



SCIENTIFIC-THEORETICAL STUDY OF THE PROBLEM OF OFFICIAL AND UNOFFICIAL LEADERS IN SPORTS TEAMS

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Abstract

In the article, the role of leaders in sports teams, the influence of official and unofficial leaders in sports activities and their contribution to success are studied scientifically and theoretically.

Keywords: Sport, sports team, leader, formal and informal leaders, instrumental or working leadership role, expressive or emotional leadership role, etc.

With the independence of the Republic of Uzbekistan, the deep reforms that are being carried out today, physical education and sports occupy the main place in the mental, moral and physical development of the young generation. In our country, a number of things are being done to educate the young generation in a healthy spirit.

Bringing up a healthy and mature generation in our country is one of the priority directions of the state policy, preserving the nation's gene pool, forming a healthy lifestyle in the family and society is of great importance.

Manifestation of leadership qualities in sports teams, influence of informal and official leaders in the team on game activity is one of the important issues that need to be solved in sports psychology.

A sports team is one of the types of small groups. It is also considered a small group due to the small number of team members. A sports team is not only an object of management, but also a subject of activity. In this capacity, the team can participate if it is internally organized and has a certain level of integration. Therefore, it is interesting how the group will be organized, who will assume the leadership function, and how effective they will be. As a result of self-organization in the group, relationships of dominance and subordination, influence and influence are established in the group. This relationship characterizes leadership. The essence of the phenomenon is that in the system of interpersonal relations, one of its members becomes one of the leading members, assuming the function of informal leadership of the group.

As a result of the research, it was found that some members of the team have a high level of indicators necessary for a leader. On the other hand, some members of the team have low performance, but are leading.





Leadership in sports teams should be considered as a socially necessary, natural process of self-management. The leader as the subject of the leadership process influences his subordinates, subordinates or followers can accept or reject this influence. Accepting the influence of leadership is manifested in obeying him, following his instructions or, on the contrary, refusing to obey him, denying his instructions, disobeying him. In sports, leadership or the leader's influence can be direct, visible from the outside, but also hidden, and can also exist indirectly through some factors, for example, through ethical and moral norms in sports teams.

The analysis of the leader's managerial actions distinguishes three generally important functions of leadership: organization, communication and education.

The organizational function is to develop collective goals, to develop plans and goals for the actions of all members of the team to achieve the set goals. In the game situation, this function is especially manifested in the prompting instructions "Faster", "To me" and similar actions of teammates. Often, the leader consciously throws his functions to the athlete who is in a more favorable situation and encourages him to perform certain actions. With such methods, the leader organizes and directs the actions of team members to implement tactical combinations.

The informational function is expressed in the exchange of information in the leadership team. It informs the team members about the tasks of the team, ways to solve them, distribution of functions, expected results, and opponents. In the game situation, this function is seen in maintaining and establishing the optimal level of information exchange between athletes based on the tactical thought and the executed combination. The leader conveys the news about the substitution of the player to his team, warns the team members about the expected behavior of the opponents.

The educational function requires the actions of the leader to develop a sense of friendship, personal responsibility, social norms and requirements, discipline, flexibility, reliability and other socially significant behavioral characteristics in team members. This function is performed by the leader mainly not during competitions, but during training and rest. In competitive conditions, the leader's educational actions are limited to evaluative thoughts: "Right!" "Bless you!" "Where are you looking?", "What are you doing?" and others are considered. Their content and emotional color is an effective way to reinforce the correct forms of behavior on the spot and eliminate mistakes. Leadership roles can be differentiated according to different characteristics. Research shows that there are two main leadership roles:

- The role of an instrumental or working leader, his actions are directed to solving the tasks set before the team;





- The role of an expressive or emotional leader, whose actions are mainly focused on interpersonal relationships.

Instrumental leaders can be seen as the trainer's closest assistants. They help the trainer to solve tasks related to technical and technical support. They are the initiators of the search for more modern methods of improving the skills of athletes, they discuss their ideas with the trainer.

Expressive leaders are primarily assistants to the coach in educational work, especially in children and youth or youth sports teams, this is very important. And in the community of adults, their help is invaluable, especially in the prevention and warning of conflict situations, the role of such leaders is great in organizing recreation and public events.

In fact, being an emotional and action leader is somewhat conditional. Often both leadership functions are performed by the same athlete.

As an official organization, the sports team has concrete and specific tasks that both the coach and the sports team strive for from the time of its creation. Fulfilling the assigned tasks requires the activity of the trainer and the team members to interact, gather their actions, and establish official contacts.

The formation of interpersonal relationships in sports teams takes place on the basis of general laws in official organizations and follows a complex, not always one-way path, which can be divided into several stages:

- Occurrence of need and its understanding;
- Conversion of demand to a stable interest that satisfies the demand for one or another activity;
 - To compare one's capabilities with the requirements of the activities that must be attended to satisfy the needs;
 - Formation of a behavioral motive aimed at the search for an activity capable of satisfying the arising need.
- Establishment of communication between trainers and athletes in the process of activity, formation of official relations capable of satisfying the needs.
- Emergence of sympathies, friendships, common interests and interests, formation of informal relations based on official interactions.

Each such interaction is divided into formal and informal relationships.

The official structure of the team is formed during the training process and competition activities. It is assumed that proper adherence to rules and instructions by team members will ensure that they meet their personal, trainer and higher organizational needs. However, in order for the team to function successfully as an official organization, they should consider certain "allowances" and "levels of





freedom" based on sympathies in their structure. These unintended, non-spontaneous interactions, behavioral norms are called informal relationships in psychology.

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