

SPIRITUAL TRAINING OF YOUNG ATHLETES

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Article history:

Received: 21th April., 2022

Accepted: 22th April., 2022

Published: 23th April., 2022

Abstract: *In this article, the results of the research carried out on the importance of training of young athletes in addition to the training of athletes are described.*

Key words: *Permission, psychological impact, physical conditions, preparation, "water body", "ice body", "tusik body", physiologic preparation, technical preparation, tactical preparation, theoretical preparation, mental preparation, willpower preparation.*

Introduction

In order to purposefully formulate the consent of young athletes, it will be necessary that the coach regularly apply a system of psychological influences, which includes all sections of the training - physical, technical, tactical and theoretical. The reliability of the activity of adolescents in sports requires skill from the coach in taking into account the individual psychophysiological features of them, observing their condition during classes and competitions, the regulation of mental and physical conditions and individual selection of self-management methods, as well as conducting special pedagogical effects and their positive effect. Monitoring their condition during training sessions and competitions, individual selection of methods of regulation and self-management of mental and physical states, as well as providing special pedagogical effects. During the preparation for the competition, athletes and coaches should know what techniques they will shade by setting a clear goal to their team. Preparation for competitions is carried out in 2 stages:

1. physical and general psychological counseling;
2. special psychological preparation.

General psychological preparation. A.S. Punn's moral training in general psychological training (formation of the individual orientation of the athlete, development of discipline, organization, collusion, ability to manage oneself in competitive conditions) is the improvement of intellectual qualities; (analytical - synthetic criticism of the mind, depth, stability, flexibility of

thinking creative imagination (voluntary training), tempering of the will (improvement of the structure of the will qualities inherent in some kind of sport, preparation for overcoming obstacles, development of the ability to behave); improvement of the activity of preparation for the performance of exercises, conducting ideomotor exercises, exercises. ability to concentrate attention before execution, determine the factor of motivation, critically evaluate the exercises performed and plan the accuracy of subsequent actions); development of accuracy of behavior, accuracy of vision, hearing and other qualities formation of such perceptions as special “water feeling”, “ice feeling”, “tusik feeling”. Increase the ability to analyze data during exercise and make adjustments to movements, arm yourself with internal posture, self-regulation methods (getting used to self-regulation, mastering the methods of voluntary release of muscles, regulation of breathing, changing the focus);, restoration of nerve-sparing States (mastering the technique of self-exposure, performing warm-up exercises depending on the individual characteristics of the athlete) is conditioned not by the individual individuality of the object, but by the object (specific difficulty of the sport type. Such a difficultchiliklar can be the following: fear of attachment with the memory of darozatn, ignorance of the reaction of the team-mates of the audience eki, fear of the opponent, his lack of interest in this competition (for example, on a small scale and composition), contestants, etc.

Methods of persuasion in overcoming subspecies difficulties demonstrate the will power to interact with the word, to self-regulate, to command oneself, to control oneself. These and other means bring the athlete's nervous system to a condition that is acceptable for him to correct the problems facing him, educating him to calmly react to external factors. Overcoming difficulties in the process of sports competitions requires, first of all, willpower training. This is one side of the psyche, which allows you to control the feeling with the mind. The main will qualities include: purposefulness, perseverance, initiative, independence, perseverance and self-control. A.S.Punn the willpower characteristics in the opinion of the pony will help the coach to bridge the gap in the training of young athletes.

The technical expenditure of willpower in Sport includes methods of self-control and self-love. In this, first of all, it is necessary to regulate the activity of the athlete, save strength, attract attention to the desired point, concentrate on the technique of movements, control breathing. Secondly, self-confidence, self-support, remind yourself of his duty, be able to give orders to Uzi, etc. In order to achieve high results in the process of trinirovka poured before him, it is necessary to formulate the willpower characteristics to overcome obstacles. In particular, such loads are necessary in overcoming obstacles, difficulties (of course, under the supervision of a teacher). A. the cause of dividing the appearance of toxins. C. The Pony assesses the health of a young athlete as a lack of physical, technical, tactical, theoretical, mental and willful self-determination, that is, it does not correspond to his activity. Meet obstacles and overcome them. one of the main conditions for training is the formation of the willpower of the coach and the ability to show it.

Conclusion

In such a situation, the coach does not have to think for shogirdi, but should educate him in every possible way and try to think independently, to make decisions, to find solutions to any kind of situation in the sport. The coach must be able to understand the young athlete himself, control the upbringing of his will. Unity of the whole team depends on how far nurturing a person "I" in the uktiradi. From the first step of children in sports, the coach should conduct training on the condition of his nervous system and mental state in order to formulate their willpower qualities. One of the most important conditions in sports is self-control.

The fact that the coach pays attention to the dynamics of the figure of young athletes during general psychological training is a guarantee of achieving high scores in the future.

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