

PSYCHOLOGICAL PREPARATION OF STUDENT BOXERS

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Annotation: The article discusses the problems of psychological training of boxers. The methods used in the psychological preparation of student boxers during training are given.

Keywords: students, psychological preparation, sports skills, volitional qualities, boxers.

Introduction. In the history of modern boxing, there were many examples when a boxer with remarkable physical and intellectual data but lacking willpower could not reach the pinnacle of sportsmanship for only one reason - they were not psychologically ready for a fight in the ring.

All sections of boxing training (tactical, technical, physical and psychological) are interconnected and interdependent. Psychological preparation of an athlete is aimed at the formation and development of psychological qualities, teaching special techniques of mental self-training necessary for an athlete to achieve high results [3, 4, 6].

Based on the above, the main tasks of psychological preparation for competitions are:

- increasing psychological stability during competitions [1, 2];
- stimulating the boxer to achieve high results;
- developing the ability to win in any competition conditions;
- Development of an individual wrestling style [7, 8].

The main factors of psychological preparation for specific competitions are the following:

1. Psychological self-training. This refers to the psychological attitude before specific competitions. The athlete must see the upcoming battles and mobilize his strength, get ready, which will significantly contribute to success in competitions [9, 11, 12].
2. Influence of the trainer. A coach who knows his student well, even by external signs and behavior, can determine shifts in his emotional sphere [14]. One of the coach's tasks in psychological preparation is to prevent mental tension on the eve of the upcoming competition. It should help the athlete assess his own strengths and those of his opponent and at the same time slightly change the training regimen [10].
3. Impact of the environment. By "environment" we mean, first of all, the sports team in which the athlete must compete in the upcoming competitions. The psychological state of one team member affects the rest. Therefore, the positive attitude of the entire team for the upcoming competitions, the fighters' confidence in their abilities and in victory is very important.

When preparing for competitions, a number of "psychological barriers" arise; in boxing, these include:

- fear of losing (it can be caused by heightened pride and vanity, fear of letting down a team or collective, the thought of a negative assessment of a bad performance by loved ones or a coach);
- fear of the enemy, caused either by knowledge of his strengths or incorrect information about his successes, or superstitions, or underestimation of one's own capabilities;

- fear of losing a fight by knockout;
- fear of not being able to withstand the high tempo of the battle;
- fear of getting a new or repeated injury;
- fear of subjective judging.

Under the influence of such “psychological barriers,” the athlete becomes overly excited, hot-tempered, or, on the contrary, lethargic and apathetic. Fear is a consequence of one of the most important human instincts - the instinct of self-preservation. Each person is unique, which means different people experience different emotions under the influence of fear. Some people experience asthenic (negative) emotions that weaken the will, reduce activity, predispose to passive-defensive actions, and worsen the organization of behavior. Another part of people experiences sthenic (positive) emotions, which contribute to elation, give a person energy, and enhance volitional activity. Most people in a critical situation experience asthenic emotions. They begin to act, obeying the instinct of self-preservation, but unfortunately, these actions often turn out to be irrational and often lead to very sad consequences. It is possible to overcome fear. If a person changes his personal scale of values, he can overcome it.

It is very important to use your psychological advantage correctly and rationally. There is volitional preparation for this. Strong-willed qualities, which manifest themselves primarily in the fight against fatigue, play a major role in increasing the effectiveness of training and competitions. An athlete can only force himself to maintain the required power of work, despite the onset of fatigue, and continue to perform the exercise. Will is understood as a person’s ability to purposefully control his actions and certain mental processes (thinking, emotions, attention).

The need to withstand enormous loads and resist fatigue, weight control - all this requires a high level of volitional qualities from a boxer. Will manifests itself when consciously set goals are achieved. In an atmosphere of intense sports competition, victory is achieved by those who have high fighting qualities. In his pedagogical work, the coach should strive to educate strong-willed athletes who are able to act purposefully in difficult tournament conditions. During the training process, an athlete must be able to distract himself from unpleasant sensations (such as fatigue, lack of pace of battle), that is, mobilize all his strength and capabilities to achieve his goal. A strong-willed athlete is able to perform actions that are not related to an urgent need or, conversely, to inhibit actions related to a strong drive and the ability to overcome all obstacles.

