



## PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES

Ibragimov Alisher Karomatovich

Bukhara State University Faculty of Physical Culture

Associate Professor of Interfaculty Physical Culture and Sports

### Annotation

In this article, psychological support is a complex sports education, which includes a system of professional activities of the coach and psychologist aimed at creating conditions for successful sports activities, the formation and development of the personality of athletes (teams).

**Keywords:** Psychological training, sports, sports games, coach, athlete.

### Introduction

In team sports, the propensity for speed coordination skills required to achieve high athletic results is an indicator of sensorimotor reactions and mental processes. Early sports specialization is one of the development trends of modern sports and is associated with the overall development of sports activities - the complexity of techniques, tactics, the rapid growth of the "ceiling" of more and more time-consuming sports results.

This trend, which is typical for sports such as football, hockey, figure skating, rhythmic and rhythmic gymnastics, accelerates the peak of a sports career on the one hand, and the harmonious development of a one-sided and young athlete on the other.

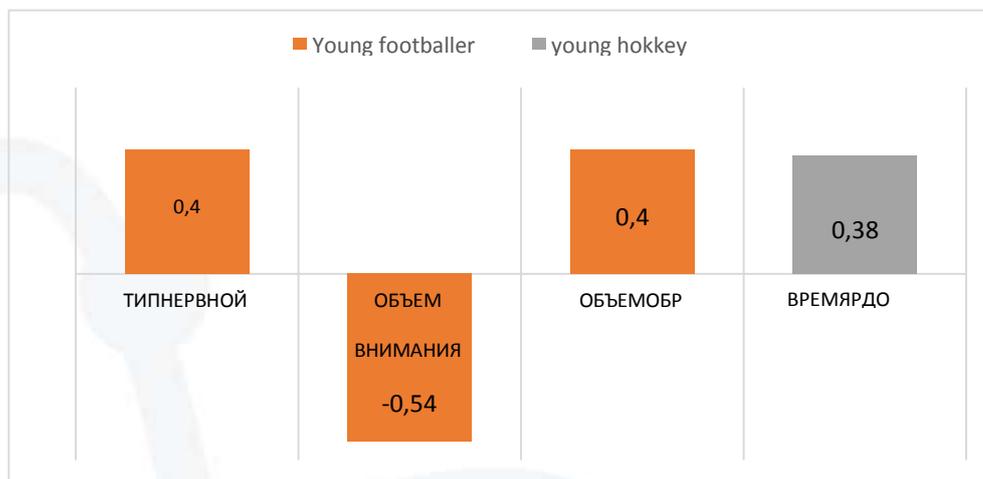
The main criterion for the effectiveness of competitive activity in sports is to win against the opponent. The formation of the center as a high level of professionalism is a long-term process of developing the necessary qualities and characteristics, improving certain adaptation processes. sports activities. The physiological mechanisms of various organs and systems that have been formed over a long period of time during the adaptation of young athletes to exercise and competitive loads are relatively conservative beginnings. However, the mental functions studied, such as speed and accuracy of sensorimotor reactions and attention and memory parameters of young athletes in team sports, are more labyrinthine. To compare indicators of mental function and a certain increase in the success of psychological training of young athletes, we analyzed the correlation between success scores and parameters of psychomotor and mental processes of young players and hockey players. players.





To look for psychological signs of success, we propose to analyze the individual dynamics of player development on a proposed 7-point scale (Rodygina Yu.K., 2014) (Appendix 1). parameters, as well as the analysis of the imagination and dynamics of different samples will allow to develop clear criteria for the success of psychological training of athletes of different ages and levels in the future.

The analysis reflects the characteristics specific to young athletes in team sports (Figure 1). For the success of psychological training, the type of nervous system, the amount of attention, and the amount of figurative memory were found to be more important for the sample of young players. in children with a strong type of nervous system ( $r = 0.40$ ) the readiness of the young player is high, because we found a positive statistical relationship of average strength.



Team sports are an important relationship between success in psychological training and the psychological characteristics of young athletes.

The relationship between figurative memory and the success of psychological training ( $r = 0.40$ ) was also found directly among young players, i.e., the combinations that occur on the field during training and competitions. and the higher the development of this memory trait to correct and recall some images of strategies, the higher the athlete will rate the coach in terms of improving the sport. It turned out to be paradoxical, not the importance of the volume of attention, because it is a feature of the mental process of attention in achieving a high level of success. The unconditionally obtained correlation values are not high in terms of power, and they are only the general context of the data obtained, as well as the trend identified in the process of objective study.

