

## Role of the Trainer in the Psychological Training of the Athlete in Out-School Work on Physical Education and Sport

**Babarakhmatov Bobir Burievich**

Termez State University Lecturer, Department of Sports Management Termez, Uzbekistan

### Abstract:

The article examines the ways of psychological understanding and the relationship between an athlete and a coach. The influence of the role of the athletics coach during the period of psychological preparation of schoolchildren-athletes in out-of-school work.

**Keywords:** athletics, extracurricular work, psychological preparation, schoolchildren, physical culture.

**Introduction.** Athletics is one of the most popular and developed sports in the world, with millions of children and adults taking part in this sport. Competitive activity in athletics is characterized by a high level of competition in the international sports arena, which encourages specialists to constantly optimize the training system and improve its individual components.

As practice shows, children who are actively involved in athletics, better than their peers, master learning in a comprehensive school. In addition, actively doing athletics in the fresh air, students increase their resistance to colds [1, 2, 3].

The training of an athlete involves a complex long-term process, and the combination of integral fitness allows an athlete to show his achievements. Psychological preparation is an important link in the implementation of integral readiness, because the psycho-emotional state of a young athlete has a positive or negative impact on sports results during training sessions and sports competitions.

The aim of the study was to study the process of psychological preparation of athletes involved in the sports section in athletics and to develop a method for correcting psychological conditions during training and performance at competitions.

Research objectives:

1. To analyze the theoretical features of the psychological preparation of young athletes.
2. Justify the role of a coach in the psychological preparation of an athlete.
3. Experimentally investigate the psychological preparation of young athletes and develop a method for correcting psychological states during training and performance at competitions.

Many scientists dealt with the problem of studying various psychological components in sports activities. Teachers of physical education, coaches need to take into account the peculiarities of the psychological compatibility of students when completing sports groups, especially for team sports, which will significantly contribute to the preparation and performance in competitions [4, 5, 6].

An analysis of literary sources on the study of theoretical problems of the psychology of a person, his behavior, personality development, motivation, mutual relations indicates that athletics competitions place high demands on athletes, both physical and psychological training [7, 8, 9]. The training and competitive process requires the athlete to display moral and volitional qualities, performing a great physical load, which is accompanied by psychological stress.

In sports practice, the influence of the level of tension of an athlete before the start on the final result is observed. According to sports psychologists, a state of mental tension, that is, an unfavorable mental state, occurs in an athlete in the process of difficult and responsible activity precisely during the period of waiting for the start. Therefore, the study of the special psychological preparation of an athlete is very important. Particular attention should be paid to identifying psychological indicators that affect the general psychological mood on the day of the competition, as well as to investigate the influence and importance of the coach in the training process of the psychological preparation of athletes.

The psychological training of young athletes begins with the study of personality as unique carriers of the hierarchy of motives, expressed through ideals and beliefs [10, 11]. A trainer can develop and improve all the properties of the psyche, obtaining a huge potential for the growth of general and specialized qualities of a person and needs a systematic approach. The coach in extracurricular work pays attention not only to psychological tests, but also to the behavior of the athlete flying during training. The coach pays special attention at critical moments when participating in sports competitions, when an athlete needs psychological support. It is the coach who studies the properties of the young organism and helps him with psychological support to endure significant loads during training and competitive performances [12, 13, 14].

On the eve of and during the competition, the coach chooses and uses psychological methods of influence individually for each athlete. The more information about the athlete received by the coach in the educational process of studying his capabilities, the better psychological methods will be chosen to help the athlete adapt to all sports activities and, accordingly, the better the sports result will be. Considering the foregoing, it can be argued that not only the work of coaching, but also the work of a psychologist falls on the shoulders of the coach, since for successful psychological preparation, the coach must follow the following tips:

- psychological support should be carried out constantly;
- depending on the stage of preparation, the content of psychological support should be developed for "anticipation", thus adapting the athlete to the transition to the next stage;
- there should be sports psychologist services;
- if it is impossible to have a sports psychologist, his role is assigned to the coach [15, 16].

The coach introduced psychological work through individual and group thematic conversations with young athletes. If necessary, the entire animated film was viewed, or its individual fragments related to the topic of the conversation. It is desirable to involve parents in such conversations [17].

To relieve emotional stress, anxiety and fatigue, relaxation and recovery, the trainer used, if possible, audio and video for relaxation. Photo, video on duty with rhythmic music. The selected audiovisual media were used several times two or three times a week on the recommendations of psychologists [18].

The choice of the direction of psychological means depended on the individual characteristics of young athletes, their requests and the problems of the microclimate of the group that they encountered. This approach allowed to increase the level of perception, serves as a means of diversifying the educational process and is an effective means of psychological preparation.

As a result of the work being done, the athletes increased their confidence in themselves and their abilities, they showed a high level of readiness for the upcoming competitions, their desire to do everything in their power to win the competitions;

- young athletes began to more adequately assess their strengths in comparison with their rivals, became less afraid of them, learned to believe that they can win;
- competitive personal anxiety among athletes has significantly decreased, athletes have become more calm and confident about the upcoming competitions;
- in addition, most athletes have significantly reduced the level of stress that occurs immediately before important competitions.

