

## **A General Concept on the Technical Preparation of Athletes and its Psychological Characteristics**

**R. D. Iydiyev**

*Student of the Faculty of Physical Culture of the Bukhara State Pedagogical Institute*

**Abstract.** This article describes the improvement of the technical process, the reception of information by the athlete and its development, and the effective execution of the movement.

**Keywords:** Athlete, competition, sport, tactical training, technical training, psychological characteristics.

Success in sports competitions cannot be achieved without the necessary technical training of the athlete. While performing the actions that are part of this sport (running a certain distance, jumping and jumping, performing gymnastic combinations on the horizontal bar or parallel bars, throwing the discus or javelin, shooting the ball into the basket in a basketball game, aiming at the goal in football, throwing a ball at the goal in handball, hitting an opponent in boxing or taking defensive measures against a blow from an opponent, etc.), the athlete must use effective actions and methods to perform these actions. Such a set of correct methods constitutes the technique of this sport.

Technical training of athletes is understood as a pedagogical process of mastering and improving technical methods in certain sports.

Technical methods of sports skills have a different psychological structure, i.e. structure, in different sports. In some sports, for example, in gymnastics, these actions, although their performance requires the athlete to use a lot of physical strength, it is necessary to perform them lightly and without any strain from the outside. - focused on technically correct execution of actions. This is achieved as a result of the high level of development of proprioceptive, muscular and vestibular senses. Perception of the uniqueness of external objects, timely and accurate reaction to them is of auxiliary importance in gymnastics technique.

Mastering the technique of exercises is sports activities according to their content consists of acquiring the qualification.

Therefore, the central psychological problem of the technical training of spotters is the formation of movement skills and the ability to use them.

What is meant by movement skills? Movement skills are defined as a complete movement that is brought to a certain level of perfection during exercises, performed quickly, precisely and with a high quality and quantitative result, saving time.

Based on the above definition, it can be said that the following characteristics are characteristic of qualifications:

1. Perform actions accurately, i.e. avoid making mistakes.
2. Ease of performing movements, which is associated with the absence of additional stress and excessive effort.

3. Perfected actions are performed quickly.
4. Qualifications will always have the character of integrity.

Skills based on physiological mechanism consist of stereotypes of dynamic movement. They are formed on the basis of mutual relations between the first and second signal systems of an active being. (14).

Sports tactics can be described briefly as the art of arguing in sports. Broadly speaking, sports tactics are, firstly, the development of a plan that makes it appropriate to participate in competitions, taking into account the capabilities of athletes, the characteristics of the opponent and the specific conditions of the competition: secondly, the use of betting tools and methods that show the possibilities of sports as fully as possible. with li is to implement this plan (38). Generally speaking, tactics are subordinate to strategy.

In the process of tactical training of athletes, the following is provided:

Mastering the theoretical foundations of sports tactics (acquiring knowledge about tactical methods, how and under what conditions they should be used, etc.):

To teach the possibilities of competitors in sports and the conditions of future competitions:

Mastering tactical methods, their complex and options until acquiring perfect tactical skills and skills.

Cultivating tactical thinking and other skills necessary to achieve tactical mastery. Salomov.R.S (38).

The strategy determines the general laws of preparation and the course of competitions in sports. Strategy takes into account preparation options and the course of competitions, alternative forms, means and methods of achieving results.

It is necessary to distinguish between the strategic preparation of sports and the strategic activity of the competition.

Preparation strategy for major competitions and competitions the following should be taken into account in the strategy.

- the level of development of the expected competition in a particular sport;
- level of achievement of sports achievements of training traditions of high-class athletes;
- the state of the material base (modern sports equipment, inventory and equipment, the number of devices);
- availability of qualified specialists (coaches, organizers, scientific and medical workers, service personnel);
- the composition of the candidates of the national team, their level of qualification, competition experience and presence of the leader;
- modern knowledge about the content and system of the training process, tools and methods for effective implementation of the main aspects of training, optimal dynamics of training and competition load;
- provision of scientific-methodological and medical training level;

The tactics of the competition is understood as the method of applying technical methods in tactical events, taking into account the positive and negative characteristics of the competition rules and the environment, taking into account the positive and negative characteristics of the preparation and the environment. The method of solving tactical tasks in each sport is unique and depends on the rules of the competition, the characteristics of sports equipment, the traditionality of the sport, and the experience of the athlete. Tactics can be individual, group or team, depending on the type of sport and the nature of the competition.

An athlete should not only interact with the opposing team, but also with his teammates.

The competitive activity of athletes takes place in the state of constant and changing sports conflicts. In such cases, athletes use various actions aimed at victory.

High-class athletes have a lot of experience in competing and showing good techniques. They are responsible for the stages of the competition and achieve high results despite the complex conflict situations, i.e. fatigue and distractions.

## References

1. Abduyeva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY // ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
2. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES // Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1011-1016
3. Abduyeva, Sitorabonu Savriddin Qizi. "Peculiarities of Training 13-14-Year-Old Handball Players." *Athena: Physical Education and Sports Journal* 1.2 (2023): 46-51.
4. Abduyeva, Sitorabonu Savriddin Qizi. "The Development of Jumping Ability in Young Handball Players 12-13 Years Old." *Athena: Physical Education and Sports Journal* 1.1 (2023): 1-5.
5. Фазлидинов Ф.С. ПСИХОЛОГИЧЕСКАЯ ПОДГОТОВКА СПОРТСМЕНОВ // E-Conference Globe. – 2021. – С. 315-320.
6. Фазлидинов Ф.С. Оптимизация тренировочных нагрузок футболистов в группах начальной подготовки.
7. Фазлидинов Ф. Виды соревновательных нагрузок в футболе // Бухарский давлат университетский журнал Педагогика институтов. – 2021. – Т. 1. – №. 1.
8. S.S. Abdueva. Activities that increase children's interest in the sport of handball. Innovatsionnoerazvitienauki I obrazovaniemejdunarodnayanauchno-prakticheskayakonferensiya 2020
9. Junaydulloevich, A. M. (2021). METHODOLOGY OF TEACHING ATHLETICS FOR CHILDREN OF DIFFERENT AGES. *Web of Scientist: International Scientific Research Journal*, 2(05), 49-59.
10. Junaydulloevich A. M., Haydarqulovich Q. H. THE DEVELOPMENT OF EFFECTIVE WAYS TO IMPROVE REPRODUCTIVE HEALTH OF MARRIED STUDENT GIRLS // Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 249-258.
11. Junaydulloevich, A. M., & Istamovich, A. K. (2021). BASIC LAWS AND DESCRIPTIONS OF WAYS TO DEVELOP TECHNICAL SKILLS IN BOXING. *Web of Scientist: International Scientific Research Journal*, 2(05), 15-26.
12. Фазлидинов Ф. Психологическое влияние футбольных игр на формирование индивидуальности студента // Бухарский давлат университетский журнал педагогических институтов. – 2021. – Т. 1. – №. 1.