

PSYCHOLOGICAL PREPARATION FOR BIG COMPETITIONS AND THE ROLE OF SPECIAL PHYSICAL TRAINING IN PROFESSIONAL SPORTS

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Abstract. *The publication is devoted to the psychological preparation of athletes for important competitions. Psychological influences lead the activity of an athlete in the future to the formation of the character of an athlete who is able to mobilize in conditions of tough competitive competition and show the best result. The article analyzes the role of SPP in various sports, including team and individual disciplines, with an emphasis on its specifics. The article also presents the results of a study highlighting the relationship between the level of special physical training and the success of athletes in international competitions. The main focus is on integrating modern trending approaches to physical fitness suitable for professional athletes.*

Keywords: *special physical training; professional sports; athletic performance; training; training methods psychological stress; character formation; volitional qualities; mental potential.*

Introduction

Special physical training (SPT) is an integral part of the training process of professional athletes, an indispensable element that ensures the development of specific physical qualities necessary to achieve high results in a particular sport. CPR involves purposeful work on strength, speed, endurance, flexibility and coordination, adapted to the requirements of various sports disciplines.

In the context of professional sports, the importance of special physical training cannot be overestimated. It forms the basis for improving the efficiency of complex technical elements, improves physical performance, and helps reduce the likelihood of injury. It is quite obvious that in the world of high achievements, where every detail matters, professional athletes are required to pay special attention to the development and implementation of appropriate special physical training regimens. This allows not only to increase the level of physical fitness, but also to optimize the training process, which, in turn, plays a crucial role in preparing for competitions.

Psychological stress is one of the biggest enemies in top sports. It takes a lot of our mental and biological energy, which is especially important when it comes to top-level competitions. This makes us feel insecure about ourselves. Sports psychologists have invented several principles and methods to reduce stress in competitions and cope with it.

With psychological preparation for the stress of competition, we try to gain self-control and maximize our skills and capabilities when we need them. We call it a 100% phenomenon.

Training can be carried out under the supervision of psychologists or independently.

Relevance of the topic

The aim is to explore more deeply the role of special physical training in professional sports, describe the basic principles and methods of its implementation, as well as analyze its impact on the effectiveness of sports achievements.

It is increasing because nowadays more and more people are starting to think about a healthy lifestyle. But, often paying attention to physical health.

Goals and objectives.

In particular, we intend to consider the theoretical foundations, practical aspects, examples of successful implementation of specialized training, as well as modern approaches and trends in this area.

To comprehensively study the problem of mental health in preparation for big competitions.

Materials and methods

There are many materials devoted to the analysis of athletes' special training and abilities.

The nature of these studies confirms that the professional training of the biological mechanisms of the body and the level of physical fitness of athletes largely determine their special physical training for performances on the international stage.

Scientific novelty

The research consists in a comprehensive analysis and systematization of modern approaches to special physical training in professional sports. For the first time, an integrated analysis of the relationship between the level of TFP and the performance of athletes in international competitions is presented, taking into account the specifics of various sports.

The paper proposes an innovative methodology for evaluating the effectiveness of special physical training, taking into account current trends in professional sports.

It consists in considering the mental state of health in preparation for competitions.

Results and discussion

Special physical training (SPP) is a systematic process aimed at developing physical qualities that correspond to the specifics of a particular sport. St. Petersburg is focused on improving those parameters that directly affect the success of athletes in competitions.

Research.

Self-regulation skills program and practice for large competitions Self-regulation skills are considered one of the basic skills of a socialized person. They are not inherited, but are absorbed in the process of socialization. They affect our self-confidence, stress management, self-motivation, and personal maturity. The development of self-regulation skills should be one of the important issues of the school and the educational system. Because it is a level of control over the thoughts, feelings, emotions and behavior of children. Self-regulation skills influence our attitude to life and the world. They control our depression, anxiety, and fears, as well as influence the communication process. The development of self-regulation skills includes a theoretical framework, as well as mental training and rehearsals, which lead to gaining control over thoughts, emotions, attitudes and behavior. Achieving control requires introspection, constant mental training, a high level of self-motivation, and special attention to specific problems. During the practice, we perform the following steps:

- learning relaxation skills and the ability to "relieve" stress
- learning breathing techniques,
- learning periods of concentration and relaxation,
- learning how to reduce negative thoughts and images,
Learn to focus on positive images and thoughts,
- learning and training through visualization.

According to an individual approach, a sports psychologist tries to intervene in the following main areas in accordance with a specific big competition:

- Analysis of pre-competitive conditions and psychological preparation for performance
- The process of athlete motivation and goal setting

- The process of changing personal qualities and habits
- Increased self-control due to troubles and unexpected events, increased emotional stability, reduced anxiety, etc.
- Help with certain psychological problems that may arise (concentration, anxiety, self-confidence).

