fourth feature is the presence of stress, especially during large-scale competitions.

Thus, the stressful nature of modern sports is determined by the following: the rapid growth of sports results, the conditions of intense competition between opponents of equal strength (at the current stage of sports development, the physical and technical training of the strongest athletes is approximately the same, so the result of the competition mainly determined by psychological factors), the increase in training and competitive loads, the rejuvenation of athletes (teenagers who do not differ in mental maturity and emotional stability enter the field of major competitions.).

The fifth characteristic is the presence of psychological characteristics of the athlete's personality (volitional, mental, emotional, etc.), which contribute to the success of the activity.

The sixth feature is the interaction of the participants of sports activities, which is carried out directly or indirectly in the form of a fight. In the course of the competition, it is manifested in two forms: confrontation - against the opponent (competition), interaction - against the team (cooperation).

The seventh feature of sports activity is verbal and non-verbal communication: special gestures (gestures of sports referees), mimicry, pantomime, as well as involuntary motor movements.

Nowadays, sports psychology studies the organization, management and control of these processes as a science. At the current stage of the development of sports psychology, one of the main tasks is to develop effective methods of improving sports activities, and to establish the psychological characteristics of sports activities and the athlete's personality as a complex dynamic system. Knowing the laws of personality formation should serve as a necessary condition for improving the athlete's training, individualizing his training and competitive activities. D. Gorbunov considers sport to be a unique social sphere, which serves as a factor influencing the personality of an athlete, especially during its formation, and sports of the highest achievements are a person's self-improvement and self-affirmation. described as the best example of the realization of aspirations. Also, a person is a product of social development and determines many features of sports activity: choice of sport, individual activity style, level of achievement, resistance to stress factors, etc. Study of the athlete's personality. not only theoretical, but also practical. If we analyze the scientific literature, we can understand that a high level of stability of the mental state, the strength of the will of an athlete serves as a factor leading to victory during competitions.

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