

THE IMPORTANCE OF THE COACH IN THE PSYCHOLOGICAL PREPARATION OF ATHLETES

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The modern formation and development of sports is characterized by the complication of not only the activity itself, but also the complication of both the technological and psychological process of training activity.

In the modern world, it is observed that successful performance in competitions depends not only on the high level of physical, technical and tactical preparedness of the athlete, but also on his psychological preparedness.

Psychological characteristics of competitions, patterns, causes and dynamics of pre-competitive states determine high demands on the athlete's psyche. Everything that has been worked out and accumulated in the process of education and training over months or years can be lost in a matter of minutes before the start or during sports competition.

At the present stage, the undeniable authority for an athlete or team is the coach, so he often has to play the role of a psychologist for his players. He creates a psychological climate in the team, supports it, motivates it to new achievements, and psychologically prepares it for competitions and performances. Ideally, any comprehensive training of athletes requires the help of a sports psychologist, but often this specialty is a rare profession.

The majority of experts (60%) claim that there is a need to improve and provide psychological assistance to athletes not only before the competition, but also during the competition and after the competition. According to 80% of experts, there is a need to improve the psychological preparation of athletes for competitions by introducing a program for coaching staff to learn the skills of providing psychological assistance.

Thus, modern sport, especially elite sport, involves not only heavy physical stress on the body during the training process and during competitions, but also high mental tension. An athlete often finds himself in extreme situations to which he must adapt and learn to overcome them, otherwise success in competitions will be unattainable for him. It is precisely in order to achieve high results that a psychological assistance program for athletes is necessary.

References

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