



DEVELOPMENT OF OBSERVATION AND ATTENTION IN YOUNG HANDS

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Annotation:

The article discusses the development of observation and attention in young handball players. Interests in the formation of the personality of the handball player. it has been suggested that it may increase interest in utero.

Key words: Sports, handball, personality, Psychology, Physical training, endurance, physiology, education.

In psychology, there are the terms observation and observation.

Observation is a simple perception. For example, players come to the competition and watch the match. It shows what combinations and methods athletes use and who wins. Observation is a characteristic of this person, which is manifested in the perception of serious signs of less noticeable objects and events. Attention is an integral part of observation. Observations, such as personality traits, are manifested not only in sports, but also in other areas of activity: life, study, marriage, etc.

To improve the observation, it is possible to re-show the matches played, which are followed by a special questionnaire developed by the coach. now the athlete must be able to distinguish the less noticeable aspects of the game without being overlooked. Keeping track of the details found during the observation will help the player to enhance their personal experience and gather a variety of information. Such trainings should be conducted frequently, according to a specific plan, in a single system, as this is part of the overall training.

The interests formed in the formation of the personality of the handball player are of great importance. His interest in his sport always increases the athlete's interest in regular training, sports skills, the growth of sports results.

How to increase interest in your sport? There are many ways to do this, for example:

- creative conduct of lessons in the same way and without the same pattern;
- Training should be conducted in such a way that players fully understand the tasks assigned by the coach, whether it is technical training, tactical or physical training; -





Creating an environment of creative approach in athletes in the study of training materials;

- training athletes to improve their sports skills, ie technical, tactical and physical qualities, independently, without a coach, leaving part of the training time;
- holding competitions and training games with teams with more equal sports skills;
- discuss the results of the game with the players;
- Conducting competitions and quizzes with athletes to know the winners of world championships, winners of international competitions;
- interest in the personal life of players, their living and financial conditions, study, work.

In the process of arousing interest in handball, the interest in other disciplines, such as biomechanics, physiology, psychology, food hygiene, etc., expands. The trainer should provide opportunities for this, for example: conversations and discussions on scientific topics, inviting experts to give lectures, interest in reading a lot, various types of art.

One of the main tasks of psychological training is the formation of the personality of the handball player. As long as the coach develops in the athlete a sense of self-improvement and encourages him to solve problems in training and competitions independently, these actions will be successful.

The basis of self-improvement is self-knowledge and the ability to evaluate their strengths, capabilities and actions. In order to influence oneself in a certain direction, one must critically evaluate one's own behavior based on social interests. Self-knowledge is realized in the following ways:

1. Observation of the actions and methods, tactical features and willpower of the athlete (the value of the coach, teammates, psychologist, etc.), the athlete.
1. Monitor your mental and physical condition.
2. Analyze the athlete's activities, actions, determine the reasons for victories and defeats.
3. Assess their physical, volitional, mental and other qualities; keep a diary to express your feelings and thoughts.

All of the above should always be monitored and monitored by the coach, and if necessary, it is advisable to talk to the athlete about the pitfalls he encounters at home. One of the most important personal qualities of a handball player is the ability to determine the level of his aspiration.





The level of aspiration depends on whether the goal is set for the athlete or not. If the goal of the handball player does not match his capabilities, then the player will have a negative emotional state, his interest in training and competitions will decrease.

The level of aspiration is based on self-assessment. High self-esteem leads to high aspirations, low self-esteem leads to low aspirations. If the self-assessment is optimal and appropriate to the athlete's abilities, then the level of aspiration is adequate. This is determined by comparing the subjective assessment of the athlete with the objective results. The level of aspiration is not innate in a person, but it is formed and changes in the process of activity. Therefore, the coach should conduct tests in training, and in the competition process to determine the level of aspiration and, if necessary, correct mistakes.

The age of the players, their interests, motivations and opportunities for sports should be taken into account during the training. Motive is an inner force that drives a person to action. If the goal of the activity is what the person wants, the motive is what he or she wants to do.

The study of motives in sports shows that they are multifaceted. These are: the motive to join a sports team, to have or improve a good level of physical fitness, a conscious desire to engage in socially useful activities, the desire to be recognized by the team, and so on.

Motives are unstable, that is, they can change under the influence of various factors. For example, these include: personal, vital, social, communication, and so on. Therefore, the constant management of the motives of athletes is an important part of the coach's work related to the psychological training of their students.

As skills increase, new aspirations (motives) emerge. It is important for coaches to know the motives of sports, because it allows them to improve the moral and volitional qualities of athletes, increase their activity, and, most importantly, to achieve high results in competitions.

Motives in sports are divided into 4 groups:

Group 1 - "soloists" (solo motives), which are athletes in which the narrow personal interests prevail in the context of the motive.

Group 2 - "community members" (collective motives). In such athletes, the motives associated with the interests of the team, the group prevails, the motives of solitude are manifested as subordinates.





The practice of sports shows that when an athlete combines the two motives, a positive environment is created.

Group 3 - "process motives". In this case, the priority is not for the athlete to achieve sports results, but for the training process: wearing a sports uniform, being in a team, and so on.

Group 4 is called the "resultant motive". At the same time, athletes are interested in high results.

It is important that the coach understands the role of the athlete in the dynamics of motivation. The coach should monitor the development of players' motivation for the ball. It should be adjusted if necessary. To do this, the coach:

- Always watch your students and what they like
must determine whether or not to like it;
- In order to get information about the motives of the student, it is necessary to communicate with people who know him well, teachers, friends, family members;
- From time to time, invite participants to think about why they are doing sports.

The team plays an important role in the psychological training and formation of the individual. Therefore, one of the main tasks of the coach is to form a cohesive team of athletes. For a group of athletes to be a team, this association must combine the functions of socially useful activities. For example, the team has the following goals: to improve health, to win medals in international competitions, to raise the prestige of the sports community and to instill a sense of patriotism, and so on.

Sports practice shows that well-educated, hard-working, high-class athletes often come out of strong teams with strong traditions, strict discipline and high consciousness.

How does the team affect the formation of the athlete's personality?

First, through community relations. When team relationships are strengthened, the interactions of athletes within the team cover all aspects of their lives, and their behavior improves. When character traits are demonstrated during training and competitions, it is easier to overcome difficulties within the team.

Secondly, in the process of developing a friendly relationship is carried out in the form of counseling, support, correction of errors during training, psychological application during the competition.





Thirdly, it is done through mutual adherence to the established agenda, discipline, hygienic rules and the implementation of the tasks and instructions given by the coach. When the demands on peers are matched by the high demands on team members, mutual demands are valued in the team.

Fourth, by achieving team cohesion. In order to achieve this, discipline, interest in the game, sports, training is increased. It is very important to create useful traditions in uniting the team: to congratulate the winners of the competition, to invite the audience to the exhibition, to organize training sessions, to congratulate the athletes on an important date, photo-montage about collective life and activities, etc.

Fifth, through the organization of self-government. At the same time, it is necessary to improve relations with all members of the team, to avoid rudeness, obscenity, to ensure that each player takes into account the views of the team.

One of the conditions for cultivating respect for the sports team, to appear on the field with active intentions, to promote the success of its other members, to develop and strengthen the sense of patriotism in athletes. Thus, high success in major competitions is a patriotic duty of every athlete.

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