

## Willpower Training of Football Players

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**Annotation:** This article describes ways to nurture the willpower qualities of players. The results of scientific research on overcoming difficulties and psychological training during competitions and games are presented.

**Keywords:** will, physical training, player, psychology, game, athlete, training, difficulty, victory, defeat, technique, tactics.

The will is the activity side of the mind and the spiritual sense. (I.M.Sechenov). Voluntary training is part of the psychological training of a player and is an integral part of sports training. Will is an action of a person that means consciously exerting a goal by setting a goal in advance and determining in advance the means to achieve that goal. Willpower is manifested in overcoming difficulties in achieving goals, various obstacles, physical and mental actions that require more or less from a person. Nowadays, willpower is very important in the struggle of athletes for victory, because highly qualified athletes have a high level of physical, technical, tactical and training. The content of voluntary training includes some aspects of the player's personality: aspiration, discipline, confidence, initiative, courage, independence, determination, perseverance, courage, self-control, endurance. The above-mentioned qualities of will are closely connected with each other. If we develop one of the qualities, the other will help to improve the quality. However, in sports, the quality of willpower is high. Philip Genov classified willpower qualities. According to the classification of genes, goal-orientation, discipline and confidence are formed equally in all sports, the remaining willpower qualities are divided into three categories: the willpower qualities that govern for the same sport, the willpower qualities close to them and the next. Voluntary violence in sports is manifested in the following: Voluntary exertion in a tense state of muscles depends on exercise. Exercise always shows willpower. Voluntary coercion when attention is enhanced usually requires voluntary attention to voluntary coercion and is focused on the desired object over a period of time.<sup>1</sup> Voluntary exertion associated with fatigue, voluntary exertion associated with obedience to the agenda (regime), voluntary exertion associated with overcoming fear 'r to give. Voluntary action is an action that requires athletes to overcome various obstacles and difficulties in order to achieve their goals in the process of training, technical, tactical, physical theory. There are 2 main challenges that differ from each other in sports activities: objective challenges and subjective ones. Objective Challenges: Requires overcoming specific obstacles for a particular sport, and that athlete cannot compete in the same sport. These barriers are the same for all athletes. Depending on the subjective difficulties, the characteristics of a particular sport in a player include the conditions of training, the personal relationship of the athlete to the competition<sup>2</sup>.

Every athlete must have a high level of willpower. Courage, perseverance, restraint and perseverance, initiative, discipline are the main qualities of the will.

A player's willpower traits are nurtured through the systematic performance of exercises that require specific willpower during the training process. The right motivation to overcome adversity plays a big role in

<sup>1</sup> Alimov Sh., Yarashev Q. Yosh sportchilarni tarbiyalashda ijtimoiy psixologik holatning ahamiyati. Bolalar va yoshlar o'rtasida jismoniy tarbiya va sportni rivojlantirishning dolzarb muammolari. -Termiz: 2003.

<sup>2</sup> Azizova R.I. Sport va harakatli o'yinlarni o'qitish metodikasi.T.2009

cultivating the willpower of athletes. Arousing interest and love for football, cultivating self-confidence and responsibility, using the method of competition, explaining the goals and objectives of training, the demands of the coach, daily self-control - all this is the willpower of athletes. helps in upbringing<sup>3</sup>.

One of the most important tasks of a player's willpower is to show the will to the maximum to achieve the set goal, to control the emotional state. The player's willpower is reflected in the conscious pursuit of a certain goal. At the same time, he must be able to do his best to overcome the difficulties that stand in the way of his goal.

Willpower training of a player is equated to the development of his willpower qualities. These include: goal aspiration (accuracy of purpose); courage and bravery (making informed decisions that are risky and risky); perseverance and perseverance (despite the difficulties, working without stopping); independence and initiative (independent determination of their actions without relying on external information); endurance and self-control (the ability to control oneself from one's own physical and mental characteristics that prevent one from achieving a goal). These are the braking functions of the will.

Willpower develops as the challenges increase. There are two types of difficulties: objective - due to the specific characteristics of the sport, and subjective - due to the characteristics of the athlete's personality<sup>4</sup>.

Objective difficulties include:

Difficulties related to the physical condition of the player and his physical condition:

- heavy physical activity;
- the need to accelerate and jump forward at maximum speed;
- To cope with the sensation of pain

Difficulties with performing various techniques:

- high coordination and accuracy of movements;
- the need to move quickly from one act of action to another, from one form of action to another.

Challenges associated with players' tactical moves:

- the need to quickly and accurately target in complex and often changing conditions;
- react quickly and purposefully to changing conditions;
- be able to quickly change their plans and decisions.

