

# Influence of Psychological Components on Tactical Preparation of Athletes

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**Abstract:** This article covers the psychological basis of tactical training of athletes, the conclusion of an approximate tactical plan.

**Keywords:** Temperament, character, contemplation, tactical plan, will, emosiya, perception, psychic processes, observability, initiative.

**Introduction:** Analysis of pedagogical and psychological literature on sports shows that the issues of professional initiative and preparation in their content indicate the existence of a number of approaches to understanding the essence of the professional concept, its components, forms and methods of formation. The difficulty of determining the essence of professional maturity is determined by the fact that in psychology there are specific aspects of a multifaceted phenomenon.

Research results and discussion. According to the analysis of psychological literature, the professional qualities of a sports coach include the following: idealism, morality, communication, willpower, intelligence, perception, attentiveness, strong memory and motor memory, etc. A sports coach is responsible for the future of each student.

T.B. Kazakova, M.K. Pavlova noted that such concepts as personal qualities of a trainer, psychological characteristics, individual-psychological characteristics, professional characteristics, tolerance, dedication, self-improvement, professional culture, culture of communication determine the image or professional profile of an ideal trainer. Therefore, it is extremely important to study these phenomena in connection with coaching activities [1; 27-29 - p.]

In addition, the researcher L.S. Vecher distinguishes the following general psychological characteristics characteristic of a team coach [2; p. 295]:

- analytical and constructive thinking;
- emotional and volitional stability;

- stress resistance and rapid adaptation to extreme conditions and sports service conditions;
- empathy and tolerance;
- psychophysiological characteristics.
- developed predictive ability;
- social intelligence, social perception;
- personal aspiration, decision-making, motivation for achievement, developed self-management.

All of the above psychological qualities are psychological factors that ensure the effectiveness of future coaches' activities, without which no success in sports activities can be achieved.

Sport is of great importance at a certain age. It is clear from the science of anatomy, physiology and psychology that adolescence and youth are the most suitable for the manifestation of physical abilities. At the same time, during this period there is a wide opportunity to cultivate the psychological characteristics of a person, since psychological characteristics and qualities are associated with physical development.

The following psychological characteristics of the coach's activity exist:

- professional stress, especially strong tension during the competition;
- professional risk and instability of the social role;
- regular communication, i.e. with athletes, parents, colleagues;
- irregular activity, separation from the family;

– presentation activities, etc.

Based on the above classifications, it is considered appropriate to analyze a number of psychological characteristics of the trainer's activity in conjunction with the training process.

Sport also has great power in cultivating a person's temperament and character. Scientific studies have shown that when examining coaches and athletes with many years of experience, those with a relaxed nervous system are rarely found among them. However, people with a relaxed nervous system are often found among people who do not play sports.

The essence of involving young people in one or another type of sport at this age is that if a teenager or young person spends the period of playing sports well, high physical abilities, willpower and character are cultivated in him, as well as a worldview is formed. On the contrary, if a child is deprived of physical activity during this important period of growth or does not play sports, he will not be able to become a fully developed person in the course of life. Thus, playing sports at a certain period of the growth process develops in a teenager physical agility, dexterity, courage, physical beauty and other important qualities that are most important for future life. When an athlete plays one or another type of sport, he always sets himself the goal of achieving high results.

This requires the athlete to: have general physical development as a result of long-term training, a high level of development of the physiological functions of the body. Sports activities constantly require a positive attitude to each movement. This is especially evident in rhythmic gymnastics, boxing, fencing, football, wrestling and other sports. This requires a high level of mental development in the athlete. Because in sports, issues related to technique and tactics that require immediate resolution are often encountered. This need increases the ability to think in sports. In addition, emotions, perception and other mental processes also develop in sports. Sports tactics are a set of techniques used to achieve the highest sporting results and victories in sports competitions. To achieve victory in a competition, it is not enough to simply train physically in a certain sport and even fully master the technique of this sport. At the same time, it also requires the ability to correctly use one's physical strength and technical skills. Tactics reflect the course of action of a team or individual athlete.

A tactical plan is drawn up in each sport. However, sports tactics vary depending on the sport and its specifics. The general problem of tactical preparation is connected with the psychological problem, and one of the following is the problem of drawing up an

approximate (conditional) tactical plan. The problem is to implement this approximate tactical plan during the competition.

To be a good tactician, an athlete must have good observation skills. In addition, it is important to have initiative and willpower in achieving goals. General and specific conditions must be created for drawing up an approximate tactical plan and implementing it during the competition.

