

## Pre-Match Psychological Readiness and Originality of Team Players in Football

**Ibragimov Alisher Karomatovich**

Bukhara State University Faculty of Physical Culture Associate Professor of Interfaculty Physical Culture

**Saidmurodova Gavxar Navruzovna**

Master of the 1st stage of the Pedagogical Institute of Bukhara State University

-----\*\*\*-----

**Annotation:** Efforts are being made to increase the level of psychological training of handguns around the world in a number of areas, including the distribution and planning of training loads, competitions and special exercises to improve the psychological skills of hand gunners. Management and their biomechanical analysis, the effect of training loads on psychological preparation, the selection of specific auxiliary exercises and their impact on the biomechanical structure of competition exercises.

**Keywords:** sport, psychological readiness, football, players

At each stage of the multi-year education, training and competition process, the psychological preparation of athletes is unique and involves a multi-level system of psychological processes aimed at identifying and shaping psychomotor abilities, as well as psycho-emotional aspects of the athlete's personality. considered.

In the training of a young athlete, the quantitative assessment of physical and technical training is extremely important, while the assessment of psychological training is the least important. Certain combinations of mental characteristics, processes, and personality states are characteristic of representatives of different sports, which play an important role in ensuring the psychological readiness of athletes.

Subpsychological training means the level of development of mental qualities and psychological characteristics of the athlete, in which the effective and reliable performance of sports activities depends on the extreme conditions.

The impact of sports activities on a person is multifaceted. The peculiarities and peculiarities of neurodynamic and psychodynamic features contribute to the formation of an individual style for sports activities. lib adapts to the characteristics of a person's sports activities with the best conditions.

Sports games have always developed on the basis of play activities that are characteristic of a person who has played an important role in his life. If we talk about childhood, then play is the leading type of activity, ie. an activity that develops the child's psyche and prepares him or her for future life. At the same time, play develops the child's body, improves its coordination, strength and endurance.

Sports based on modern competitions have become a separate group - whether it is a game or a team sport.

Sports games are a large group of a number of sports with unique psychological features. First, it is the presence and high degree of variability of the competitor that is actively opposed in competitive situations. A sports game always has its own set of rules, as well as certain competitive moves or game techniques (techniques).

To succeed in a sports game, an athlete must have many technical and tactical moves that allow him or her to create the effectiveness of the team's efforts to achieve results in conflict situations.

There are two groups of sports games: direct combat and contact with opponents, and games without direct contact with the opponent.

The first group has a desire to hold the ball in sports and aims to send them to the opponent's goal (football).

The second group of games is characterized by a change of ownership of the ball and the desire to send the ball to the opponent's side, so that the football players could not play it (football), to each of the opposing teams (balls) to perform assigned tasks without hindrance.

Competitive activity in team games is carried out by a group of athletes and in many respects depends on the coordination of their actions, the form of organization of actions of athletes in the process of competitive activity to win over the opponent. The group (team) wins or loses, not the individual athletes in general.

In the same holistic sports section as the athlete in individual sports, such specificity of team games is attributed to the athletes, their attitudes, attitudes, personal qualities, characteristics of movement in the competition, as well as group mergers and games. defines a number of requirements.

The main criterion for the effectiveness of competitive activities in sports competitions is the victory against the opponent, as well as the total number of winners, which determines the position of the team in the tournament table of all participants.

In sports games, as experts have shown, different mental characteristics emerge and develop:

- Ensuring intellectual, information retrieval and processing, decision making;
- psychomotor, which determines the quality of motor movements and operations of the subject;

The other is communicative, focused on interacting with other people;

Emotional, energetic, and expressive features of active activity;

- Willpower to overcome emerging obstacles;
- Defining ethics, activity motivation and compliance with goals, means, results, certain ethical norms.

There was a clear link between personal characteristics and sports activities, but this was not clearly articulated.

Using the Katell method, he surveyed nearly 2,000 male students at the college, which allowed him to rate 16 of them. None of the individual profiles allowed the identification and identification of athletes (university team members) as athletes, but some differences were found in the distribution of athletes by sport. For example, athletes in team sports have fewer abstract judgments (explanations) than those who do not participate in sports; more attention to external things; addiction; less selfishness.

Athletes engaged in team sports are characterized by greater dependence, extraversion and anxiety, and less expressed fantasy than athletes engaged in individual sports [3,8,6,15,68,85,93].

A particular type of sport places different demands on the structural characteristics of an athlete's psychological preparation. Athletes specializing in sports are characterized by effective cognition, speed of sensitive reactions and the development of operational thinking, good distribution, rapid exchange and attentional stability. , agility, perseverance, agility, dexterity.

