

Psychological Training of Kurash Wrestlers in a Higher Educational Institution

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Annotation

The article deals with the psychological training of kurash wrestlers in higher educational institutions. The authors show how to improve the psychological state of kurash wrestlers, various methods and technologies are used, which are used at the end of the preparatory stage in competitive practice.

Keywords: kurash wrestling, student wrestlers, psychological preparation, training process, volitional qualities.

Introduction. Despite the fact that the relevance of the topic of the psychological preparation of an athlete is beyond doubt, it still does not receive worthy attention both in the Republic of Uzbekistan and abroad [1, 2]. “Psychological preparation is an essential fundamental factor of any sports training program” [3, 4, 5, 6]

It is possible to lose in conditions of better physical preparation to someone who is better prepared psychologically [7, 8]. If an athlete does not know how to manage his psychological state, then excessive mental stress arises, which reduces the result of sports efficiency and leads to its destabilization, and, as a result, to defeat in a fight, which leads to depression and loss of self-confidence [9, 10]. To avoid such consequences, it is necessary, along with training of a tactical, technical and physical nature, to apply training aimed at strengthening the mental state of an athlete - a kurash wrestler.

The preparatory, training and competitive periods require a thoroughly thought-out and systematic preparation of an athlete, the most important component of this process is the training of athletes in the methods of psychoregulation and self-control [11, 12]. The participation of an athlete in competitions is the best school for tempering the spirit, educating and training the psyche of an athlete. Competitive experience in sports is the most important element of an athlete's reliability. But each competition is both the release of the accumulated neuropsychic discharge and often the cause of great spiritual and physical injuries [13, 14]. Solving the problems of psychological preparation of kurash wrestlers is carried out with the help of various means and methods during pre-competitive

activities.

During training and in the process of pre-competitive activities, students in training fights with many opponents, in various weight categories, train stamina and moral and volitional qualities. Athletes-students who have to train long and hard are aware of moral fatigue, which sooner or later will manifest itself as a result of insufficient recovery. Factors that most often arise and negatively affect the result of competitive and training activities of an athlete and his psycho-emotional state [15, 16]:

1. Prolonged psychological recovery. Occurs when a wrestler approaches victory. There is a risk of loss of vigilance and overconfidence, which increases the percentage of the possibility of defeat. A series of ups and downs is inevitable, but the magnitude of the amplitude of these fluctuations can be adjusted by psychological preparation for each specific fight.
2. Fatigue caused by nervous tension. It is overcome by self-hypnosis and autogenic training, which allows you to change the emotional state of the athlete and use hidden reserves.
3. Instability of attention - characterized by a refusal to search for the hidden possibilities of the body, often combined with excessive self-confidence and lightness. It is overcome by the education of endurance and determination during training sessions [17, 18].

It is impossible to cope with these conditions without motivation and psychological preparation. The main means of psychological preparation of kurash wrestlers are: physical exercises aimed at improving the technique and tactics in the fight, as well as the means of psychological preparation:

- special psychological exercises, influences, influences;
- organization of the psychological climate in a sports team;
- psychological education of coaches and athletes;
- psychological means of regulation and self-regulation of the mental state;
- increased motivation for training sessions;
- Classes on autogenic training [19, 20].

Control and self-control, suggestion, self-hypnosis, physiotherapy (sauna, massage, pool), psychopharmacological (tranquilizers, antidepressants, psychostimulants, nootropics), autogenic training are important points in the process of psychological preparation of a wrestler. The end results of this work are:

- increase of mental stability in the conditions of specific sports activity in the conditions of competitive process;
- improvement of mental functions and qualities that ensure the performance of basic actions by

wrestlers during a fight;

- Formation, improvement and correction of the individual style of wrestling.
- To increase the mental stability of wrestlers, the following means and methods are used:
- Determination of the goal and sub-goal of the competition - it is necessary to know from the very beginning why the athlete participates in the tournament ?! His sub-goal appears during the passage of a certain round of the tournament - either to win a specific place, or to take points from an opponent, thus advancing a member of his team, performing in the same weight category with him.
- Increasing the emotional intensity of the training process in order to accelerate the adaptation of wrestlers to the conditions of the largest tournaments. To do this, simulation of the tournament in control matches, the presence of "responsible persons", imitation of filming and television reporting, artificial underestimation of judges' marks and marks of the quality of training activities are used;
- obtaining the most complete information about the conditions of the upcoming tournament and the main rivals: watching videos and film materials, a detailed analysis of the skills and individual characteristics of the main opponents and developing programs for the most effective fight against them, modeling opponents and testing different options for action in training sessions, playing plot situations (mental thinking) that are psychologically difficult for a particular wrestler;
- Regulation of mental tension by changing the ratio between motivation, the level of claims of the wrestler and his capabilities in a given period of time. This is done by regulating the level of difficulty of the tasks in the upcoming tournament and the responsibility of the wrestler for the result of the performance;
- Attitude to the competitive process as a pleasant one, during which the factors of fear, excitement, nervousness automatically disappear: based on the rule - "pleasant things cannot be scary".

In addition to these standard methods, technologies are now emerging that affects the psychology of the athlete. Sleep is an important part of successful training and performance. When an athlete does not get enough sleep, he becomes nervous, aggressive, and physically weak, all this affects his result. If a student wrestler does not have enough sleep, then he tries to compensate for the fatigue of the body with an additional meal, which in turn leads to an increase in weight that exceeds the required norm in the competitive process. Weight cutting before competitions is an additional negative factor that affects the preparedness of a wrestler for competitions, as it undermines the moral and physical components of the training process. It is known that it is rather difficult to fall asleep before important competitions, the athlete thinks intensely about the upcoming competition.

Autogenic training, saturated with relaxation techniques for restoring the mental and physical state of an athlete, is an important psychological technique, along with self-hypnosis, which allows you to use the hidden reserves of the body and prepare it for the competitive process. Autogenic training can be done both individually and with a group. Autogenic training can be carried out in several positions: lying, reclining and sitting.

An important factor in the training of wrestlers is the development of strong-willed qualities - willpower, through perseverance, patience, diligence and motivation in training sessions.

To improve the psychological state of an athlete during the competition, it is important to create an opportunity for a short rest, to calm the nervous system, because prolonged stress depletes it. You can listen to music, walk along the corridor, and take your mind off contractions for a short time. In an unfamiliar environment, the psychological state worsens, so you need to visit the venue before the start of the competition. If it is possible to walk before the start of the competition, you can take a walk to calm down and tune in to future fights.

Conclusions. Thus, the psychological preparation of a wrestler and any athlete in general is no less important than the physical one. It is necessary to pay attention to each athlete, preparing him for competitions or for an active training process. It is important that the athlete knows how to concentrate and get ready before the fight, and the coach, having correctly identified the motivation, put the emphasis on the upcoming fight every minute. The training of mental functions of a wrestler should be as natural a part of the training process as physical and technical training.

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