General conditions are the following:

- the team or athlete must master the technical techniques of wrestling in the competition;
- general and special physical preparation;
- high psychological preparation of the athlete.

Concrete (specific) conditions include: acquisition of special knowledge, skills and abilities.

The most important knowledge is: theoretical knowledge of the basics of tactics that an athlete has in the process of historical development of each type of sport. An athlete must know the conditions at the place where the competition will be held. Athletes often do not get acquainted with these conditions when they go to a competition in another city. This is certainly wrong.

These conditions include: the environment of the competition venue, the profile, character of the competition, natural and artificial obstacles. The quality of the roads, the lighting of the halls, the quality of sports equipment, the list of referees, etc.

The skills of using a conventional plan during the competition are also different, and they are as follows:

- 1) the ability to think independently during the competition and training;
- 2) analysis of the competitions in which they participated;
- 3) the ability to analytically generalize the competitions in which they participated;
- 4) the ability to select technical techniques appropriately during the competition and use them;
- 5) ability to make creative changes to concepts.

The ability to observe one's own condition and behavior when observing the progress of the competition. The ability to notice and anticipate the tactical plan of the opponent or partners is the most important. An athlete must be able to behave in a state of high emotional arousal, as well as in a state of mental depression. To be a good tactician, an athlete must have the following qualities: observation, initiative, foresight, and good understanding. The athlete's goal in participating in the competition is to set a record and improve his personal sports results. This plan can

correspond to a conditional (approximate) tactical plan drawn up by the athlete before the competition to achieve the goal. This plan includes understanding the means and methods, ways to achieve the goal, as well as anticipating and imagining possible obstacles, difficulties, and unexpected events. Often, drawing up such a plan is not indicative, but rather mental. This is why creating a tentative tactical plan is a creative process. Thinking and creative imagination play an important role in this process. When a tactical plan is made successfully, the athlete gains confidence and satisfaction. On the contrary, it causes doubt, worry, resentment, and sometimes loss of self. Solving a tactical plan depends largely on the mindset of the athlete. Because it is known from scientific tests and the experience of every athlete that an athlete thinks and acts, and thinks by acting. The thought process in sports is characterized by short-term changes. It can be said that the source of clear and purposeful execution of the plan is the result of clear thinking. However, the situation of the competition is the main material for thinking about the action of the opponent. This material will not be preconceived, a thought-out plan will be created based on imagination. The athlete's tactical plan developed before the competition is resolved as a result of the active participation of thinking, imagination and attention during the competition, as well as the quick analysis and synthesis of the situation.

The pre-start state is a high emotional state that occurs in connection with the athlete's participation in the upcoming competition. The emotional state that occurs before the start creates the opportunity to adapt to the upcoming competition and has a strong impact on the level of results achieved.

The pre-start state is divided into 4 (states) based on the scientific experimental work of professors P.A. Rudik and A.Ts. Puni.

1. Pre-start fever (starting excitement).
2. Pre-start agathisia (starting laziness).
3. Fighting state.
4. Calm state.

The pre-start state is expressed by the following:

- 1) Instability of the emotional state;
- 2) Rapid replacement of one emotional state with another;
- 3) Emotional state reaching tears and then returning to the opposite.
- 4) Disorganization of attention, the emergence of a state of confusion;
- 5) Inability to concentrate;

- 6) Decreased memory, loss of memory of important moments related to the competition.

When observed from the outside, this condition is expressed by trembling of the hands and feet, paleness of the face, coldness of the feet and tips of the hands, the appearance of sweat on the face, palms of the hands and toes.

Start apathy (depression, despondency, languor, lack of interest in anything). This condition is the opposite of start fever.

Start apathy is expressed by the following signs:

- 1) The appearance of a state of drowsiness;
- 2) Reluctance to participate in the competition;
- 3) The manifestation of a negative mood (asthenic)
- 4) Decreased perception and attention, etc.

The physiological basis of startle ataxia is expressed in the increased inhibition and decreased excitation processes in the cerebral cortex.

## CONCLUSION

If the start fever and agathisia are obstacles to achieving high results in the competition, then the fighting state, on the contrary, opens the way for the athlete, creates great opportunities. This state is expressed by the following signs: expansion of the circle of concentration of attention (expressed) improvement of thinking and perception. The emergence of a positive (asthenic) mood, etc. The physiological basis of the fighting state is the occurrence of optimal nervous excitation in the brain. In other words, the creation of a balance between the processes of excitation and inhibition. Such a state, that is, the fighting state, leads to a positive result in the competition!

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