Mental processes to assess psychological success in determining the level of influence of the psychomotor and developmental field The readiness of young hockey players



was determined by only one bright indicator of the psychomotor field, which determines the readiness of a young hockey player, i.e. the reaction time of a young athlete to a moving object (RDO). Since the speed of the pack during a hit in professional hockey reached 190 km per hour (a record for Canadian hockey player Bobby Hull), the importance of this psycho-motor characteristic entered a large correlation motion. named hockey players are not random ( $r = 0.38$ ).

Thus, the results of the analysis of the relationship between the parameters of the mental sphere and the psychological training of children and adolescents in team sports to increase overall sports achievements as one of the conditions for the success of psychological training of young players in team sports The vector of actions is determined.

The purpose of psychological and pedagogical support of sports activities is to provide optimal conditions for the interaction of all subjects of this process.

Due to the fact that in modern conditions, a small number of children's sports schools and clubs have a full-time department of sports psychologist, the coach will have to perform their duties.

Coaching is the process of teaching students the basics of sportsmanship, as well as all the conditions for improving this field. includes and in another order. The following features are characteristic of the understanding of modern education: dual character, interaction of teachers and students, guidance by the teacher, specially planned organization and management, integrity and solidarity, age of students compliance with development laws. , managing the development and upbringing of students. 2001.). Based on the theoretical aspects of the training process, we have developed a special scale, including statements for the sports training process for the game coaching staff.

The highest score on the average result of the coach selection

"I praise the students for doing the exercises." took the pedagogical method. Positive enhancement of a young athlete's behavior is the basis for the formation of conditioned reflex connections in the psyche, opening up opportunities for sport improvement.

The analysis also identified the following training features used by football coaches: The second place in terms of points was taken by the scale "I instruct, explain, evaluate players", which helps young coaches to improve the cognitive and didactic aspects of football coaches. indicates the level of education attitude. The identified feature characterizes the priority mentality in the training used by the coaches of children's football teams.





## References

1. Nematovich K. S. Abdueva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features //Journal of Critical Reviews. doi. – Т. 10. – С. 470-471.
2. Abdueva S. THE STUDY OF PHYSICAL CULTURE IN CENTRAL ASIA IN THE 16th AND 18th CENTURIES AS A TOPICAL ISSUE //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
3. Abdueva S. When planning the training of handball teams of university students, take into account the functional status of athletes by their temperament types //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
4. Abdueva S. Psychological aspects of training young handball players //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
5. Abdueva S. CHARACTERISTICS OF HEALTH STRENGTHENING //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
6. Karomatovich I. A. METHODS OF TEACHING CHILDREN FOR MOVEMENT ACTIVITIES IN THE PROCESS OF PHYSICAL EDUCATION //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 242-249.
7. Karomatovich I. A., Shodiyevich T. M. THE PEDAGOGICAL SIGNIFICANCE OF THE FORMATION OF STUDENTS'SPIRITUAL AND MORAL VALUES THROUGH MOVEMENT GAMES IN SPORTS LESSONS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 310-320.
8. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – С. 333-338.
9. Kadirov S. FEATURES OF TECHNICAL AND TACTICAL TRAINING OF YOUNG FOOTBALL PLAYERS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
10. SH.Kadirov. Physical education as the necessary elements of sports culture. XIII international correspondence scientific and practical conference european research; innovation in science, education and technology doi;10 20861 2304-2338-2018-42
11. SH. Kadirov. Theory and methods of physical education, sports training, recreational and adaptive physical culture. I international scientific specialized conference international scientific review of the problems of pedagogy and psychology Boston. USA. April 18-19. 2018





