



Moral-Volitional and Psychological Training of Football Players

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Annotation: In sports training, great importance is attached to the psychological preparation of football players. The most important thing in football is the improvement of mental qualities, on which the tactical skill of football players depends. These qualities include: observation and attentiveness, thinking and imagination, long-term and working memory.

Key words: football, psychological training, sports training, football players, moral-volitional training, competitions motivation, motives, motivation.

Introduction. Football is the most popular sport in the world. A game that is rare in its beauty, spectacle, emotionality and psychological tension [1] brings huge popularity to football. It keeps in constant tension not only the participants of the competition, but also millions of fans. The multifaceted, complex and fast-paced activity of a football player on the field during the match, competition on a rather large site requires a high development of the players' physical and psychophysical qualities related to the content and features of the game of football [2, 3].

Football participants are characterized by: a large volume and intensity of muscular work, which is mainly of a dynamic nature, associated with the high physical activity of the players. Football is an acyclic sport in which the activity of a football player in the game is characterized by uneven loads and arrhythmic alternation of work and rest.

Football is characterized by a complex biomechanics of movements, therefore, in terms of the variety of motor skills, it is one of the most difficult sports. The main motor skills are hitting the ball with both feet with the inside and outside of the foot, instep, toe and heel.

The psychological specificity of the game activity of a football player is determined by some important features of the content of the game [4, 5]:

- a) a variety of technical and tactical methods;
- b) significant motor activity of the players;
- c) a constant change in the direction and speed of the ball;
- d) relatively short time of ball control by one player;
- e) The constant dynamics of game situations that arise on the field, and the rapid change of game episodes.

An important section of sports training is the psychological and moral-volitional training of football players [6, 7, and 8]. Optimal (high) psychological preparation of players is very important for purposeful work with a football team. Proper psychological preparation of football players and moral support of players are very important factors in achieving high results in competitions by a team [9, 10, 11]. They have various effects on the psychological state of football players (within the limits of permissible effects) in order to form psychological readiness to achieve high results in the game.

Psychological training in the development of volitional qualities of players includes methods of explanation and persuasion in a mandatory combination with exercises [12, 13, 14]. Psychological preparation is aimed at:

- understanding and comprehension by the players of the tasks and actions at the upcoming training session or competition;
- Creating clear representations of movements and actions to be performed.
- use in each training session of techniques and methods aimed at educating volitional qualities;
- strict observance of the daily routine, a rational mode of study, work, training sessions, the implementation of independent volitional decisions;
- education of the ability to resist emotional reactions to emerging situations that may interfere with the achievement of a high sports result;
- the ability to control their actions, behavior;
- Obligatory fulfillment of the planned, planned, necessary [15, 16].

The main tasks of the psychological preparation of a football player are the formation of interest and love for football, readiness for training and competitive activities that require significant volitional efforts to overcome external and internal obstacles, the improvement of the emotional properties of the personality, the development and improvement of intelligence

Football player [17, 18]. The successful solution of these problems directly depends on the professionalism and pedagogical skills of the coach and on the players' possession of a system of special knowledge about the human psyche.

The tasks of the psychological preparation of a football player also include:

- formation of significant moral and volitional qualities;
- improving the properties of attention;
- creation of psychological prerequisites for accelerating the process of mastering the technique of playing in the chosen exercise;
- development of coordination abilities;
- mastering the ability to concentrate and mobilize during exercise and other activities;
- mastering the ability to manage their feelings, emotions, actions, behavior;
- mastering the ability to regulate the mental state during the game;
- development of abilities for self-analysis, self-criticism, exactingness to oneself;
- mastering the ability to withstand the adverse effects of internal and external factors;
- building self-confidence;
- formation of readiness for performances at competitions;
- Fostering the desire to purposefully fight for victory [19, 20].

The most significant of the main tasks of psychological preparation is to achieve a state of readiness for competitions, which is expressed in the mobilization of a football player to solve the set tasks. This is especially important before the responsible, main competitions of the season. This ability of the player to mobilize should be taught in solving everyday problems, in the process of training sessions constantly,

From day to day

Psychological preparation for training sessions provides for the solution of the main tasks, which are the formation of motives for training work and a conscious positive attitude towards the sports regime, training loads and requirements. The purpose of psychological preparation is the formation of a state that ensures the achievement of high sports results. The success of the team's performance in various competitions depends on the state of the psyche, on the ability to manage oneself, one's emotions.

Psychological preparation for competitions plays a very important role, because the solution of the issues of psychological preparation of football players is one of the prerequisites for increasing the effectiveness of the training process. The ultimate goal of psychological preparation is the formation and improvement of personality traits significant for football by changing the system of their relations to various aspects of sports life.

In the psychological preparation of football players, there are two main directions for participation in a long and intense training process:

1. creation, reinforcement, continuous development and improvement of sports training motives;
2. Creation of favorable attitudes towards various aspects of the training process.

Conclusions. The main task of the special psychological preparation of football team players for a specific match is to create a state of mental readiness for each player to play in it. The state of mental readiness is a dynamic system that includes the following important elements: sober self-confidence; the desire to fight hard and to the end for victory, for achieving a competitive goal; optimal (high) level of emotional arousal; high noise immunity in relation to adverse external and internal factors; the ability to arbitrarily control their feelings, emotions, actions, behavior.

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