**Conclusions.** Based on the results of the study, the following conclusions can be drawn:

1. Analysis of literary sources from different aspects of the training of track and field athletes indicates a significant impact on sports results both during competitions and during training, has a level of psychological preparedness.
2. The psychological preparation of a young athlete depends on the professional competence of the coach in the field of knowledge in general and sports psychology.
3. It has been experimentally studied that young athletes have an insufficient level of development of special psychological preparation, most young athletes experience anxiety and stress before and during performance at competitions. The use of the proposed methodology helped to alleviate competitive anxiety, the level of stress before important competitions decreased more calmly, the athletes increased their self-confidence and their strengths, they showed a high level of readiness for the upcoming competitions, began to more adequately assess their strengths compared to rivals. Have learned to believe that they can win.

#### List of used literature

1. Устоев, А. К., Бабарахматов Б.Б. Спорт ўйинларининг ташкилий асосларида кўп йиллик тайёрлов тизими / А. К. Устоев, Б. Б. Бабарахматов. - Текст : непосредственный // Молодой ученый. - 2020. - № 21 (311). - С. 799-801.
2. Бабарахматов Б. Б. Подготовка будущих учителей физической культуры к инновационной деятельности / Б. Б. Бабарахматов. // Матрица научного познания. – 2020. -№ 6. – С. 403-408.
3. Боборахматов Б. Б. (2020) “ Токио - 2020 ” ёзги олимпиадаўйинларини коронавирус пандемияси сабабли бошқа йилга кўчирилиши / Б. Б. Боборахматов // *Muallim*. Vol. 1. Issue 7. – pp. 74-78.
4. Menglikulov, Khairulla (2021) "Features of organization of general physical preparation in lesson and extracurricular activities," *Mental Enlightenment Scientific-Methodological Journal*: Vol. 2021 : Iss. 2 , Article 6.
5. Менгликулов Х. А. (2020) Особенности физической подготовки специалистов физической культуры в высшем учебном заведении. *Педагогика ва психологияда инновациялар*, 11.
6. Alikulovich, M. K., & Yuldashevich, T. D. (2020). Development of physical training skills and formation of willpower qualities in extracurricular activities. *European Journal of Research and Reflection in Educational Sciences Vol*, 8(3).
7. Абдуллаев, Я. М., & Турдимуродов, Д. Й. (2020). Ўсмир ёшдаги ўқувчиларда иродавий сифатларни жисмоний тарбия воситалари орқали ривожлантириш. *Современное образование (Узбекистан)*, (9 (94)), 56-62.

8. Абдуллаев, Я. М., & Юлдашевич, Т. Д. (2020). Создание педагогических условий в формировании волевых качеств у учеников начальных классов. In *Colloquium-journal* (No. 24 (76)). Голопристанський міськрайонний центр зайнятості.
9. Абдуллаев, Я. М. (2012). Развитие физического воспитания подрастающего поколения в непрерывном образовании. *Молодой ученый*, (11), 381-383.
10. Mirzaev, A. M., & Daminov, I. A. (2021). Improving The Physical Fitness Of Students Through The Conduct Of Individual Programs. *Turkish Journal of Computer and Mathematics Education (TURCOMAT)*, 12(11), 7054-7055.
11. Кошбахтиев, И. А., Исмагилов, Д. К., & Даминов, И. А. (2015). Результаты исследований особенностей формирования системы учебной деятельности у студентов. *Молодой ученый*, (3), 870-873.
12. Даминов, И. А. (2021). Спортивная деятельность-как фактор влияния на личность дзюдоистов. *Academic research in educational sciences*, 2(4), 1322-1329
13. Narzikulovich, N. N. (2020). The effectiveness of doing sport in everyday life. *Педагогика ва психологияда инновациялар*, 12(3).
14. Norboyev, N. N. (2020). The most ancient chess in the world detected in Uzbekistan. *Theoretical & Applied Science*, (10), 43-47.
15. Nabijon Narzikulovich Norboev. (2021). Theoretical aspects of the influence of motivation on increasing the efficiency of physical education. *Current research journal of pedagogics*, 2(10), 247-252.
16. Шарипов, Х. (2021). Применение подвижных игр как средство развития волевых качеств у детей дошкольного возраста. *Общество и инновации*, 2(9/S), 77-82.
17. Турдимуродов, Д. Й. (2022). Влияние занятий единоборствами на уровень проявления морально-волевых качеств учащихся общеобразовательной школы. *Academic research in educational sciences*, 3(1), 691-698.
18. Менгликулов, Х. А. Мактабда жисмоний тарбиянинг дарсан ташқари фаолиятини ташкиллаштириш ва унинг шакллари / Х. А. Менгликулов // Актуальные научные исследования в современном мире. – 2021. – No 9-3(77). – P. 104-107.