A strong-willed athlete is characterized by the following qualities. Decisiveness - timely and thoughtful resolution of issues and tasks of activity, practical implementation of these decisions even in conditions of risk and danger; perseverance and persistence, long-term persistence of activity in the struggle to achieve a goal, overcoming obstacles of varying content and degree of difficulty; purposefulness - awareness of the most important life goals, a clear and clear idea of them, faith in the possibility of achieving these goals; initiative and independence - personal initiative, innovation, creativity and quick thinking in the process of activity, resistance to the inspiring influences of other people and their actions, the ability to independently set goals, make decisions and implement them in extreme conditions; perseverance - persistence in achieving victory despite difficulties; endurance and self-control - maintaining clarity of mind, the ability to control thoughts, feelings and actions under the influence of various unfavorable factors.

Developing strong-willed qualities in boxers is one of the main tasks of a coach. In this regard, a creative approach to training athletes is necessary, promoting the development of determination, perseverance, initiative, and conscious discipline.

A strong-willed boxer improves his physical qualities and sportsmanship faster and more successfully. Volitional training is a two-way process: on the one hand, the athlete is the object of the educational influence of the coach and the team, on the other hand, he is an active subject of this process. Confident fighting, decisiveness in actions, unexpected and bold attacks are the basis of a boxer's fighting actions. The coach should develop strong character in his students. Often fighters with similar technical and tactical preparedness meet in the ring, and the one with the stronger will wins the match. Without a strong will, it is impossible to achieve high sports results. It should be remembered that the psychological preparation of athletes must be connected with physical, technical and tactical.

For the successful psychological preparation of a boxer, that is, the development of strong-willed qualities, a method of individual training has been developed.

1. A gradual increase in the degree of difficulty that a boxer must overcome during training and competition. Training conditions must constantly become more complex - to such an extent that the emotional intensity and physical activity correspond to the conditions of a real battle.
2. Increasing the complexity of coordination exercises - new elements are gradually added to various acrobatic exercises, their number and intensity can be increased:
 - Game exercises. In the game, you need to score the required number of points in a limited time; you can make the game conditions more difficult;
 - Complex series of strikes and defenses, combined with complex movements.

The pace and intensity of movements in a series may vary. Increasing the number and duration of rounds, the intensity of work, you can use spurts (maximum accelerations). Gradual complication of training fights by selecting experienced, heavier and stronger sparring partners. The number of partners in one training session can also be increased.

Confidence in completing the task. The boxer is offered complex exercises:

First, he performs technical or tactical techniques step by step (in parts), and then at a higher tempo. In training with a stronger partner, the boxer is faced with complex technical and tactical tasks. At the same time, a strong partner gives in somewhat, which provides an opportunity to carry out what is planned. During theoretical training, the athlete is asked to solve a complex problem, and then, demonstrating pre-prepared video materials, show how to solve it using the example of other (preferably more experienced) boxers.

Composure when performing techniques. During the fight, the athlete must be in a state of mobilization readiness. Attention is focused only on the actions of the enemy, which allows you to instantly react to any of his steps. As part of solving this problem, the athlete is offered the following exercises:

- complex coordination exercises under the influence of extraneous disturbing factors - sharp flashes of light, unexpected noise or music;
- Use of technical and tactical techniques in the ring in case of interference: violation of the rules of combat by a partner, unexpected intervention of the referee or seconds, inappropriate behavior of spectators.

To develop the boxer's ability to perform prolonged volitional efforts. Exercises used to develop endurance:

- many kilometers of cross-country runs and walks;
- long swims;

- long-term work without reducing intensity under difficult weather conditions;
- reduction of rest breaks when working on implements and paws;
- Increasing the duration and number of rounds without reducing the intensity of work.

Conclusions. Boxing classes build psychological stability in students. The achievements of boxing students are much higher than the sports results of their fellow students. The above methodology can be successfully used in sports universities and be a criterion for the dynamics of the progress of psychological improvement of students.

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