Sports activities generally develop personal qualities in the form of determination, perseverance, initiative, the desire to "stand up for yourself." These traits are almost independent of the type of movement activity and are the most typical traits for athletes: emotional stability, leadership, risk-taking, alertness, innovation, self-management, community [10, 58,25,100,98,82, 65,32].

A distinctive feature of the sport is the specificity of competitive activity, which is different from other sports. There are many competitive moves in sports - game techniques (techniques). Such uniqueness of team games sets a number of requirements for athletes, their mental psychomotor qualities.

It is well known that the sports and play activities of football players are accompanied by an understanding of the goals and objectives of individual and team play activities of the football, the movement of their legs and body in movements with the ball in training and based on the biomechanics of hand gunners in competitions. The success of a team is measured by a draw, winning or losing by a certain score. The task of football science is to identify and study the various external and internal factors that affect the performance of both individual players and the team as a whole.

In football itself, "the gap between the science of sport and the practical application of its achievements has become so great that many coaches who have received special football training are still using outdated methods."

Today, many professionals - managers, managers, economists, sports teachers, physiologists, biomechanics, doctors - are involved in the study of football players, their coaches, teams, football tournament organizers and more.

Football techniques are diverse in sports, such as running, moving around the field, hitting, stopping, hand passing the ball, dribbling, passing the ball, sideways throwing with his own hand from the side, kicks towards the goal, movements in training the goalkeeper and holding the ball with his hands, and so on.

In order to successfully apply modern methods of psychological preparation of football players for competitive activities, it is only necessary to study and take into account their tactical and technical components. Participate in the development and training of special and general physical training for competitions, as well as mental and high nervous activity, motor skills and game skills of football players, taking into account their age, gender, individual-typological characteristics.

The mid-range football has a range of 6 to 8 kilometers. The total time of a player's individual run is 25 to 30 minutes. Running is done by football players at different speeds and intensities depending on the situation of the game. Running involves a variety of tactical movements of players, such as slow and fast running on the field, acceleration, vibration, jumping, dribbling. The battle for the ball can be fought from different starting positions of the football players. At the same time, the speed, rhythm, intensity of exercise of players during the race varies significantly, which leads to the need to respond to stimuli, accelerate the special endurance of football players, control the ball.

The characteristics of their body movements, their ability to move quickly in a changing environment, in many ways determine the individual skill of the competitive activities of football players and the success of the game. One of the important pedagogical tasks of a coach working as a young football player is to determine which goalkeeper, defender, midfielder, striker is more likely to play this primary football. In player games, in conditions of intense confrontation, the role-playing functions of the players are activated, there is an exchange of games between situations, if the defender is in a useful position against the opponent's goal, he often ends up hitting the opponent's goal upwards.

## References

1. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES //Web of Scientist: International Scientific Research Journal. – 2022. – T. 3. – №. 02. – C. 1011-1016.

