

THE ROLE OF A COACH IN PREPARING YOUNG TABLE TENNIS PLAYERS FOR COMPETITIONS

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Abstract: The article contains opinions and suggestions on how the coach should consider their competitive experience, the characteristics of the nervous system and the personal characteristics of athletes, their capabilities, aspirations, and self-control in the upcoming competition when preparing children psychologically for competition

Keywords: Competition, table tennis, psychological state, coach, competition, strength, endurance

Аннотация: В статье приводятся мнения и суждения, предложения о том, что при психологической подготовке детей к соревнованиям тренер должен учитывать их соревновательный опыт, особенности нервной системы и личностные особенности спортсменов, их возможности, стремления и самоконтроль в предстоящем соревновании.

Ключевые слова: Соревнования, настольный теннис, психологическое состояние, тренер, конкуренция, сила, выносливость.

In psychologically preparing children for competitions, the coach must know and consider their competitive experience, the characteristics and type of nervous system, the personal characteristics of athletes, and the degree of their aspirations and self-esteem in the upcoming competition. To psychologically prepare players for upcoming competitions, the coach is advised to hold a team meeting, during which he reacts individually to the game using persuasion and indirect suggestions, and mentally optimizes the pre-competition status of inexperienced athletes.

There are no athletes who do not experience excitement or apathy before the competition. But the coach should not over-motivate his student with his personal control and prevent him from showing independence. On the contrary, with your personal calm and confidence; the strength and success of the student, the coach directs the student to success. After all, losing to a strong opponent is a step towards victory next time. To do this, the coach must understand the individual signs of his disciple's pre-start excitement, overexcitation or loafing at important meetings; coaches, most importantly, are upset by his students' apathy before the competition, typical signs of which are sleep and appetite disorders on the eve of the competition, low mood, isolation, drowsiness, and a sharp wait for the competition.

Some young athletes are impatient to start one or two days before the competition. For such people, this is very good; the possibility of "emotional exhaustion", the

transformation of pre-launch fever into pre-launch apathy; signs of the approaching indifference of a young athlete on the day of the competition are unreasonable fear of competition, personal anxiety, incomprehensible fear of loss, "giving up everything", the desire to refuse competitions. As a result, the young athlete loses the desire to participate in competitions, and the feeling of mood swings disappears after a sleepless night.

The individual approach of the coach to each player will help the coach to easily carry out the primary prevention of the tendency of children to overexcite before the competition. It is recommended that the coach record the observations of children in a diary on the eve of important competitions. allows you to provide qualified psychological support to the athlete on the eve of important competitions.

For example, for young table tennis players with a weak nervous system, the following coach's attitude is suitable: "these competitions are not the main thing for you, now your main task is simply to give all your strength, show your personal result, feel for rackets, games, and opponents! This method of reducing the subjective importance of meeting results is especially useful for young table tennis players, with a weak type of nervous system; the level of overburdened emotions and low competitive experience are also reduced. The technique of reducing the importance of competition results saves the soul of a young table tennis player from thoughts of possible failure and reduces the level of competitive stress experience.

As the coaches of famous athletes advise, it would be useful to treat such athletes not to become champions in the competition, but to demonstrate to the public their best sports techniques and individual skills: - "Run as much as possible, work like this. try your best!", or: "just try to give all you might!", "Show yourself!", "Just show what you're capable of!" etc. For athletes with a strong type of nervous system, it is more suitable for the coach to tune in to personal success, win a competition, win a prize, or win a personal record in the race: "Yes, you can win, strive for it!" "You were well prepared to win!"

Psychological support by a coach to start a young athlete responsibly is permanent, although the coach does not have face-to-face contact with his student. In competitions, the athlete constantly feels the presence of his coach next to him, he is in the field of view of the athlete. It turns out that some young athletes start to adapt a week before the start, and some start the day before. However, some such athletes began to experience stress before the competition only 15-20 minutes before the start. It depends on the individual characteristics of the athlete, temperament, level of training and competitive experience. Question: still little studied. The coach is useful in studying the peculiarities of each of his students, to learn his initial experience. To do this, it is useful for the coach to master the psychological technique of communicating with the unconscious of the athlete, for example, the interview technique.

