

PSYCHOLOGICAL TRAINING OF WRESTLERS IN THE PROCESS OF TRAINING PREPARATION AND CONTROL

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ANNOTATION

In this article, psychological training is understood as a set of psychological and pedagogical activities and conditions relevant to the activities and life of athletes. They focus on shaping the mental functions, processes, situations, and personality traits that enable wrestlers to successfully address the challenges of training and competing.

Keywords: attention, tactical thinking, will, psychological preparation, emotion, friendship, solidarity, morality, fear, excitement, risk, emotional states, types, endurance.

INTRODUCTION

In the process of training a wrestler, it is important to cultivate physical qualities and improve technical and tactical skills, as well as to influence the formation of personality traits and personal qualities. The concept of a wrestler's psychological preparation includes two concepts: general psychological training and psychological preparation for a particular competition.

General psychological training is carried out with physical, technical and tactical training throughout the entire process of sports improvement. It solves the following specific tasks:

- 1) Education of moral qualities of the wrestler;
- 2) Formation of the sports team and the psychological environment in the team;
- 3) Cultivating the qualities of the will;
- 4) Development of perception processes, in particular, improvement of specific types of perception, such as feeling the opponent, feeling time and space, etc.
- 5) Development of attention, its stability, concentration, distribution and transition from one to another;
- 6) Development of tactical thinking;
- 7) Develop the ability to control their emotions.

Nurturing the moral qualities of a wrestler. Athletes need to be constantly focused on working on themselves, developing their culture and thinking. Negative situations need to be addressed with the help of the team, with a consistent impact on the formation of personal qualities during the training process and in competitions.

Forming a sports team. A high sense of community, friendship, and the solidarity of the wrestlers are all necessary conditions for a good psychological climate in training and competitions.

Nurturing the qualities of the will. An athlete's willpower qualities are manifested at the following times, when the goals and causes of willpower are determined by the athlete's worldview, firm beliefs, and moral guidelines. Extremely strenuous exercise, which requires a great deal of willpower, helps to cultivate the qualities of the will in a purposeful way. It is important to focus on one goal in the exercise.

To cultivate courage and perseverance, it is necessary to use exercises that are associated with overcoming a certain level of risk and fear during the exercise.

Purposefulness and perseverance are nurtured in wrestlers through the formation of a conscious attitude to the training process, the importance of mastering the techniques and tactics of wrestling, to increase the level of physical fitness.

In order to stimulate interest in one's own sports, it is useful to use and control emotional exercises that are highly complex during training.

Endurance and self-control are very important qualities of a wrestler, they are able to cope with negative emotional states (extreme agitation and anger, loss of self-esteem, depression) before and especially during the competition.) is manifested in overcoming.

Exercises include exercises that create intense fatigue and pain to cultivate these qualities. The training simulates complex situations in which the situation suddenly changes, and it is necessary to ensure that the wrestler does not lose himself in such conditions, and is able to control his actions, controlling his negative emotions.

Initiative and discipline are reflected in the creative work and activity in training and competition activities. Entrepreneurship is nurtured through the implementation of complex technical and tactical actions in training competitions. Wrestlers are encouraged to make independent decisions in order to achieve their goals, using unconventional and unexpected actions.

Discipline is about conscientiousness, discipline, and performance.

Develop advanced processes. The ability to move in any situation of a wrestling match is the most important quality of a wrestler. In many ways, it depends on the correct perception of the opponent's actions in time and space. It is based on fine muscle-motor sensations and movement coordination.

Develop attention. The effectiveness of a wrestler's technical and tactical actions is largely determined by the development of attention: its size, intensity, strength, distribution, and transition. The wrestler catches a large number of different technical and tactical moves in the complex and fast-changing movements of the opponent. This feature of attention is characterized by its size. At the same time, the wrestler must learn to focus on the most important parts. This refers to the intensity of attention, the ability to resist the influence of various distractions and deceptive factors, which indicates the stability of attention. However, one of the most important features of attention in wrestling is its distribution and transition from one to another, that is, the control of several objects (arms, legs, body movements, the

speed of movement of the opponent, etc.) at the same time. and the ability to quickly shift attention from one to another.

Developing Tactical Thinking. Tactical thinking is the rapid transfer of thought processes to a wrestler's goal of finding a rational way to fight an opponent.

