



Psychological Training in Kurash Wrestling

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Annotation: *This article analyzes the importance of psychological preparation for participation in competitions, the need to use psychodiagnostics for obtaining data that would allow predicting future achievements and circumventing obstacles to achieving the intended result.*

Keywords: *kurash wrestling, psychological training, motivation, initial training, individualized training.*

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Introduction. The development of kurash wrestling actualized the problem of psychological support for sports activities [1]. The issue of adaptation deserves special attention. Therefore, mental readiness to overcome difficulties during competitive fights is of particular value. Solving the problem of training athletes, the formation of their noise immunity is a necessary condition for psychological support [2].

Extreme situations that arise in the course of competitive activity can cause the most intense mental stress [3].

Psychological training provides for the formation of the athlete's personality and interpersonal relationships, the development of sports intelligence, psychological functions and psychomotor qualities [4, 5]. A coach working with young athletes should use all available means and methods of psychological influence on children, necessary for the formation of a mentally balanced, full-fledged, comprehensively developed personality, capable of showing off sportsmanship in the future [6].

The main tasks of psychological preparation are:

- instilling a sustainable interest in sports;
- formation of a mindset for training activities;
- formation of strong-willed qualities of an athlete;
- improvement of the emotional properties of the personality;
- development of communicative properties of the personality;
- Development and improvement of the athlete's intellect [7, 8].

At present, sport has reached such a high degree of development that the physical, technical and tactical preparedness of the strongest athletes is approximately at the same level. Therefore, the outcome of sports competitions is determined to a large extent by the factors of the mental readiness of the athlete [9, 10]. The more responsible the competition, the more intense the wrestling, the more important the mental state and personality traits of the athlete. Under these conditions, the one

who is better psychologically prepared to perform in each specific competition usually wins. Secondly, the steady and significant growth of sports achievements, records typical for world sports, shows the insufficiency of three types of training (physical, technical, tactical) [11, 12].

Modern sports competitions require high functional readiness from participants, including psychomotor readiness. Even a well physically and technically prepared athlete cannot win if he has insufficiently developed mental functions necessary for this. Thirdly, a significant role in ensuring the mental readiness of an athlete is played by the spiritual development of the personality, the manifestation of its psychological characteristics, such as orientation (needs, interests, beliefs), temperament, character and abilities. In sports, four types of mental self-regulation are most often used: autogenic training, psychoregulatory training, psychomuscular training and ideomotor training [13, 14].

Currently, psychological training is considered in two ways:

- as a special type of athlete training (along with physical, technical, tactical), a system of psychological and pedagogical influences used to form and improve athletes' personality traits and mental qualities necessary for the successful implementation of training activities, preparation for competitions and reliable performance in them;
- Acquisition of a systemic quality of the psyche, in which the goal-setting beginning is the athlete's cognitive-evaluative attitude to all types of work done [15, 16].

Among the main methods of psychological preparation are conversations, persuasion, pedagogical suggestion, methods of modeling a competitive situation through the game. It recommends introducing situations that require overcoming difficulties into the training program.

In sports psychology, objective and subjective difficulties are distinguished. Objective difficulties are difficulties associated with the development of physical qualities of strength, endurance, speed, agility and flexibility, as well as those associated with functional training in the chosen sport.

Subjective difficulties associated with the athlete's personal experience of the success or failure of his sports activities, with the athlete's personal attitude to his sports activities. These can be the athlete's individual values (interests), needs, motives and goals of sports activities, both training in a particular sport and competitions.

Psychological training contributes to the maximum use of the athlete's potential to improve the efficiency and reliability of his competitive activity. The effectiveness and reliability of an athlete's competitive activity is determined not only by his versatile preparedness, but also by his readiness for a particular competition. The readiness of an athlete should be understood as a high level of development of the functional systems of the body, regulatory functions of the psyche, physical and motor qualities that provide specific motor activity. Two main components are distinguished in volitional actions:

1. intellectual, associated with a person's ability to make decisions;
2. Emotional as a powerful stimulator of motor actions. Psychological training contributes to the maximum use of the athlete's potential to improve the efficiency and reliability of his competitive activity.

Psychological training is a system of psychological and pedagogical influences used to form and improve athletes' personality traits and mental qualities necessary for the successful completion of training activities, preparation for competitions and reliable performance in them. One of the decisive success factors with relatively equal levels of physical and technical-tactical readiness is the athlete's psychological readiness for competition, which is formed in the process of psychological preparation.

Unlike the stages of initial training, much attention is paid to psychological training at the stages of sports improvement and higher sportsmanship. Basically, all psychological studies in the sport of kurash are reduced to taking into account the correspondence between the type of nervous activity and the tactical style of wrestling.

At the same time, the primitive division into strong and weak is alarming. For example, "weak" is the one in whom this "weakness" of the nervous system is predetermined by a constantly acting level of anxiety. If this level of anxiety is removed by any effects, then the nervous system will turn out to be "strong". It seems that it is necessary, first of all, to take into account the force of excitation and the force of voluntary inhibition. After that, it must be determined how long this force can manifest itself, i.e. endurance at maximum arousal. Fighting styles are limited (tempo, silovik, gamer), closely associated with types of the nervous system. In all these works, the conversation is about highly qualified athletes, but who trained them and how? After all, everything comes from the original task setting.

Conclusions. Thus, we can conclude that in the methodology of long-term training of kurash wrestlers today there is still no scientifically reasoned voluminous system of approaches to psychological support and motivation for the chosen activity, mass character, preservation of the contingent of trainees. Works on psychology in wrestling kurash are unfinished. There are no objective algorithms for group, individual-group and individual psychological support for professional activities in the sport of kurash.

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