



FAN, TA'LIM VA AMALIYOT INTEGRATSIYASI

ISSN: 2181-1776

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WAYS TO INCREASE THE EFFECTIVENESS OF PRE-COMPETITION PSYCHOLOGICAL TRAINING OF FREESTYLE WRESTLERS

Annotation: In recent years, the results achieved by athletes of the republic are increasing. It is clear that human potential is limitless. The athlete only needs to know how to mobilize his mental, physical capabilities to achieve the desired goal.

Key words: psychological training, freestyle wrestlers, competition, sport, physical training.

Preparing a person for life or a field of activity is as colorful, comprehensive, complex, multi-stage process as life itself, and is carried out using various methods and tools. For example, preparing a student for study and work; Developing the qualities of technical, tactical and voluntary training of a soldier, the preparation for combat exercises in difficult physical, mental and political conditions, the defense of the motherland is a multi-stage, difficult and intense creative and educational work carried out by various methods. process. There are also a variety of ways to mentally prepare athletes for physical training and sports competitions, to win competitions, to set new records in training, educational and practical activities. Achieving high results in sports competitions of an athlete or team members depends primarily on their spiritual, ideological, volitional, physical, technical, tactical training. It has been scientifically proven in practice that athletes who are psychologically well-prepared for future specific competitions often win. Therefore, sports professionals and coaches should pay special attention to the psychological preparation of athletes for the competition. To do this, they are required to have a thorough theoretical and practical knowledge of the stages of mental preparation of the athlete for the competition. Based on the specifics of the sport, the psychological preparation of athletes for the competition can be divided into the following stages:

- 1) provide athletes with sufficient information about the opponent and the conditions of future competitions;
- 2) check the information received about sports trainings and competitions, determine the level of reliability, study the start time of the competition or the possibility of unexpected changes for individual athletes or teams to win;
- 3) instructing athletes to clearly define the goals and objectives of participation in the competition;
- 4) to determine the reason, essence and clear purpose of the athlete's participation in the competition, to explain the social significance of the victory;
- 5) planning the activities of the athlete in the future competition, paying attention to the development of mental qualities, improving the tactical and technical mental readiness for the competition;
- 6) to create unexpected special obstacles in order to mentally prepare the athlete for the competition, to organize additional trainings to develop the skills and abilities that will overcome these obstacles and difficulties;
- 7) to teach the athlete to use the methods of internal mood management that arise during the competition;
- 8) encourage the athlete to get used to the uplift at the beginning of the competition, to control the activity of the nervous system, mental fatigue and to be more active during the competition.

In recent years, the results achieved by athletes of the republic are increasing. It is clear that human potential is limitless. The athlete only needs to know how to mobilize his mental, physical capabilities to achieve the desired goal. The formation of such knowledge, skills and abilities in athletes should always be in the focus of attention of professionals, teachers and coaches. If they use the following recommended methods of psychological preparation of athletes for exercise and sports competitions, their students can achieve even higher results.

Athlete attention management. Because the athlete is in a state of intense excitement, he or she will face unexpected difficulties in carefully mentally addressing the causes of many of the events and happenings that occur during the competition. For example, some athletes increase their excitement, restlessness, and anxiety as a result of jumping high. As a result, they have a state of insecurity in concentrating their thoughts on a point and directing it to a specific object. Also, as the boxer releases a series of blows, he shifts to more defense than attack, and his chances of making better use of different combat techniques carefully decrease, his efforts to identify his opponent's weak defensive methods in combat weaken; does not receive timely information about the opponent's capabilities and actions; given the specific situation, the mind finds it difficult to draw up a plan of battle, to come to an independent decision. Therefore, athletes need to develop their attention management skills through a variety of exercises that help them focus and focus on a specific object, even in complex situations.

2. Thinking through emotional images. Using this technique, the athlete observes his actions in the future competition in his mind through imaginary images, imagines and exercises. As a result, the athlete will be able to perform the imaginary exercises quickly, intensely, with a high degree of accuracy during the competition. The imaginary repetition and repetition

develops in several images while maintaining the consistency of the beginning, middle and subsequent parts of their actions. Athlete thinking shifts from simple emotional images to complex images. These images are the result of observations made in real life, in sports practice (during exercise and competition), and from experience gained. For example, the practice of thinking about a victory once won, a new record set, or a victory over one's opponent ahead of time with the help of various vivid images can help an athlete to move with great precision in competitions. 'he says.

3. Persuade yourself through influential words. Athletes also develop a state of bold movement during sports training and competitions with the help of the influential words of the coach and others. Impressive words that glorify the athlete's honor, applaud, encourage active action, lift his spirits, refresh. As a result, the athlete keeps his composure, does not give up on his opponent, tries hard, strives to win. Because the effective word has a positive effect on the human nervous system, causing psychophysiological changes in the body. This condition occurs as a result of certain changes that occur in the tissues of the cerebral cortex in accordance with the laws of braking and excitation of the brain. Also, when an athlete mentally repeats in his mind the necessary actions that he actively uses during exercise and sports competitions, functional changes occur in his brain. During self-assurance with the help of words, the athlete feels a number of changes in his body: he feels refreshed, performs movements easily, his muscles relax, in which the level of activity is restored. Academician I.P. According to Pavlov, the word is the most important element in the second signal system and is also the supreme controller of human behavior and attitudes. This is because the physiological changes that take place in the nervous system when a person organizes his activity, a certain situation or behavior, when he commands himself in difficult situations, when he speaks, can decrease or increase. When an athlete speaks to himself, the words should be short and simple. For example, if one word is pronounced while inhaling, another word is said slowly while exhaling. Each word pronounced in this order can be repeated 2-3 times or more, depending on the need.

An athlete may use self-talk and command techniques to increase body-muscle movement or the physical activity of any member, or to control breathing properly.

4. Manage muscle activity levels. The main task of modern "autogenic" training is to control the activity of the athlete's own muscles during sports activities. Increasing the mobility of body muscles requires special skills and abilities from the athlete. The athlete uses the technique of autotraining to relax all the muscles, body muscles.

When an athlete relaxes his muscles, relieves tension, the state of mental and physical activity in the body is restored. Some athletes keep their muscles tense while running or exercising becomes accustomed to. If this happens to an athlete over and over again, he or she will never be able to rest. Even when an athlete is asleep, his muscles are tense. This accelerates the state of nervous tension in athletes, which can lead to functional disorders in their body. Therefore, coaches need to teach their students the mechanisms of relaxing the muscles of the body when running, exercising, resting, going to bed.

5. Control of respiratory rhythm. In sports activities, special attention should be paid to increasing the level of mental fitness of athletes by teaching them to perform proper breathing exercises. It is advisable to study the rhythm of the athlete's breathing in the following 3 periods: 1) breathing; 2) exhalation; 3) stop breathing.

When an athlete breathes, his mental activity increases, when he exhales, his muscles relax, that is, his body calms down. Frequent breathing in sports training and competitions, prolonged breathing, the level of activity and mental activity in the nervous system and the whole organism of the athlete increases during breathing, the athlete's ability to move mentally active increases.

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