Having a spiritual connection, without face-to-face contact with coach athletes nearby, provides an invisible spiritual help to the disciple. The control of the coach on

the eve of the start of the competition: the student should not be perceived by the athlete as petty and aggressive. 2-3 days before the start, the coach must move his students from the position of mentor-observer, Consultant, or Consultant to remote management.

A separate psychological problem for many children before starting is their risk of emotional exhaustion. On the eve of important competitions, young table tennis players often experience excessive irritability, behavior, aggression, muscle pain, excessive mood, dissatisfaction with the words of their comrades or coach, etc. The appearance of this athlete, but still unstable, is a manifestation of an individual tuning style. The rule here is simple: "The more qualified and experienced an athlete is, the more independent he is in self-tuning for a beginner".

Some children's coaches, by their nature, seek to exert constant personal pressure on players preparing for the start, even in the pre-race period. At the same time, such coaches show their excessive personal initiative for the success of the student. Here, in the actions of the coach, he will need a pedagogical measure, since excessive protection before starting training can over-motivate the athlete. When practiced constantly, it becomes a habit for the coach. Excessive protection of coaching makes the athlete accustomed to the fact that he is constantly in the coaching psycho - if there is no coach next to the athlete, he begins to despair, lose consciousness, and participate in competitions that are below his capabilities. If the coach doubts whether he can refuse or accept his excessive protection from the athlete only formally, respecting the teacher's reputation, then it is better not to interfere with the fact that such an athlete will independently prepare for the start.

Should he tell a trainer with pedagogical experience and common sense what to do? After all, you can always find an intermediary who will tell the athlete what the coach wants to say or repeat before the start without his negligence. The coach can ask this from a doctor, massage therapist, psychologist, his assistant, or a teammate of the athlete. Indirect psychological effects in the initial state often turn out to be more effective than direct ones, especially when expressed by the coach to the athlete in a directive-indicative style, that is, authoritarian, they say: "You have to win!" Every competing athlete wants to win and strives for it, but does not have to, because the opponent can also win. The ethical principles of honest competition in sports competitions motivate athletes to victory, not force.

According to coaches in Uzbekistan, the high pedagogical requirements for an athlete should be balanced by the respect and careful attitude of the coach to the personality and self-esteem of the student: "You are not a slave, but a free citizen. Empire of Heaven!" By increasing pedagogical requirements for the observance of the sports regime of a young athlete on the eve of the competition, the coach is obliged at the same time to show more confidence in the personal consciousness of his educator.

However, the maximum personal confidence of a coach in a young athlete should

not reduce his pedagogical requirements, but protect a young athlete from excessive self-confidence, manifestations of excessive individuality, and a vain desire for a privileged position in a sports team. Therefore, it will always be useful to follow the coach's proverb: "Believe me but fix it". Confidence gives strength, and verification ensures reliable movement.

Pre-competition preparation to start for the first time in important competitions of the season, the coach and his assistants need to be especially attentive to the dynamics of individual well-being and the mental state of the athletes. The point is not only in the thoroughness of medical and pedagogical control of the well-being of athletes but, above all, in the great humanity of the coach, and respect for the personality of the athlete. The coach does not have to show it to the athlete at every step. But if the athlete feels that the coach respects him and believes that he is always with him both at the beginning and at the end of the competition, the strength of the athlete increases, he, together with his coach, participates in competitions, and confronts opponents.

If in a conversation with an athlete, it is very easy to show humanity not by suggestions and instructions, but by persuasion, explanation, advice, and requests, giving the athlete calm and workable directions, persuading, and instilling in the athlete's mind. Confidence in oneself and one's ability increases. Using these methods of psychological and pedagogical influence, the coach raises the athlete in his own eyes, thereby controlling his initial attitude and participating in achieving success.

Conclusion: the personal and pedagogical reputation of the coach in the profession of an athlete is his strong mobilizing spiritual strength for his students. The main thing is that this is not a lie, but a fact. It is for this reason; how much on the eve of the competition, the coach uses his reputation in front of the disciples in many ways: the state of combat readiness of a young athlete on the morning of the competition depends.

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