
PRINCIPLES OF PSYCHOLOGICAL TRAINING OF HANDBALL PLAYERS

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ABSTRACT

The purpose of the article is to determine the principles of mental training of handball players by means of a questionnaire. Various forms of questions, stressful situations that arise for handball players during training and competitions, as well as ways to eliminate them are presented. Regarding the psychological training of handball players, a questionnaire and statistics of responses, an analysis of scientific and methodological literature are given, the relevance of the topic, purpose, conclusions and recommendations are given.

Keywords: questionnaire, respondent, sport, psychological preparation, system, improvement, preparation, skill.

GANDBOLCHILARNING RUHIY TAYYORGARLIKLARINI AMLGA OSHIRISH TAMOYILLARI

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Annatsiya:

Maqolada gandbolchilarni ruhiy tayyorgarliklarini amalga oshirish tamoillarini anketa so'rovi yordamida aniqlash maqsad qilingan. Savollarning turli shakllari keltirilgan bo'lib, gandbolchilarda mashg'ulot va musobaqalar davrida sodir bo'ladigan stress xolatlari xamda ularni bartaraf etish yo'llari nazarda tutilgan. Gandbolchilarning ruhiy tayyorgarliklari yuzasidan, savolnoma xamda javoblar statistikasi, ilmiy-uslubiy adabiyotlar taxlili, mavzuni dolzarbligi, maqsadi, xulosa va tavsiyalar berilgan.

Kalit so'zlar: so'rovnoma, respondent, sport, ruhiy tayyorgarlik, tizim, takomillashtirish, tayyorlov, qobiliyat.

ПРИНЦИПИ ПСИХОЛОГИЧЕСКАЯ ПОДГОТОВКА ГАНДБОЛИСТОВ

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Аннотация

Целью статьи является определение принципов психической подготовки гандболистов с помощью анкетирования. Представлены различные формы вопросов, стрессовые ситуации,

возникающие у гандболистов во время тренировок и соревнований, а также пути их устранения. Относительно психологической подготовки гандболистов приведены анкета и статистика ответов, анализ научно-методической литературы, дана актуальность темы, цель, выводы и рекомендации.

Ключевые слова: анкета, респондент, спорт, психологическая подготовка, система, совершенствование, подготовка, умение.

Relevance of the topic: modern handball is developing with such intensity that with the release of the physical, technical and tactical training of teams to a high peak, it is becoming very difficult to achieve high results, since nowadays the mental training of handball players plays an important role in the victory of the team. It is this issue that is also facing all other sports, considered one of the important tasks. Observing and analyzing the participation of our national handball team in international competitions, it was determined that a lot of attention should be paid to the mental preparations of the players. Decree of the Cabinet of Ministers of March 4, 2020 No. 122 on measures to further improve the system of sorting out athletes into the composition of national teams in Sports [1] the results of the study of this article will serve to some extent the implementation of tasks set out in other regulatory legal acts related to this area.

Degree of study of the subject. A number of scientists have carried out scientific work and discussed them in scientific and methodological work on the creation of a methodology for improving the system and content of training of handball players in their mental training.

Isaac V of Uzbek scholars, I, Nabiev T.I, 2005, Pavlov Sh.K, Abdurahmanov F.I., 2006, Azizov S.V. 2008, Pavlov Sh.K, Abdurahmanov F.A. Azizova.R.I. 2007, Pavlov Sh.K., Azizova.R.I. 2009 and others conducted scientific research and developed new information and recommendations in their textbooks, manuals, articles and theses, which substantiate the system of training mental training of handball players.

The purpose of the study. To create a methodology for improving the system and content of training mental training of handball players and develop recommendations for its introduction into practice.

Research methods: analysis and generalization of scientific and methodological literature; pedagogical test; medical and biological methods; pedagogical experiment; methods of Mathematical Statistics.

Research results and its discussion:

The modern game of handball requires athletes to have high mental stability, pressure, endurance, self-control, the ability to fight for a long time, exerting strength in a long fight. The desire to win in handball, on the other hand, turns into a sharp and uncompromising Sports fight, increasing the attractiveness in competitions. The unexpected results of the games, if, unlike all predictions based on the physical, technical and tactical training of the opposing teams, a relatively weak team turns out to be the winner, this is primarily followed by an advantage in mental training

The coach is engaged in handball players of different ages in his career,so he gives information on how to have the right imagination in a person,his abilities and indivudial qualities.

In front of the coach is always the task of ensuring that his team achieves high results in competitions. Based on the assumptions of the above scientific literature, a survey was carried out in order to study in the theoretical framework for improving the system and content of mental training of handball players and to determine the treatment of Mental Training (see Table 1)

Table 1.

