



Means of Psychological Training of Young Judoists

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Annotation: As the author notes, the psychological preparation of athletes is the main problem of sports psychology. The need to organize psychological support for young judoists implies the inclusion of psychological models in the training and competitive activities that will help solve this problem.

Keywords: psychological support, control, self-control, young judoists.

Introduction. The psychological preparation of athletes is the main problem of sports psychology [1]. The need to organize the psychological support for the training of young judokas implies their inclusion in competitive activities that require special training. Psychological provision of training of judo wrestlers provides for adaptation to activities in new competitive conditions, which differ significantly from training conditions [2, 3].

In the process of psychological support for the training of young judokas, they are transferred to a higher level of their activity. This type of training should be carried out in accordance with the provisions accumulated in domestic psychology, pedagogy, the theory of physical education and sports training [4, 5].

General psychological preparation solves the problem of psychological impact on the athlete. These tasks, which are aimed at the formation and development of sports important mental qualities, contribute to the training of special methods of mental self-regulation for adaptation to extreme conditions [6, 7]. General psychological preparation serves the purpose of improving the ability to manage oneself, increasing competitive reliability, and hence achieving stable, high results. Psychological preparation is the process of formation, consolidation and activation of the readiness of an individual, a team for a certain type of activity or task performance [8, 9, 10].

It has long been proven that successful performance in competitions depends not only on a high level of physical, technical and tactical preparedness of an athlete, but also on his psychological readiness [11]. In order to fully realize their physical, technical and tactical abilities, skills and abilities, an athlete needs to psychologically prepare for certain conditions of sports activity. The best school of psychological preparation is the participation of an athlete in competitions [12, 13, 14]. In practice, two types of psychological preparation of athletes for competitions are carried out - general psychological preparation and special [15].

General psychological preparation. It is closely connected with educational and ideological work with athletes. This is especially true for the formation of ideological conviction, the upbringing of personality traits.

Special psychological preparation. It is aimed at the formation and improvement of the athlete's holistic readiness to participate in each competition. The general principle of the method of psychological preparation of an athlete is the impact on both consciousness and sub consciousness [16]. As a means of psychological preparation of an athlete, the following are most often used: the formation of a worldview. The most important and at the same time complex problem is the formation of motives for sports activities, including the worldview as the most persistent motive [17, 18]. This is

done through the formation and development of modern views on the cultural and historical roots of sports in general, as well as the chosen type, and the formation of the own principles and views of an athlete, team, coach on all issues of joint activity.

Preparation by participation in activities is the most versatile, but not always sufficiently taken into account and measurable means of psychological preparation of athletes and teams. Both the coach and the athlete must follow the wave-like nature of the loads, their cyclicity, must work on the technique of movements, and at the same time constantly correlate their actions with the conditions for participation in the upcoming competitions. Sometimes a coach and an athlete must develop an arsenal of actions in competitive situations to the smallest detail, prepare possible options for action.

Very often, training is carried out according to the scheme of maximum approximation to the situation of the competition. Control and self-control. In sports practice, a significant place is given to obtaining information about the parameters and results of actions, including in the course of their implementation. This specially organized observation or introspection is a special case of the research activity of a coach and an athlete, the subject of pedagogical communication.

Physiotherapeutic, hardware psychopharmacological means. They are widely used in elite sports and to a lesser extent in work with young athletes. The goals of these funds are: relieving mental stress, reducing pain in the musculoskeletal system, improving mood, increasing the body's adaptive capabilities in relation to stress. The purpose and dosage of these drugs usually depends on the individual characteristics of the athletes, and must be agreed with sports medicine specialists and psychologists.

Forms of psychological preparation: development of a ritual of pre-competitive and pre-start behavior; seconding (specially organized control of the athlete's behavior immediately before the start or fight); ideomotor training (using the idea of movements immediately before their execution); developing skills to switch from one type of activity to another or disconnect from obsessive forms of activity; modeling of competitive situations in full or in part; adaptation to the conditions and regime of the upcoming competitions (by time, climatic and weather conditions, accommodation conditions for participants).

Psychological preparation of young judoists. The psychological training of judoists is understood as an organized, controlled process of realizing their potential psychological capabilities in objective results. General psychological preparation - in a generalized form, it represents the psychological adaptation of a judoka to loads.

Special psychological training is aimed at solving the following tasks: formation of psychological "inner supports" among judokas that determine self-confidence; overcoming psychological barriers that reduce the efficiency of motor activity, especially those that arise in confrontation with a specific opponent; psychological modeling of the conditions of the upcoming confrontation, including emotional self-tuning; creation of a psychological program of action immediately before the competition. Psychological training is organized at all stages of the training process of judokas.

After analyzing the scientific and methodological literature on the problem of psychological training in judo, among young judokas it can be said that in psychological training it is customary to divide 2 main types - general and special psychological training. There are also means and forms of psychological preparation, psychological barriers, and emotional experiences of judoists, pre-start and post-start mental states.

Conclusions. The results of the analysis showed that in judo programs more attention is paid to tactical, physical and technical training, and no time is given to psychological training at this age at all, although the initial stage of training is one of the most important stages. It is at this stage that the foundation for further mastering the skill in judo wrestling is laid and the selection for further sports is carried out. Therefore, it is necessary to introduce complexes of training sessions aimed at developing the psychological readiness for competitions of young judokas.

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