2. SH.Kadirov. Спорт как важный Фактор социализации учащихся. Professional formation of the future teacher Materials of the international scientific conference on May 22-23, Prague 2017
3. SH.Kadirov. Physical education as the necessary elements of sports culture. XIII international correspondence scientific and practical conference european research; innovation in science, education and technology doi;10 20861 2304-2338-2018-42
4. Салимов, Г. М., Дустов, Б. А., Фарманов, У. А., & Рахмонов, Р. Р. (2020). Показатели констатирующего этапа экспериментальной работы по физическому развитию учеников 7-10 лет общеобразовательных организаций Узбекистана. Педагогическое образование и наука, (1), 91-97.
5. Azimovna F. M., Ashrapovich N. F. Motivation of students to do sports as part of physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 5. – С. 1446-1450.
6. Shoxrux Ne'matovich Kadirov FEATURES OF TECHNICAL AND TACTICAL TRAINING OF YOUNG FOOTBALL PLAYERS SCIENTIFIC PROGRESS VOLUME 2 | ISSUE 7 | 2021 ISSN: 2181-1601
7. Kadirov Sh.N. PSYCHOLOGICAL METHODS OF REGULATION OF TECHNICAL AND TACTICAL ACTIONS OF VOLLEYBALL PLAYERS.WEB OF SCIENTIST:INTERNATIONAL SCIENTIFIC RESEARCH JOURNAL ISSN:2776-0979,Volume 3, Issue 2, Feb.,2022
8. Kadirov Shohrukh Nematovich. Sports, physical, physical education as necessary elements of sports culture. MIDDLE EUROPEAN SCIENTIFIC BULLETIN ISSN 2694-9970 VOLUME 11 April 2021
9. Farmonov U. A. BASIC CONCEPTS AND DEFINITIONS OF SPORTS TOURISM, ESPECIALLY ITS ORGANIZATION //Теория и практика современной науки. – 2019. – №. 5. – С. 21-24.
10. Пхомович М. Ф. FEATURES OF THE EDUCATIONAL AND TRAINING PROCESS OF YOUNG FOOTBALL PLAYERS AT THE STAGE OF INITIAL TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1314-1320.
11. Mo'minov F. YOSH FUTBOLCHILAR O'QUV MASHG'ULOTLARINI OPTIMALLASHTIRISH METODIKASI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
12. Mo'minov F. ЁШ ФУТБОЛЧИЛАРНИНГ ЖИСМОНИЙ РИВОЖЛАНИШИНИНГ ЎЗИГА ХОС ХУСУСИЯТЛАРИ, УЛАРНИНГ ЖИСМОНИЙ ТАЙЁРГАРЛИГИНИНГ КЎПРОҚ БАРҚАРОР КЎРСАТКИЧЛАРИНИ ТАНЛАБ ОЛИШ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
13. Mo'minov F. FUTBOL SPORTIDA MASHG 'ULOT JARAYONLARINI BOSHQARISH ASOSLARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
14. Пхомович М. Ф. METHODOLOGICAL BASIS FOR THE FORMATION OF FOOTBALL TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 355-363.
15. Ibodov A. THE NEED FOR AN INNOVATIVE APPROACH TO THE DEVELOPMENT OF STUDENTS PHYSICAL CULTURE //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
16. Ibodov A. Control Of Special Aggression Of Football Players //Центр Научных Публикаций (Buxdu. Uz). – 2021. – Т. 8. – №. 8.
17. Ф.С. Фазлиддинов ВИДЫ СОРЕВНОВАТЕЛЬНЫХ НАГРУЗОК В ФУТБОЛЕ- Web of Scientist: International Scientific Research..., 2022
18. FS Fazliddinov PSYCHOLOGICAL TRAINING OF ATHLETES- E-Conference Globe, 2021

19. Abdueva S. AGE-SPECIFIC DYNAMICS OF ATTACK AND DEFENSE RESPONSE SPEED IN HANDBALL PLAYERS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
20. Abdueva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
21. Abdueva S. СПЕЦИФИКА ДИСТАНЦИОННОГО ОБУЧЕНИЯ В ВЫСШЕМ ОБРАЗОВАНИИ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
22. Abdueva S. Jismoniy madaniyat sohasida innovatsion metodlarni qo'llashning psixologik jihatlari //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
23. Abdueva S. Хотин-qizlarning milliy madaniyati va hozirgi davr jismoniy tarbiya va sportning tasiri //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
24. Alimovichn F. U. The system of training young basketball players at the initial stage of training at school //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 93-98.
25. Abdueva S. THE PSYCHOLOGICAL SIGNIFICANCE OF HIGHLY QUALIFIED 19-21-YEAR-OLD HANDBALL PLAYERS BETWEEN PERIODS IN THE TRAINING PROCES //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
26. Karomatovich I. A. METHODS OF TEACHING CHILDREN FOR MOVEMENT ACTIVITIES IN THE PROCESS OF PHYSICAL EDUCATION //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 242-249.
27. Karomatovich I. A., Shodiyevich T. M. THE PEDAGOGICAL SIGNIFICANCE OF THE FORMATION OF STUDENTS'SPIRITUAL AND MORAL VALUES THROUGH MOVEMENT GAMES IN SPORTS LESSONS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 310-320.
28. Karomatovich I. A., Utkirjonovich E. F. CHARACTERISTICS OF TECHNICAL AND TACTICAL TRAINING METHODOLOGY OF BOXERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 27-40.
29. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – С. 333-338.
30. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – С. 333-338.
31. Azimovna F. M. et al. DEVELOP THE PROFESSIONAL SKILLS OF FUTURE PHYSICAL EDUCATION TEACHERS AND MANAGE THE PHYSICAL CULTURE MOVEMENT OF STUDENTS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 275-283.
32. Azimovna F. M. et al. EDUCATIONAL IMPORTANCE OF PHYSICAL EDUCATION, SPORTS AND HEALTH MEASURES IN HIGHER EDUCATIONAL INSTITUTIONS //E-Conference Globe. – 2021. – С. 321-325.
33. Nurullaev A. R. Methods of developing endurance in students through the use of folk games in physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 520-524.
34. Ruzimbaevich N. A., Ruzimbaev M. A. RESEARCH PARK. – 2021
35. Rasulovich R. R. EFFECTIVENESS OF IMPROVING THE TECHNICAL AND TACTICAL MOVEMENTS OF MIDDLE-DISTANCE RUNNERS //E-Conference Globe. – 2021. – С. 309-314.