



THE DEVELOPMENT OF THE PSYCHOLOGICAL READINESS OF GOALKEEPER IN HANDBALL SPORT GAME

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Abstract

In sport psychological readiness plays an important role. Psychological readiness is a complex and lengthy process. In order to increase the level of psychological training of athletes in our republic and foreign countries number of studies have been conducted by such scientists as (Z.Gapparov, Y.Masharipov, David Lavalley, Jon Kremer), however, the work devoted to the psychological readiness of athletes engaged in handball sports, which are part of sports games, has not been done enough. The psychological components of the goalkeeper's performance exclude actions performed importantly, sometimes eliminating the actions that are performed decisive moments. The goalkeeper must use full potential during the 60-minute game and are required to correct team members' tactical shortcomings. But at the same time, he/she will have to fully focus on the game, as well as other team members. However, at the same time he/she has to think fully about the game, like other members of the team. [1].

Introduction

Stress in competition, fear of defeat, aggression and despair can affect the goalkeeper both positively and negatively.

For a goalkeeper, these qualities are expressed more than on average. Despite the increased stress and fatigue from the competition, the goalkeeper must feel the game throughout the game, maintaining the ability to think and react. Therefore, the use of special exercises that increase the ability to feel is required. These exercises include various throws of the ball at speed, and at the end of the workout-exercises that need





to be performed when the goalkeeper is tired of a heavy load. Complex exercises for speed and with a heavy load help to increase the goalkeeper's ability to feel the ball independently.

In any case, it is required that the actions of the goalkeeper in the defense of the goal be somewhat higher than the actions of the attacker. Therefore, the goalkeeper must guess the height of the ball and its direction from the last move. Any action of the goalkeeper will be ineffective if the behavior of the attacker is not fully respected. A goalkeeper who does not know how to evaluate actions performed randomly is easily occupied by attackers [1,2].

If the goalkeeper deliberately and consciously watches the opponent, he/she is obliged to calculate the possible direction of the ball, the movements of the attacker's body and hands when throwing the ball. Also, an important role is played by the knowledge of the attacker's capabilities in a specific game situation and, accordingly, the ability to predict (prediction) attacker's probabilistic actions.

For example, a corner player with a sharp resistance with his hand from the defender jumps below the 6-meter zone, the attacker in this case rarely throws the ball from above. For a goalkeeper, it is considered very important to fully track the movement of the hand. Finally, knowing how a striker can react quickly and correctly to the corner kicks he strikes helps the goalkeeper to respond accurately to a specific situation.

The goalkeeper must be able to read the striker's movements. Experience shows that the gates should be fixed:

- Goalkeeper correct his standing position;
- Approximate location of the ball throw (movement at the time of the first throw);
- Movement of the hands when throwing the ball;
- Upper body movement;
- Lower body movement.

The above methods of action are aimed at correcting the goalkeeper's movement and protecting the goal. Every goalkeeper is obliged to show such qualities as self-confidence, determination, dedication during the game. These qualities will lead the goalkeeper to success in his future career [2].

Whatever the outcome of the match, the goalkeeper must maintain morale until the final whistle of the referee. Therefore, the goalkeeper is required to pay attention to the following recommendations:

- 1) Don't get upset because of mistakes;
- 2) Always focus on the next defensive action;
- 3) Don't think about actions and failures;





- 4) Fight for every ball;
- 5) Achieving your goal even after three or four goals conceded;
- 6) Demonstration of confidence and superiority over the opponent at the gate;
- 7) Do not allow the goalkeeper to get out of a calm position on the side of spectators and opponents;
- 8) The goalkeeper must consciously control his/her goal during the game and take appropriate measures.

In order for each goalkeeper to make the most of his/her abilities, he/she must enter the game by determining the state of stress before the game or before entering the field. Thus, the player can change his game and significantly affect the outcome of the game.

The secrets of success and mastery are the same for all types of human activity, and if you study it, then your chances of reaching the top not only in sports, but also in other areas of your life will only increase.

Conclusion

It should be said that achieving victory in various prestigious competitions held under very intense competition is associated with the formation of a goalkeeper, his/her physical and psycho-functional capabilities that will contribute to this victory. To do this, each coach in his/her professional and pedagogical activity must perfectly know the methods, means and principles of training-improvement, as well as possess the technology of their application.

List of Used Literature

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