



Psychological aspects of training young handball players

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ABSTRACT

The article discusses the problem of psychological aspects of training young handball players. The relevance and importance of the process studied in the theory and practice of physical education and sports was grounded. The results of a survey on the peculiarities of the psychological training of young handball players are presented. The results of the experiments are analyzed, psychological and pedagogical interpretation of the results is given.

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Research methods

Analysis of the scientific literature, methods of mathematical statistics, survey, questionnaire, observation, interview. Materials. Psychological features

The training of young handball players was determined on the basis of oral questionnaires, questionnaires, as well as in the process of individual and group interviews. The questions to be asked are selected taking into account the purpose of the experimental work.

Results

During individual and group interviews, we identified psychological challenges in young handball players. The lack of information on sports psychology by the coaching staff, which was fully

noted by all respondents, was due to the lack of an independent psychological training block during training and competition and, as a result, the team's unsatisfactory outcome of the season.

Conclusion

Incorporate into the training and competition process various aspects of psychological preparation aimed at revealing the resource potential of each athlete, which is carried out and offered during group training and competitive activities.

The financial care of each athlete helps young handball players to exercise their skills more effectively, quickly and consistently in game practice.

Introduction

The course of events in modern handball places high demands on the personality of handball players, regardless of age, competitive experience and role in the game. Often, a handball player with almost the same level of physical, technical, functional, and tactical training has a lower rate of psychological preparation than his opponent.

Young handball players have been training under a lot of pressure since childhood. This pressure stems from a tight schedule and the coach's (club administration's) commitment to achieving the best results in every match, in every part of the game. All this has a great impact on the child's psyche, forming specific character traits, which sometimes develop into accentuated behaviors and affect the emotional state.

In mental states that hinder the growth of personal and professional potential, the pressure from the point of view of each player is intensified by the peculiarities of handball as a game. Depending on the outcome of the individual game, the stability of the performance, the effectiveness of the changes made by all handball players during the competition was not included in the main content. Another cause of stress is that a player in the main lineup gets injured and is quickly replaced by another player. In such a situation, the substituted handball player may not be able to play in the main squad. One of the most important categories of psychological preparation of young handball players, in our opinion, is emotional management. As mentioned earlier, constant work with states in physical education and sports is important.

Understanding feelings helps to make the learning process more effective. Limiting the stress caused by various causes (in general, competitive activity, pre-start condition, favorable environment changes in the conditions of increasing camps, etc.) with the characteristics of its process and its possible consequences with competent diagnostics will be more efficient. causes of stress. [8, p. 188].

We took into account the importance of psychological aspects in the process of training athletes [5; 6; 7; 8].

Some scholars also emphasize the importance of the psychological block under study in the training of different skilled athletes [1; 2; 3; four; 9].

The focus on the psychological preparation of athletes helps to achieve the desired sustainable result, to take the right place in the tournament table, to ensure the team's advancement to the next stage and to allow the team to participate in games for a long time. ladi.

Materials And Methods

The experiment was held at the "BSU" sports ground. 16 young handball players of different ages took part in the competition called "Universiada-2019".

Research methods:

Analysis of scientific literature, methods of mathematical statistics, questioning, observation, interview method.

The above-mentioned methods have shown the importance of the studied aspect of training athletes, opening up a range of challenges and problems for further experimental work. Let us consider the practical application of the above methods.

RESULTS AND DISCUSSION

During the interviews with the team's handball players, by asking additional questions, we revealed the main challenges that young handball players face during training and in competitions. Often, athletes mentioned the characteristics of elementary training.

Fever (89.2%) and apathy before onset (7.1%). Only 3.7% of players noted the stability of their results both in games and during training.

We mentioned the following aspects of young psychological training of handball players:

- if the teaching staff conducts psychological training in general;
- if the theory of diagnosis, correction and management of emotional and mental state is proposed;
- if there are lessons in the practical development of knowledge acquired in the field of sports psychology;
- if handball players receive personal advice from coaches on how to balance negative emotions and their consequences;
- if the coaches explain to the team how to deal with negative emotions, fear, anger, rage, guilt, shame, sadness, hatred, and so on.
- Do coaches advise handball players to ignore the provocation of the opponent or to provide information on ways to help prevent it;
- if coaches organize individual and group consultations on sports psychology, taking into account the individual characteristics of each player;
- If the focus is on team building, conflict analysis and resolution;
- Provides information on the techniques of pre-training management. Almost every player denied that the coaches had the necessary information, assignments, and conversations on these topics. Handball players only mentioned that sometimes coaches offer to get rid of fear with power techniques. We agree with coaches that physical exposure to fear is an effective method. But its lack of short-term action and lack of reasons for fear of diagnosis, which increases the expenditure of emotional and physical strength in young athletes.

It should also be noted that it is not enough to take into account the psychological aspects before the start.

Psychological support of sports activities includes control of the athlete's condition and behavior:

- before training;
- when performing exercises in the classroom;

- between training sessions;
- during a certain period of study;
- before the competition;
- before starting;
- between competitive exercises;
- after the competition.

We also found that these parts were not reflected in the training of sports personnel.

The method of oral questioning (between handball players and their parents), as well as parents and young athletes, showed an interest in exploring the psychological aspects of the chosen sport. Parents are concerned about their children's behavior because the manifestation of aggression (necessary for the handball), children's rapidly changing behavior can lead to frustration, stress, anxiety, worry, disturbed mood in parents. , causes negative emotional and mental states such as unfounded fears. , guilt, shame, fatigue (from situations that occur constantly), indifference, confusion, resentment, sexual death, oppression, distraction, despair, and so on.

The research methods we used have proven to be challenging in handball practice. Conclusion

In modern sports practice, little attention is paid to psychological training. Often, psychological superiority in terms of equal opportunities for competitors plays a decisive role.

Handball is an active and intense sport that has a clear impact on the individual characteristics of the players. It is important to make effective decisions in terms of predicting the opponent's actions, the work of the whole team, the fast movement of the balls, and the maximum distribution of attention between teammates and coaches' comments. lack of time and being responsible for them. In this situation, the willpower of handball players, the ability to strike at physical and psychological concepts, and the stability of axiological directions play a special role.

Often coaches are skeptical of the work of sports psychologists, even though they themselves do not know the information and do not find time for players to practice independently. Practice shows that the demands on young handball players are increasing, the position of teachers is a bit dominant, but coaches themselves are always self-managing athletes during sports training and games before demanding results are not ready to provide the necessary knowledge on.

Thus, our research work proves the relevance of the organization of experimental work on the psychological preparation of young handball players.

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