



## PSYCHOLOGICAL ASPECTS OF TRAINING YOUNG BASKETBALL PLAYERS

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### Annotation

Basketball is an active and intense sport that has a clear impact on the individual characteristics of the players. It is important to make effective decisions in terms of predicting the opponent's actions, the work of the whole team, the fast movement of the balls, and the maximum distribution of attention between teammates and coaches' comments. lack of time and being responsible for them. In this situation, the willpower of basketball players, the ability to strike at physical and psychological concepts, and the stability of axiological directions play a special role.

**Keywords:** psychological training, young basketballball players, scientific, psychological skills, playing position

### Introduction

Young basketball players have been training under a lot of pressure since childhood. This pressure stems from a tight schedule and the coach's (club administration's) commitment to achieving the best results in every match, in every part of the game. All this has a great impact on the child's psyche, forming specific character traits, which sometimes develop into accentuated behaviors and affect the emotional state. In mental states that hinder the growth of personal and professional potential, the pressure from the point of view of each player is intensified by the peculiarities of basketball as a game. Depending on the outcome of the individual game, the stability of the performance, the effectiveness of the changes made by all basketball players during the competition was not included in the main content. Another cause of stress is that a player in the main lineup gets injured and is quickly replaced by another player.

In such a situation, the substituted basketball player may not be able to play in the main squad. One of the most important categories of psychological preparation of young basketball players, in our opinion, is emotional management. As mentioned earlier, constant work with states in physical education and sports is important.

A healthy lifestyle has become a very fashionable topic nowadays, one of the cornerstones of sports. "Sport: According to the European Sports Charter (1992)," any





physical activity which, occasionally or in an organized form, serves to improve physical and mental fitness, to establish social connections or to achieve results in competitions at different levels. " Sport presupposes and develops appropriate psychomotor skills. It is regulated, purposeful, usually - but not always - based on competition and struggle. Many times it requires determination, risk-taking; other times, it requires manual dexterity and playfulness. Sport is an outstanding field of physical culture, which affects the whole personality, the intellectual, social, moral, emotional-will characteristics, and abilities of man as a bio-psycho-social unit."(BALOGH, 2015 based on RÉTSÁGI, 2011) As a key idea, I would like to highlight the following part: "man as a bio-psycho-social unit."

It is, therefore, essential to investigate this topic in a complex way. Therefore, sports science has a great responsibility. As a multidisciplinary discipline, it can produce detailed measurements and results that can impact all areas of life by combining many other fields. It is, therefore, necessary to develop and incorporate innovative processes that can keep pace with this approach. These play a vital role in developing performance diagnostics, as measuring instruments with real-time, quantitative results that can be used in direct practice can significantly reduce the effects of subjective factors. The success of an athlete is influenced by several factors. In general, the factors that have been considered to influence the success of an athlete are physical, technical, tactical and psychological skills.

For basketball athletes, every playing position has different characteristics. In relation to the different characteristics of the playing position, the aspects of psychological skills that might have been identified are namely motivation, selfconfidence, self-efficacy and imagery. Then, the significant psychological skills are observed based on the playing position on the aspects of aggressiveness, pudency, interpersonal passiveness, low positive emotion and inefficiency (Tayari, Kamkary, Roohi, & Shokrzade, 2012). Delextrat and Kraiem (2013) explain that the presence of anxiety among the basketball players might be assessed based on the heart rate in relation to their playing position. Similarly, te Wierike, Elferink-Gemser, Tromp, Vaeyens, and Visscher (2015) explains that every position has differences in performing the ball arrangement and the self-regulation during a game. Sood (2017) further asserts that there have been significant differences on the psychological skills of the basketball players based on the playing position. Specific to the case of the study, the intended playing position is guard, forward and centre. During the development of a basketball game, there are three positions that should be given special position namely guard, forward and center (Kryeziu & Asllani, 2016).





Departing from the review in the previous studies toward the athlete psychology and the playing position in basketball, the researchers have found that every position that a basketball player occupies display differences in terms of psychological skills. Therefore, through the study the researchers would like to identify the presence or the absence of the psychological skills among the basketball athletes based on the playing position. The findings and the differences that have been found in the study will be disclosed more comprehensively and the disclosure later will include the aspects of motivation, self-confidence, anxiety control, team significance and concentration based on the playing position in the basketball game.

The experiment was held at the "BSU" sports ground. 16 young basketball players of different ages took part in the competition called "Universiada-2019". Research methods: Analysis of scientific literature, methods of mathematical statistics, questioning, observation, interview method. The above-mentioned methods have shown the importance of the studied aspect of training athletes, opening up a range of challenges and problems for further experimental work. Let us consider the practical application of the above methods.

## **RESULTS AND DISCUSSION**

During the interviews with the team's basketball players, by asking additional questions, we revealed the main challenges that young basketball players face during training and in competitions. Often, athletes mentioned the characteristics of elementary training. Fever (89.2%) and apathy before onset (7.1%). Only 3.7% of players noted the stability of their results both in games and during training.

We mentioned the following aspects of young psychological training of basketball players:

- If the teaching staff conducts psychological training in general;
- If the theory of diagnosis, correction and management of emotional and mental state is proposed;
- If there are lessons in the practical development of knowledge acquired in the field of sports psychology;
- If basketball players receive personal advice from coaches on how to balance negative emotions and their consequences;
- If the coaches explain to the team how to deal with negative emotions, fear, anger, rage, guilt, shame, sadness, hatred, and so on.
- Do coaches advise basketball players to ignore the provocation of the opponent or to provide information on ways to help prevent it;





- If coaches organize individual and group consultations on sports psychology, taking into account the individual characteristics of each player;
- If the focus is on team building, conflict analysis and resolution;
- Provides information on the techniques of pre-training management.

Almost every player denied that the coaches had the necessary information, assignments, and conversations on these topics. Basketball players only mentioned that sometimes coaches offer to get rid of fear with power techniques. We agree with coaches that physical exposure to fear is an effective method. But its lack of short-term action and lack of reasons for fear of diagnosis, which increases the expenditure of emotional and physical strength in young athletes. It should also be noted that it is not enough to take into account the psychological aspects before the start.

Psychological support of sports activities includes control of the athlete's condition and behavior:

- Before training;
- When performing exercises in the classroom;
- Between training sessions;
- During a certain period of study;
- Before the competition;
- Before starting;
- Between competitive exercises;
- After the competition.

Often coaches are skeptical of the work of sports psychologists, even though they themselves do not know the information and do not find time for players to practice independently. Practice shows that the demands on young basketball players are increasing, the position of teachers is a bit dominant, but coaches themselves are always self-managing athletes during sports training and games before demanding results are not ready to provide the necessary knowledge on. Thus, our research work proves the relevance of the organization of experimental work on the psychological preparation of young basketball players.

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