Difficulties with the general conditions of the player's competition and the conditions of the game<sup>5</sup>:

- strong external stimuli, in particular, the extreme emotionality of the audience;
- unfavorable conditions for the game (poor condition of the football field, heavy rain, snow, very high or very low temperatures);
- variability of team victories and defeats, the probability of dominance in the game shifting to the opponent;
- very little time between games and too many games played during the game season;

<sup>3</sup> Воумуродов Н. Амалий психологија. – Т.: Yangi asr avlodi, 2009

<sup>4</sup> Футбол. Учебник. Подобц, ред. Р.И. Нуримова. Т., 2005

<sup>5</sup> Гагаева Г.М. Психология футбола. М., ФиС, 1980

- high speed and high intensity loads for two halves

Difficulties with the training:

- the need for continuous training for several years;
- The need to always follow the agenda.

Subjective difficulties, in contrast to objective difficulties, are reflected in the personal attitude of the athlete to the objective characteristics of the sport, the conditions of training, sports competitions, and so on. These include: negative pre-start situations and negative emotional states during the game, fear of injury, fear of the opponent, uncomfortable style of play of the opponent, loud noise on the field of play, bullying, nervousness of the player from improper refereeing violation vs.

In order to overcome subjective difficulties, first of all, it is necessary to determine the cause of their occurrence and, accordingly, to choose the means, measures and ways to eliminate them<sup>6</sup>.

Overcoming objective and subjective difficulties is always associated with the manifestation of willpower, and if there is no willpower, the will of the athlete will not be manifested.

Players, like other athletes, experience volitional stress related to:

- Overcoming fatigue during the match and at the end of training;
- Overcoming pain as a result of injury;
- distraction during the game;
- Maintaining a football-specific agenda, especially in preparation for large-scale competitions.

The development of the athlete's will is carried out in two directions: general and specialized. The general development of the will involves the comprehensive training of the willpower qualities. They become character traits and appear in different areas of activity (study, work, etc.).

The development of specialized willpower depends on the specific characteristics of football, because in each sport the willpower qualities are different. Therefore, it is impossible to equate the courage of a player with the courage of a parachutist. The methods and tools chosen to develop the will must reflect the specifics of each sport.

The role of the coach in developing the will of the player is huge. Demanding of himself and the athletes, discipline, perseverance, politeness, knowledge of the individual characteristics of the trainees - these are the qualitative lists of the coach's personality - are necessary for the coach to nurture the will of his students.

Voluntary training of a player is not a job that a coach does ten times before the competition, but a long, hard work.

In the process of cultivating a goal, it is necessary to develop in the player the skills to improve their skills, to plan sports activities and to set tasks of self-subordination in order to achieve the goal. Independence and initiative develop in the search for an individual style of play, by independently improving their sports skills and in search of means to create new tactical combinations in psychological training<sup>7</sup>.

In order to develop courage and bravery, it is necessary to create situations in which the athlete cannot allow sluggishness to solve them.

<sup>6</sup> Masharipov Y. Sport psixologiyasi. Leksiyalar to'plami.- Samarqand: SamDU, 2003

<sup>7</sup> Otajonov M. Psixoanaliz asoslari.-T.: O'zbekiston, 2004

Perseverance and perseverance, despite the lack of different weather conditions, mood, desire to exercise, requires the acquisition of skills to achieve the set goal, adhere to the regime of life and sports, perform planned large physical loads.

To develop endurance and self-control, a player needs to be taught how to properly assess a situation, manage their emotions, manage their actions in extreme situations, and so on.

Self-discipline is an important aspect of training the will. These principles include:

- learn self-control, that is, do what you need at the same time, not what you want;
- know in advance the consequences of their actions, always do everything with quality, all the time and in all respects self-improvement;
- It is always necessary to look for the cause of shortcomings in the work (errors, failures, failures, etc.), not from the circumstances, and to judge yourself strictly.

The main aspect of the development of mental qualities in a player is his scientifically based planning. The football literature does not pay enough attention to this section. Therefore, the tasks of mental preparation are not goal-oriented.

The coach must be well aware that the psychological training of a player should begin at a young age. Because this training is not an independent part of the training, but is carried out in physical, technical, tactical and special theoretical exercises, daily training and competition activities. If this aspect of the training of a player is methodologically correct, it will create a good basis for the development and improvement of the above-mentioned mental qualities. Football is a team game, so by planning the content of psychological training, not only the personal qualities of the athlete, but also the interaction within the group during the game, that is, solidarity, creating a positive psychological climate in the team and so on. qualities, characteristics. The qualities of the aforementioned subgroup depend on how well the players fit together (social, psychological, psychophysiological compatibility).