12. SH.Kadirov. Didactic opportunities to form knowledge about healthy lifestyle to the students in physical education classes. *European Journal of Research and Reflection in Educational Sciences* Vol.7 No.12,2019 ISSN 2056-5852.
13. Ilkhomovich M. F. Methods of Developing Strength of 12-15 Year Old Football Players //EUROPEAN JOURNAL OF INNOVATION IN NONFORMAL EDUCATION. – 2022. – T. 2. – №. 1. – С. 273-276.
14. Ilxomovich M. F. METHODOLOGICAL BASIS FOR THE FORMATION OF FOOTBALL TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 355-363.
15. Ilxomovich M. F. THE ANALYSIS OF THE DYNAMICS OF THE VOLUME AND QUALITY OF TECHNICAL AND TACTICAL ACTIONS OF YOUNG PLAYERS'PERFORMANCE //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 343-354.
16. Muminov F. PEDAGOGICAL FUNDAMENTALS OF DEVELOPMENT OF PHYSICAL QUALITIES OF YOUNG FOOTBALL PLAYERS.
17. Rasulovich R. R. EFFECTIVENESS OF IMPROVING THE TECHNICAL AND TACTICAL MOVEMENTS OF MIDDLE-DISTANCE RUNNERS //E-Conference Globe. – 2021. – С. 309-314.
18. Салимов, Г. М., Дустов, Б. А., Фарманов, У. А., & Рахмонов, Р. Р. (2020). Показатели констатирующего этапа экспериментальной работы по физическому развитию учеников 7-10 лет общеобразовательных организаций Узбекистана. *Педагогическое образование и наука*, (1), 91-97.
19. Рахмонов RR O.,quvchi-yoshlarning jismoniy tayyorgarligini rivojlantirishda o„rta masofaga yugurish dinamikasini tahlil qilish ahamiyati. *Scientific-methodical journal of the Ministry of National Anthem of the Republic of Uzbekistan*. Tashkent. 2020 No.3 May-June.78-81-pp. 22.
20. Rasulovich R. R. et al. AGE-SPECIFIC DYNAMICS OF ATTACK AND DEFENSE RESPONSE SPEED IN HANDBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 414-423.
21. Azimovna F. M., Ashrapovich N. F. Motivation of students to do sports as part of physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 5. – С. 1446-1450.
22. Azimovna F. M. Jismoniy tarbiya va sport mashg ‘ulotlari jarayonida aqliy tarbiya va uning ahamiyati. *Integration into the world and connection of sciences*. – 2020.
23. Farmonov U. A. BASIC CONCEPTS AND DEFINITIONS OF SPORTS TOURISM, ESPECIALLY ITS ORGANIZATION //Теория и практика современной науки. – 2019. – №. 5. – С. 21-24.7





24. Alimovich F. U. The system of training young basketball players at the initial stage of training at school //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 93-98.
25. Nurullaev A. R. Methods of developing endurance in students through the use of folk games in physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 520-524.
26. Ruzimbaevich N. A., Ruzimbaev M. A. RESEARCH PARK. – 2021.
27. Нуруллаев А. Р. РЕАБИЛИТАЦИЯ СПОРТСМЕНА //Рекомендовано к изданию Советом по качеству УралГУФК Протокол № 8 от 14 мая 2018 г. – 2018. – С. 213.
28. Ruzimbaevich N. A., Ruzimbaev M. A. METHODOLOGICAL METHODS OF TEACHING CHILDREN FOR MOVEMENT ACTIVITIES IN THE PROCESS OF PHYSICAL EDUCATION CLASSES //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 313-322
29. Mansurov S. S. Structure of special and competitive training stages of judoists //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 515-519.
30. Gafurova M. Y. U., Ruzimbaev M. A. METHODS OF TEACHING PUPIL PHYSICAL ACTIVITY IN PHYSICAL EDUCATION CLASSES //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 31. Karomatovich I. A., Shokhrub U. Dynamics of jumping development of volleyballers in different ages //Middle European Scientific Bulletin. – 2021. – Т. 11.
32. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – С. 333-338.
34. Ergashovich S. A., Nasullaevich F. A. Professional training of future teachers of physical education //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 510-514.
35. Ibodov A. CONTROL OF SPECIAL AGGRESSION OF FOOTBALL PLAYERS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
36. F Fazliddinov, M Toshev Fizicheskaya kul`tura i sport kak formirovaniya sotsial`nogo zdorov`ya molodyoji Xalq ta'limi (ilmiy-metodik jurnali) 3 (3), 112-115
37. Sh.Khurbonov. PHYSICAL TRAINING OF YOUNG ATHLETES AND ITS IMPORTANCE. Vol.6, Issue 12, Dekember 2019. ISSN: 2350-0328.
38. Dustov Bakhtiyor Akmalovich, Toshov Murod Khalilovich, Sabirova Nasiba Rasulovna, Fazliddinov Farkhod Savrievich. Journal of Critical Reviews ISSN-2394-5125 Vol 7, Issue 6, 2020 Review.

