



EDUCATION OF MORAL-VOLITIONAL AND PSYCHOLOGICAL QUALITIES IN FOOTBALL PLAYERS

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Annotation: The article reveals the methods of educating the moral-volitional and psychological qualities of football players. Sport is an excellent school for the development of volitional qualities in a football player, which must be constantly carried out in the process of training sessions and competitions. The author believes that the education of the volitional qualities of a football player should be constantly carried out in the process of training sessions and competitions.

Keywords: moral and volitional qualities, football, psychological qualities, football players, education, training sessions.

Introduction. Sport is an excellent school for cultivating volitional qualities in a football player - determination, determination and courage, perseverance and perseverance, endurance and self-control, initiative and independence, discipline. Volitional qualities are brought up in sports wrestling, in the desire of an athlete to overcome his shortcomings, not be afraid of difficulties, to achieve a specific goal set for himself. These important qualities for a football player are tested during sports competitions [1, 2].

Purposefulness is expressed in the ability of an athlete to set specific goals for himself and strive to achieve them, in spite of any difficulties, subordinating all his thoughts, feelings and actions to the solution of the tasks set. The goals that a football player sets for himself are in accordance with the moral principles of a person [3, 4]. The decisiveness and courage of an athlete are manifested in the ability to independently and timely make well-considered decisions during a sports competition. Perseverance and perseverance are expressed in the ability of an athlete, regardless of difficulties, to achieve the goal, to actively fight for victory even in the most difficult, unfavorable conditions [5, 6]. A football player must have willpower, the ability to overpower himself not only in training and competitions, but also in everyday life [7].

Thus, willpower, perseverance and perseverance make it possible to successfully combine studies with sports, which requires a high personal organization from the athlete. A football player needs to cultivate the quality of a winner in himself, to strive to be the first in big and small - in studies, work, training, competitions [8, 9, 10].

Success in sports depends not only on the quality of training and physical activity, but also on the moral and volitional preparation of the athlete. One cannot be strong-willed and persistent in sports competitions and weak-willed, unprincipled in ordinary life. It is not surprising that diligence is a particular manifestation of perseverance, because behind any high achievements of athletes there are years of hard work. To achieve a high goal, a football player must also have self-control and self-control - the ability to control his thoughts, feelings and actions in any situation, especially in important competitions [11, 12]. These important qualities are manifested in his ability to control his behavior in any conditions, to manage his actions on the way to achieving a high result. Endurance and self-control, the ability not to get lost in difficult times, are important qualities possessed by the winners of sports competitions [13, 14].

In addition to the above-mentioned volitional qualities, in order to show stable high results in competitions, initiative and independence are of particular importance, i.e. the ability of an athlete to independently understand the current situation and act as necessary. These important qualities are expressed in the ability of an athlete to independently set goals and outline ways to achieve them [15, 16].

Discipline, a quality inherent in almost all athletes - the ability to subordinate their actions, deeds to established rules and requirements of duty; It is expressed in the ability to consciously subordinate one's desires to the requirements of the collective, to put its interests above one's own interests.

Of course, one of the main conditions for the formation of volitional qualities is self-education. It is expressed in the athlete's desire to develop and improve the moral and volitional qualities of the individual. The direction of self-education is determined by the rules, principles that guide a football player in everyday and sports life.

To improve the mental qualities of an athlete, one of the important areas is to reduce the level of emotional arousal in order to improve the overall balance of nervous processes and calm. In this case, the coach uses such techniques as verbal influence on the ward (clarification, persuasion, approval, praise), with the help of which the emotional tension of the warrior-athlete is reduced; his lack of self-confidence, the excessive sense of responsibility for performance at the competition decreases [17, 18].

The purpose of the training is to prepare for the highest sports achievements, which, as you know, depends on the sports capabilities and readiness of the athlete to achieve high sports results. With systematic training sessions in compliance with the methodical (didactic) principles of sports training, it is possible to achieve the necessary level of fitness, which allows an athlete to participate in competitions of various levels and show high sports results [19].

It has been proven by science and practice that sports capabilities are determined by the physical, technical and tactical abilities, as well as the special knowledge and competitive experience of the athlete. Readiness to achieve stable high sports results is characterized by the athlete's attitude to sports activities and the requirements of training and competition. Consequently, the preparation of athletes for sports achievements is a complex pedagogical process, which is divided into education and upbringing. In the educational and training process, education and upbringing are inextricably linked. Therefore, the existing mutual connections between them should be used by the coach in order to increase the effectiveness of sports training.

When preparing for a competition, the techniques associated with the use of movements and external influences, which help to reduce the level of excitation, are quite effective:

- arbitrary regulation of breathing, changing the intervals of inhalation and exhalation or holding it;
- consistent relaxation of the main muscle groups (sitting or lying down) with the use of autogenic training;
- alternation of muscle tension and relaxation; control over one's own facial expressions, facial expressions, motor skills of arms and legs and other external manifestations and bringing them to a level corresponding to a normal, calm state; soothing massage techniques and self-massage.

To increase the level of excitation of an athlete in order to mobilize before the upcoming performance, it is necessary to set him up for maximum performance in competitions using the same groups of methods that, according to the results of the impact, should have the opposite direction: verbal influences of the coach (persuasion, demand, praise, etc.), but contributing to an increase in the mental stress of an athlete, concentration of attention on victory.

Also, in addition to other methods for the development of volitional qualities in athletes, the competitive method is widely used when performing exercises and various tasks. To this end, the training session includes exercises that require maximum concentration of efforts to achieve the goal.

Thus, the education of volitional qualities should be constantly carried out in the process of training sessions and competitions. The leading role in the organization of this process should always belong to the trainer, who provides in educational work for greater efficiency of the educational process the integrated use of all the main means and methods of education.

Conclusion. Self-education and independence in training and participation in competitions play an important role in the development of volitional qualities and in the preparation of an athlete as a whole. excessive care on the part of the coach sometimes leads to negative phenomena in the preparation of athletes. Such an example can be the independent conduct of classes, which will largely contribute to the development of self-confidence in the athlete, will allow him to know himself, to identify (as a result of analysis) shortcomings, weaknesses in order to learn how to actively overcome them. As a rule, the high self-consciousness of athletes, their conviction, firm character sometimes have a decisive influence on the achievement of high sports results.

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