Anxiety and self-confidence in sports

Many studies have been conducted on sports anxiety and its factors. There have also been many studies that have examined the relationship between the condition and personal anxiety in athletes. On the other hand, there are studies that highlight the relationship between specific types of identity and rare types of anxiety. The distinction between the condition and personal anxiety has become commonplace. Cognitive assessment of a threat is a prerequisite for experiencing this emotion. Anxiety as a trait is the general tendency of a person to perceive certain situations as threatening and to react to these situations with varying degrees of state anxiety. A multidimensional approach to the study of anxiety examines the sub-components of anxiety, in particular cognitive anxiety, somatic anxiety, and self-confidence.

Between cognitive anxiety, somatic anxiety, self-confidence, and performance, self-confidence showed the strongest and most consistent relationship with performance. Although it was initially assumed that cognitive and somatic anxiety were conceptually unrelated, the two concepts are related and interdependent under stress. This may be the case because stressful situations include elements related to cognitive as well as somatic arousal. We see that self-confidence can even be understood as part of anxiety, but on the other hand, it can be part of constructs related to oneself. It has been reported that in athletes with high self-confidence, an increase in symptoms led to a positive perception of control and stimulating interpretations. In the absence of self-confidence, an increase in the intensity of competitive anxiety was perceived as out of control of the performers and weakening the performance.

Self-confidence increases the ability of more anxious athletes to replicate intense arousal and reduce the negative effects of anxiety on performance. All influences that are under the control of the athlete have a mitigating effect on his performance, and on the other hand, factors that are not under the control of the athlete have a detrimental effect on the athlete's results. It seems that self-confidence is an opportunity to control your own emotions.

One of the most acute contradictions in the development of sports in modern society is the myth that sport is almost the only and main factor in maintaining and promoting health. No one disputes the preventive value of physical exercise. However, it is necessary to understand that this is only one of the factors that make up a healthy lifestyle. In addition to sports, human health is affected by the environmental situation, the regime and quality of nutrition, the presence of bad habits, standard of living, heredity, etc. Therefore, you should not directly link health status and sports activities. In addition, tragic cases have occurred with outstanding young athletes due to injuries and high athletic loads. It is enough to give an example of the tragic fate of Alexei Cherepanov, when the heart of a young and promising athlete stopped at a hockey match. It has already become a familiar

pattern when track and field athletes, skiers, and biathletes fall "dead" onto the stadium track or on the highway after completing the distance.

The final part

In conclusion, it can be argued that special physical training occupies a central place in the athletes' training system.

The use of modern techniques and technologies, the emphasis on an individual approach and the importance of periodization is the key to achieving high-quality results. It is important to remember that success in sports is achieved not only through physical skills, but also through a harmonious combination of all training components.

Careful planning, the use of innovative technologies and regular performance evaluation are the basis for developing effective training programs, which ultimately leads to the improvement and success of athletes at various levels.

As a result of the conducted research, the expediency of conducting shock cycles of psychopedagogic effects with athletes at the stages of preparation for the main competitions was revealed. Special attention should be paid to the methods of formation of an athlete-fighter in the development of physical, psychological, technical and other abilities during training.

Doping is not a private practice of sports doctors, but a well-thought-out system of scientific, methodological and medical support. At the same time, there is no doubt that a modern athlete experiences tremendous training loads and his body

is unable to recover quickly without the help of pharmacological agents. If you do not use supportive medications, the athlete will not be able to train in modern volumes and set intensity modes, and the negative effects of exercise will lead to pathological changes in his body and psyche. Therefore sports doctors demand to legalize some pharmacological agents that will help athletes cope with excessive stress and strain, increase the body's resistance to colds, and increase

the pain threshold in the treatment of sports injuries. No one forbids people of extreme professions (miners, oilmen, cosmonauts) to restore their working capacity with the help of pharmacological means. Then why can't a professional athlete be helped to reduce recovery time after injury or excessive training loads? The activities of specially created anti-doping organizations have failed to meet expectations: doping scandals do not subside in society.

Athletes convicted of doping are permanently barred from joining big-time sports, are stripped of their sports awards, and become part of the ranks of people who are rejected by society. Thus, the way to solve these and other social contradictions of modern sports is to strengthen the educational, scientific and cultural components of sports activities. The formation and intensive development of sports culture can significantly increase the potential of modern sports and to form a positive public opinion, which makes it possible to find new resources for mass involvement of people in the sports movement.

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