

THEORETICAL FOUNDATIONS OF IMPROVING ATTENTION
CHARACTERISTICS OF FOOTBALL PLAYERS

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Annotation

This article examines how important it is to improve focus in football players and how to improve focus. Improving players' attention is critical to optimizing their performance on the field. By incorporating these approaches into training regimens, coaches and sports psychologists can help players improve attention and concentration during games.

Keywords. Sports psychology, football, improvement of attention characteristics, concentration.

Annotatsiya

Ushbu maqolada futbolchilarda diqqatni kuchaytirishning ahamiyati qanchalik zarur ekanligi va diqqatni kuchaytirish uchun metodikalar o'rganildi. Futbolchilarning diqqat xususiyatini takomillashtirish ularning maydondagi faoliyatini optimallashtirish uchun juda muhimdir. Trenerlar va sport psixologlari ushbu yondashuvlarni mashg'ulot rejimlariga kiritish orqali futbolchilarga o'yin davomida diqqatni jamlash va konsentratsiyani oshirishga yordam berishlari mumkin.

Kalit so'zlar. Sport psixologiyasi, futbol, diqqat xususiyatlarini takomillashtirish, konsentratsiya.

Аннотация

В данной статье рассматривается, насколько важно улучшить концентрацию внимания у футболистов и как улучшить концентрацию внимания. Улучшение концентрации игроков имеет решающее значение для оптимизации их игры на поле. Включив эти подходы в тренировочные режимы, тренеры и спортивные психологи могут помочь игрокам улучшить внимание и концентрацию во время игр.

Ключевые слова. Спортивная психология, футбол, улучшение характеристик внимания, концентрации.

Relevance. The environment around us contains countless things that can attract our attention. We pay attention to some of these stimuli and ignore others. For example, imagine a pilot in the cockpit of an airplane. Currently, the airplane cockpit is full of stimuli that the pilot needs to pay attention to and that can attract the pilot's attention.

Including controls, screens, different colored lights, view from the plane window, clouds, distant city, airport and co-pilot. Trying to take in all of these stimuli at the same time is difficult and unnecessary. It is for this reason that pilots need to focus only on what is most important at the moment. That is, a successful flight and a safe landing of the plane as a result of good management. For this, the pilot must concentrate on his work. The question arises, what is attention? In this regard, cognitive psychologists have been expressing their theories and opinions for many years. For example, the American psychologist E. Bruce Goldstein in his book "Cognitive Psychology" quotes the following words of William James, the father of American psychology. "Millions of items...are present to my senses which never properly enter my experience. Why? Because they have no interest for me. My experience is what I agree to attend to. . . . Everyone knows what attention is. It is the taking possession by the mind, in clear and vivid form, of one out of what seem several simultaneously possible objects or trains of thought. . . . It implies withdrawal from some things in order to deal effectively with others". [1]

As mentioned above, scientists have expressed their different opinions about attention. But they all have the same general meaning. That is, we say that attention is focused on a specific object by concentrating the mind on one point. Also, attention has several properties, the main ones of which are concentration, covert attention, divided attention, overt attention.

We got a brief information about what attention is. Well, now the question arises, "What is the importance of attention in sports, specifically football?"

In the competitive world of football, attention is essential to success on the field. Because attention control plays a crucial role in making the right decisions, in situations where you have to react, and in the overall gameplay. For example, let's imagine a situation where the defending team takes the ball away from the opponent and starts a counterattack. In this case, the player moving with the ball has to deal with the high-pressure situation presented by the opponent and make the right decision in a few seconds to see in which area of the field his teammates are moving. And he must accurately deliver the ball to his partner who is in the most ideal position among them. Another example is that one of the most stressful and emotional situations in a football game is a penalty kick or a penalty shootout in a decisive situation. In this case, both the goalkeeper and the penalty kicker must perform their duties under extremely high pressure. And in this case, only a strong-willed and focused athlete can succeed. Physical capabilities also decide a lot here. But no matter how high a player's physical capabilities are, if he is not psychologically ready, he will most likely fail. "A recurring phrase in the world of sports is a clear indication that concentration plays a decisive role in sports competitions. According to studies, concentration is important in sports and helps to achieve high sports performance (Hsieh et al., 2010; Grigore et al., 2015;

Tdtss et al., 2015) the lack of it in everyone can lead to many mistakes. Therefore, the lack of concentration is one of the biggest problems in sports". [2]

The purpose of the study. This article explores evidence-based methods for improving the attention skills of football players. It aims to provide practical insights and recommendations for coaches, athletes and sports psychologists who seek to optimize the attention skills of football players on the field by understanding the importance of attention in sports performance.

Tasks of the research:

- To study the theoretical foundations of attention and its importance in the career of a football player.
- To determine the factors affecting the attention of football players.
- Methods for improving attention skills of football players.
- Recommendations on how to improve attention characteristics in the training process of football players.

Research methods and organization. Above, we gave a brief information about what attention is and its definition. And now we will try to explain the attention more theoretically. In the science of cognitive psychology, human mental processes such as attention, intuition, perception, thinking, memory, and language are scientifically studied. And attention is involved in all these mental processes. Our actions also take place with the participation of attention. [3]

When we talk about improving attention, we first need to understand how human attention works.