Tactical thinking determines the creative nature of competition activities and is developed through competition exercises that model various complex situations, as well as in training competitions. It focuses on the wrestler's ability to find the opponent's tactics, to anticipate his possible actions, to correct himself in a difficult situation, to distinguish the main situations and evaluate them quickly and accurately. A highly skilled wrestler must be able to quickly find reasonable solutions and know how to use the most effective technical and tactical actions for a particular competition situation.

Develop the ability to control your emotions. Athletes' ability to manage their emotions in many ways helps them improve their athletic skills. Positive and negative attitudes to certain situations and moments of training or competition are accompanied by excitement.

They make it easier or harder for an athlete to overcome subjective and objective challenges. The intensity of the excitement depends on the importance and responsibility of the competition.

Psychological preparation for a particular competition. Psychological preparation for the upcoming competition is organized on the basis of general psychological preparation, and it is aimed at solving the following specific tasks:

- 1) wrestlers understand the importance of the upcoming competitions;
- 2) study the characteristics of the conditions (time, place) of the upcoming competitions;
- 3) to study the strengths and weaknesses of the opponent, to prepare for competitions, taking into account them and their current capabilities;
- 4) develop a strong belief in their own strength and ability to win the upcoming competitions;
- 5) Overcoming the negative emotions caused by the upcoming competitions and creating a trigger emotional state.

The first four tasks are solved by the trainer based on the collection and processing of as much and as complete information about the opponent as possible.

After reviewing all the information about the opponent and comparing his chances with those of his athlete, the coach develops a plan for the upcoming competition. Its implementation will be modeled and defined in detail in the training sessions.

The following methods can be used to solve the fifth task:

- Conscious suppression of negative emotions by the athlete through self-command, self-approval;
- Targeted use of means and methods of warm-up exercises, depending on the specific characteristics of the wrestlers and their emotional state;
- use of tools and methods of autogenic and mental management training;

The ability of wrestlers to control their emotional state while participating in competitions reduces the impact of negative emotions on the fighting spirit and allows them to achieve high sports results.

Many strong fighters prepare themselves for the competition using self-command, self-assurance, and ideo-motor skills. One of the most important means of regulating the level of excitement, which improves movement and functional capabilities before the competition, is body warm-up exercises.

Our leading wrestlers conduct short-term body warm-up exercises in which several pairs perform their favorite tricks before going on the mat, consisting of gestures, self-assurance, and self-command.

By preparing for the upcoming competitions in this way, they increase their sense of excitement. Warm-up exercises, which consist of intense, exciting, technical movements through gestures, increase the level of emotional excitement of the wrestler.

Long-lasting, but less intense, warm-up exercises, along with self-assurance techniques, calm the wrestlers and keep their nervous energy. The word is said to have a high degree of control over the athlete's mental state. Every coach needs to be able to manage the athlete's condition adequately: before competing with an opponent, the athlete needs to calm him down when premature excitement occurs so as not to get too excited.

When using different methods of verbal influence - persuasion, explanation, persuasion - it is necessary to take into account the type of higher nervous activity of the wrestler.

Athletes of the thinking type are more likely to use logical reasoning, while athletes of the artistic type are more likely to be motivated.

Psychological methods of self-management include various variants and updated forms of autogenic training (AT) in sports practice - mental control training (MCT), mental muscle training (MMT).

The unique features of mental muscle training are its ease of use and high efficiency. Plus, it doesn't take long.

Practice has shown that for 10 days (one training session), athletes successfully master the sedative part of the MCT. Its main purpose is to reduce the level of sensitivity of the athlete, to relax, to recover and to maintain the physical and mental strength of the athlete. The purpose of the MCT activating (mobilizing) part is to have separate conversations with the team before bedtime, which have the ability to ensure that the wrestler is in an optimal combat position (before going on the mat) and calming when needed, especially in the last days before the competition. gives good results. Athletes can be psychologically guaranteed victory if they are able to prevent premature excitement in the run-up to the competition and create the conditions for a peaceful training session.

Amateur art concerts, prepared by athletes, play an important role in relieving the psychological tension and psychological relief of wrestlers.

Fishing with a hook (in groups of 2-3 people) can be a good sedative to relieve emotional tension and relax.

All of the above techniques will help you to have a good rest and create a peaceful environment for the wrestler to work hard before responsible competitions. The wrestler only needs to raise his emotional state before the fight.

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