Statistical analysis of the results of the survey conducted in order to study problems in the training of handball players

№	Questions	Answers % on account					
		Answer 1 (%)	Answer 2 (%)	Answer 3 (%)	Answer 4 (%)	Answer 5 (%)	Answer 6 (%)
1	How many years have you been practicing handball?	2 22%	4 20%	5 35%	7 22%		
2	Who did you come to handball with the recommendation?	My parents 25%	My Friend 35%	My Brother 25%	I want 15%		
3	Do you have a negative impact on you in the process of training if you have unpleasant behaviors at home, on the street, at school, etc.?	yes 75%	No 10%	Sometimes 5%	do not attention to 10%		
4	Are the inappropriate criticisms made to the coach in the training process affecting your mood?	Affects 80%	does not affect 10%	Sometimes 5%	Does not affect 5%		
5	What methods and tools do you use to overcome tension?	I sleep 56%	I walk 21%	I love cinema 17%	I take a shower 6%		
6	What kind of thrill do you get before the competitions?	High 64%	Average 23%	Low 4%	No Shame 9%		
7	what signs of bullying do you feel associated with a test exam or competitions?	My mood drops 50%	my head hurts 19%	I'm depressed 13%	I want to be alone 18%		
8	How have the tension in you changed over the last three months?	Significantly decreased 56%	decreased without intuition 27%	did not change 6%	increased without intuition 11%		

In the questions of the questionnaire, the data on their timely elimination was analyzed, studying the problems in the mental training of handball players.

How many years have you been practicing handball ? to our question, 22% of respondents indicated that they were 2 years, 20% of respondents 4 years, 35% 5 years, and 22% of respondents 7 years. It can be seen that many of the selected respondents have long been engaged in the sport of handball.

Who did you come to handball with the recommendation ? to our question, 25% of respondents replied that their parents chose this sport according to their interest and qistov, 35% began training with interest in a friend, 25% were attracted to handball training by their brother, and 15% answered that gina respondent chose this sport with my knowledge.

Does it negatively affect you in the process of training if you have unpleasant behavior at home, on the street, at school, etc. To our question, 75% of respondents answered "yes", 10% of respondents said "No", 5% of respondents said "Sometimes", and 10% of respondents said they would not pay attention. From the answer given, it can be seen that the mental training of those involved acquires an important acumen in training.

Do the inappropriate criticism made to you by the coach during the training process affect your mood ? our question is influenced by 80% of respondents, 10% do not, 5% sometimes, and 5% answered that I do not care. From the answers, it can be seen that inappropriate criticism voiced by coaches has a strong influence on the mood of those involved.

What kind of thrill do you get before the competitions? the question we asked in the content was noted by 64% of respondents stating that they were highly Gay, 23% were moderately gay, 4% were very low, and 9% were not excited at all. It can be seen from the answers that in a large number of respondents, the hype before the competitions will be very high.

How have the tension in you changed over the last three months? To our question, 11% of respondents reported a significant decrease, 27% reported a noticeable decrease, 6% did not change at all, and 56% reported a significant increase in tension. From the answers, it can be summed up that it is possible to know that in athletes there is an increase in tension, which negatively affects the effectiveness of training.

Based on the answers given by the respondents in the survey process, the above questionnaire can be concluded: the psychological training of those engaged in handball training has a strong influence on the training process. It has been found to have a high impact on the physical and functional fitness of training on practitioners with high mental fitness. It can be seen from this that the mental training of handball players is considered to have an important acumen not only in the process of training, but also in the process of competitions.

Regulation of emotional states. Under the influence of negative emotions, the entire activity of the athlete is often upset. Making a handball player resistant to the influence of various emotions is necessary for his normal functioning. Emotional arousal or indifference can be caused by the words of

comrades, the instructions of the coach, the reaction of the audience, the actions of opponents, the actions of the judges, personal problems. Different audiences of the audience influence the behavior of athletes in different ways. For example, the presence of viewers of the opposite sex is more likely to stimulate male activity than women.

The success rate is usually determined by comparing the set goal with the achieved result. Therefore, a coach's unreal and complex relationship can lead to a team's depression, loss of confidence in the coach.

Conclusion and practical recommendations

An analysis of literature and practical experience shows that it is important that the athlete's pre-competition training is of a purely psychological nature. It is necessary to overcome the negative forms of the state before starting work, increase activity, prepare for the upcoming struggle. The role of the coach is great here. Well aware of the skill and experience of the department and the psychological obstacles inherent in it, he must have the right effect on the athlete, prepare him for future competitions. It is necessary to try to ensure that the athlete focuses on a general emotional upsurge, inspiration, strength, inner calm and the upcoming struggle. Such a raised psychological state is a factor that enhances the vital activity of the body, helping to increase sports results. However, the emotional reaction negatively affects the athlete's mood. Most often this is observed in inexperienced athletes. They are very worried, lose control of themselves, their actions are unthinkable, erroneous.

Excitation is replaced by inhibition, which leads to a decrease in competitive outcomes. When special responsibility for the result leads them to excessive excitement, acute experience, experienced athletes can also face this condition. In addition to emotional reactions, the coach must also take into account the individual characteristics of the athlete. Therefore, analyzing the results of competitions and training, the coach must draw up a work plan with each athlete so that all of them, regardless of the characteristics of their starting position, are aimed at solving future tasks.

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