

THE ROLE OF SPORTS PSYCHOLOGY FOR THE FORMATION OF MOVEMENT SKILLS

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Annotatsion

The content of the article is to determine the socio-psychological problems of athletes before the competition and preparing for the competition, the public works carried out in the physical education and sports system, the sports field, the requirements for athletes before the sports competition, the tasks of the coach, the psychological training of sports coaches, the athlete observing the changes through sports competitions.

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The general, main goals are the formation of the personality of athletes, the formation of team members with the proper development of their physical and spiritual strength, preparation for work, social activities, improving their skills in the chosen sport, special preparation for sports competitions. Realizing these goals directs team members to improve their technical, tactical, physical and psychological preparation and to achieve success in the competition. The exact goals and objectives are different and always depend on the real capabilities of the athletes and the team.

Depending on the strength of the opponent, the coach can ask, for example, whether to win or test the skill of playing against a strong opponent.

Being ready for the team's unification and its development, orienting the team to spare no effort, will help its development and unification.

The unifying value of the common team goal is especially important in sports where activities are characterized by interdependence.

But in other types of sports, team victory is possible when all athletes strive to achieve a common goal. Despite the fact that the actions of the athletes are individual, the general situation, the mood of the team members, friendly support, and the unity of their forces help to achieve the goal. This is easily manifested in individual and team competitions.

A team that has reached the public level in its development is characterized by the unity of motives for all members of the purposeful actions (a sense of securing victory, a sense of duty to the class, sports team, comrades, country), but it is compatible with the socially significant motives of the team. In sports teams with a low level of development, there may be a collision, in which the pursuit of a goal of a social nature is driven by the athlete's only selfish motivation: to stand out from everyone, to boast,

and to be selfish.

Management and leadership serve to organize the activities of sports team members. Leadership and leadership processes, their ratio, the characteristics of leaders and leaders are very important for the success of the sports team and the level of its formation as a team. The official head of the team is the coach, the captain of the team. They play a key role in team management.

The phenomenon of leadership is related to the internal structure of the informal influence of one of the team members on the management of the team. Usually they do not appoint leaders, such tasks are not envisaged in the team. Leaders are distinguished by their business acumen and personal characteristics. In some cases, there may be negative leaders who have a negative impact on the members of the team, disrupt its activities, and sometimes even claim the position of official leadership.

There is a difference between leadership and leadership. Leadership, as an official body, is mainly a means of managing official, practical relations between team members. He makes responsible decisions, has a certain system of official influence, works in a wide system of social relations, and provides favorable conditions for the work of the team. Leadership is a tool for managing athlete relationships of an informal nature. Leaders do not have official rights to make responsible decisions and influence. Their influence is mainly limited to the scope of the team's activities.

In the process of bilateral relations with athletes and the team, the coach occupies an important place as an official leader. The activity of a coach is multifaceted. The normative requirements for his social role consist of various tasks, the main of which is teaching, educating athletes, leading them and the team during competitions, trainings and free time, making extensive contacts with other organizations and teams.

In the process of pedagogically organized training, the coach solves general educational and educational issues, the coach carries out special physical, technical, tactical and psychological training of the athletes and the team, focusing on sports achievements. He improves movement skills, skills and physical qualities of athletes, gives them general and special knowledge, and learns technical-tactical combinations with them.

Leadership is the main aspect of a coach's work. The coach's professional skills are fully manifested as the performance of this task. But in order to create an organized team, it is necessary for the coach to be not only the official leader, but also the leader of the team.

As a leader, the coach is responsible for athletes and the team, organizes it, organizes training sessions and competitions, manages the team and its interpersonal relations. The task of leadership is to collect and develop the information necessary for the team, operational, daily and prospective planning of the activities of the team and individual athletes, the distribution of obligations and roles among team members, influencing the motivational framework. including encouraging their activities with li.

The implementation of all the tasks arising from the social role of the coach is related to relationships. Relationships are a tool of his activity, an important part of his professional work. Any managerial or pedagogic task is carried out during the coach's direct contacts with the administration, colleagues, referees, spectators, and athletes.

In the course of his daily work, all aspects and tasks of a coach are related to each other. The ability to perform the social role of a mentor is also determined by their appropriate performance.

The success of a coach in training, educating and leading athletes and the team depends on the recognition of his authority by those involved. Authority is a Latin word meaning power, influence. There are concepts of professional reputation and personal reputation. The prestige of the position is determined by the duty, the rights and obligations of the person arising from it. The reputation of a person depends on the individual characteristics of a person who performs certain work.

Due to the official position of the head of the team, the coach has the advantage of the right to have a reputation. The personal reputation of the coach, his example is an important factor in the complex process of formation of athletes and the team. The coach gains personal reputation by successfully performing his duties. In addition, the personal reputation is related to the human characteristics and professional qualities of the coach. However, the reputation of the position does not always match the reputation of the coach.

Incompatibility between the tasks of the coach's position and his personal qualities can lead to excessive tension in the team and a decrease in the productivity of his work.

A qualified coach knows the theory and methodology of physical education, the theory and methodology of sports in his specialty, the basics of basic scientific sciences: physiology, psychology, pedagogy, sports medicine, hygiene, biomechanics, etc. He has a practical mind and can quickly and creatively apply his theoretical knowledge to solve practical problems during sports training and competitions. This always helps to strengthen his reputation. The skill of the coach is not manifested in skillful execution of actions, but in knowing the tools and methods that ensure effective acquisition of technical and tactical actions. The skill of the coach is manifested in his strong observation, analytical thinking, creative imagination, his own intuition - the ability to assess the technical and tactical performance of the movement based on signs that are not visible to others, to foresee and predict the development of the athlete and the sports team.

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