Russian scientists I. Pavlov and A. Ukhtomsky, and European and American scientists V. Wundt and W. James conducted fundamental studies on attention. American psychologists Gloria Mark and Kelly McGonigal can be recognized as mature representatives of modern psychology. "According to Gloria Mark's research, it was found that it takes 23 minutes for a person to concentrate." [4]

And Kelly McGonigal writes about attention in her book "The Willpower Instinct" as follows. "The only change your brain was going to see was the deterioration of getting old. But over the last decade, neuroscientists have discovered that, like an eager student, the brain is remarkably responsive to experience. Ask your brain to do math every day, and it gets better at math. Ask your brain to worry, and it gets better at worrying. Ask your brain to concentrate, and it gets better at concentrating". So, just as physical qualities are developed through physical exercises, mental qualities can also be developed through special exercises. "For example, adults who play memory games for twenty-five minutes a day develop greater connectivity between brain regions important for attention and memory". [5]

Attention skill is very important in football because it directly affects the player's actions on the field and the overall success of the team. Here are a few key reasons why

attention skills are important in football:

General Gameplay: Players must be aware of their surroundings at all times, including teammates, opponents, and the position of the ball. Attention skills help players to quickly assess game situations and make effective decisions.

Anticipation: Anticipating the direction of the ball, the movements of opponents and teammates is important in soccer. Players with strong attention skills can anticipate plays, passes and potential threats more effectively.

Decision Making: Focused players are able to process information quickly and make quick, accurate decisions on the field, making fewer mistakes. This includes knowing when to pass, shoot or change tactics based on the game situation.

Performance under pressure, concentration: In high-pressure situations, such as penalty kicks or crucial moments in the game, players with strong concentration are able to stay calm and perform at their best.

In general, attention skills play a key role in a player's ability to perceive, process, and respond to the complex and rapidly changing demands of the game. Developing these skills can significantly improve a player's performance on the court. In many cases, when faced with high pressure in the penalty shootout, players perform below their level. According to research, it was found that psychological factors are more important than skill and fatigue to make a successful penalty kick. In sports psychology, the following reasons are given for the excitement of players under pressure. As the pressure increases, the athlete becomes sensitive to the threat and it distracts him, as a result, the player can focus more on his inner feelings and external factors, such as the pressure of the fans, rather than the task at hand. [6]

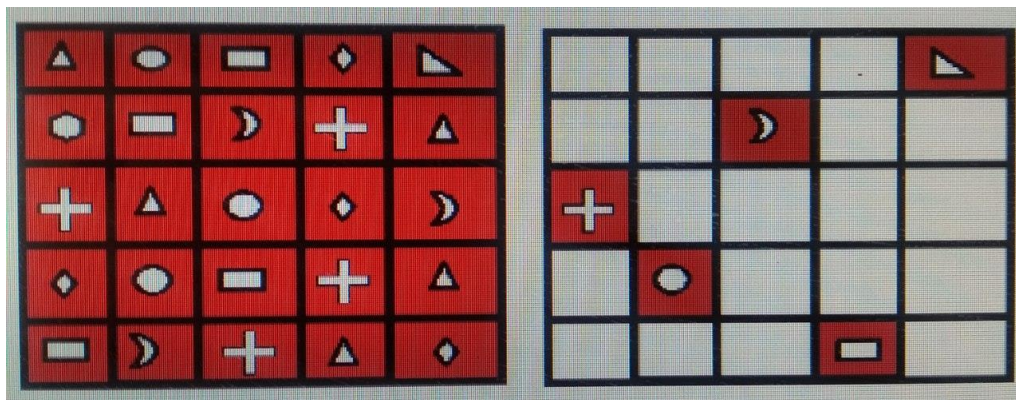
According to the results of our survey conducted among student athletes studying football at UzDJTSU, 70 percent of those who participated in the survey answered the question "What factors or situations distract you during a football game?" "Mistakes made during the game seriously affect my next actions, as a result I have difficulty concentrating." In addition, about 80 percent of participants answered the question "on a scale of 1 to 10, how important is 'attention' for optimal performance in football games and competitions" with a score of "7", and more than 90 percent of participants " "Do you want football players to have special trainings on improving attention skills?" they answered "Yes".

So, based on the above research, we can say that we should work on improving the attention characteristics of football players. In psychology, special experimental methods have been developed for the study of attention, which are mainly focused on the study of special characteristics of attention (divided attention, concentration, covert attention, overt attention).[7]

For example, when measuring the divided attention of players and developing it, the "Tachistoscope" tool comes in handy. That is, Taxistoscope is a device that shows

different images in a short time. It develops recognition and memorization skills. With this device, we can use it to enhance the thinking, focus and memory of the players.

The screen of the tachistoscope consists of 25 cells, in which there are geometric shapes. The tachistoscope has 5 electric switches and each 5 cells are connected to them. When you turn on each power switch, 5 geometric shapes appear on the screen.



During the use of the tachistoscope, the participants are recommended to draw 5 squares in a notebook and divide them into 25 squares each. Then the controller turns on the switch for a moment (0.07 sec). The task of the participants is to place the shapes that appear on the screen and where they are located in the drawn square. 5 switches are turned on in a row and geometric shapes are marked on 5 drawn squares. At the end of the experiment, the tachistoscope keys are turned on for a longer period of time, and the number of correctly placed geometric shapes checked in all squares is counted (for example, 15) and the scope of attention is determined using the following formula.

$$\frac{25 \text{ forms} - 100\%}{15 - X}$$

$$X = \frac{15 \times 100}{25} = 60 \%$$

If the result is less than 25%, then the attention is narrow. The higher the result, the wider the scope of attention. [8]

Summary. It should be noted that attention is one of the main cognitive characteristics, and by developing it, the game performance of players can be further optimized. By incorporating psychological training, evidence-based methods of cognitive development into the training regime of football players, it is possible to improve their ability to concentrate and make quick decisions. Prioritizing the development of attention along with physical development is very important to unlock the full potential of players and achieve high results in a competitive environment.

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