

The Role of Psychological Preparation in the Comprehensive Preparation of Young Football Players

Muminov Feruzjon Ilhomovich

Bukhara State University Faculty of Physical Education and Sports Lecturer of the Department of Sports Activities, Ph.D

Annotation: Football, along with physical preparation, requires the mental preparation of players. In the development of young football players, it is necessary to pay special attention to the formation of their psychological state and making positive changes. Physical preparation, technical skills, tactics and strategies are certainly important, but psychological preparation plays an important role in the success of a football player, especially in effective performance under high pressure. This article discusses in detail the role of psychological preparation in the comprehensive preparation of young football players, its main elements and effects, as well as methods for developing psychological preparation.

Keywords: cognitive, diaphragmatic, relaxation, visualization, emotional, mental flexibility, breathing exercises, stress, external motivation, motivation.

Introduction.

Relevance and necessity of the article: Psychological preparation occupies a special place in the general training system of football players, as it is aimed at increasing not only their physical abilities, but also their mental stability. An important factor in the success of football players, especially in high-pressure and stressful situations, is their psychological state and psychological preparation. Although physical and technical preparation is necessary, psychological aspects also affect their success. Analyzing this process in more depth, the following conclusion can be drawn.

The main goal of psychological preparation is to manage the football player's mental state and bring it to a high level during the game. This includes teaching football players how to behave under psychological pressure, overcome stress and maximize their potential. When training young football players, their individual characteristics and psychological state are taken into account, since each player differs in his mental state and psychological stability. A football player must learn to manage his emotional state, adapt to a competitive environment and cope with failures.

Psychological preparation is important not only during the game, but also in the personal development of the player. Psychological pressure and stressful situations that occur during the game can reduce the physical abilities of the player. If the player is psychologically prepared, he will be able to cope with stress and control himself properly. Psychological preparation also allows players to cope with failure and show their best potential. Psychological preparation plays a major role in achieving success in the game. Psychological preparation is necessary for players to fully demonstrate their potential at key moments in the game, such as taking a penalty or a counterattack. Through emotional stability and self-control, a player can perform at his best in the game. For example, a player can help his team by playing at the highest level by managing stress and increasing his self-confidence.

Materials.

Psychological preparation is also important in personal development. A football player must learn to manage his mental state and know how to remain calm in any situation. This will help the football player

to be successful not only in the game, but also in other areas of life. In the process of personal development and self-awareness, the football player will be able to know his weaknesses and strengths, increase his self-confidence, and manage his emotions.

There are several methods for developing psychological preparation. These methods help prepare young football players not only for games, but also for various situations. For example, through visualization techniques, players increase psychological preparation by imagining their successful games. This method gives football players positive motivation to achieve success and they can unleash their potential.

Also, breathing exercises and relaxation techniques help reduce stress and improve the emotional state of the football player. With these methods, players will be able to overcome the high pressure of the game and make the right decisions. In the process of developing psychological preparation, it is important to teach young players to cope with failure and self-recovery. They should also accept competition in competitions and constantly strive to improve themselves. Psychological preparation is an important process that, in addition to preparing players physically, is also aimed at managing their mental state. Psychological preparation in the preparation of young players helps them to fully realize their potential. Psychological aspects such as motivation, stress management, emotional stability and self-awareness affect the success of players. Therefore, it is very important to develop psychological preparation for players and support them in their personal development. Psychological preparation is one of the main factors in a player's success, because this process prepares them to be successful not only in the game, but also in life.

Research and methods.

The purpose of the article. To develop recommendations for psychological preparation in the complex training of young football players.

The psychological preparation of young football players is not only related to their physical preparation, but also closely related to mental stability and emotional management skills. The psychological preparation of each player can be individual, since each athlete has his own character, mental state and approach to the game. Therefore, coaches should use psychological preparation methods that are suitable for young football players. In general, the following main elements are important in the psychological preparation of young football players.

Motivation is an important factor that shapes the enthusiasm of young football players for training and competitions. The athlete's desire to succeed and achieve his goals is precisely related to motivation. In order to increase the motivation of football players and encourage them to constantly develop, the right psychological approach should be used by coaches and parents.

There are two main types of motivation:

Intrinsic motivation is the player's desire to play for his own sake, his love of the sport and his desire to prove himself. Such players can find strength in themselves for victory and personal development.

Extrinsic motivation is formed through encouragement, rewards and praise from coaches, parents or teammates. Some young players rely more on extrinsic motivation, which helps them to increase their self-confidence during the game.

Methods for increasing motivation are as follows:

Goal setting - young players should set short and long-term goals and work towards achieving them.

Visualization of success - players can increase their confidence by imagining themselves in a situation where they have achieved success.

Arousing interest in competitions and training - the variety of training and the way it is conducted in the form of a game increases the players' enthusiasm.

When motivation is strong enough, young players set themselves ambitious goals and work hard to achieve them.

Stress management in football is a dynamic and high-pressure sport that exposes players to stressful situations. Stress management is especially important for young players, as stress can lead to poor concentration, poor performance, and lack of confidence.

Stress management techniques include:

Breathing exercises – players can calm themselves and reduce stress levels by taking deep, rhythmic breaths.

Meditation and focus – meditation can help young players improve their mental stability and focus on the game.

Competition and pressure experience – players need to be exposed to realistic game situations during training to help them learn to play under pressure.

Mental flexibility – coaches need to teach players to accept any outcome and learn from failures. Players who learn to manage stress are able to remain calm and make the right decisions during crucial game moments.

Self-awareness and self-control are of great importance in a player's personal development. These qualities allow an athlete to understand their strengths and weaknesses, develop appropriate strategies, and properly direct their physical and mental training.

Benefits of self-awareness:

- A player can realistically assess their technical and tactical abilities.
- Knowing their strengths and weaknesses, they train accordingly.
- Understanding their own mental state and how to behave in the game.

Self-control techniques include:

Managing emotions – players need to control their emotions to avoid getting nervous and losing focus during the game.

Discipline – players need to be disciplined and follow the plan of action to make them stronger.

Avoiding negative thoughts – players need to be confident and free from negative thoughts.

Players who learn to understand and control themselves are able to control themselves in any situation and act correctly on the path to success.

Emotional stability.

Players face various emotional states during the game. Sometimes they can become stressed, angry or depressed, which negatively affects their performance. Emotional stability allows players to control themselves and focus on the game in stressful situations.

Ways to increase emotional stability include:

Managing frustration and anger – players need to learn to accept and learn from situations such as losing or making mistakes.

Resilience to external pressure – psychological preparation is necessary to avoid losing yourself under pressure from spectators or coaches.

Turning failure into motivation – players need to accept failures as an incentive to work on themselves.

Results.

Emotionally stable players are able to achieve high results in any situation.

Psychological preparation is as important as the physical and technical preparation of young players. Elements such as motivation, stress management, self-awareness and self-control, as well as emotional stability play a major role in the success of players. Through proper psychological preparation, young players gain sufficient mental strength to achieve their goals.

The impact of psychological preparation on a player is directly reflected in his playing activity. A psychologically prepared player can show high results even under high pressure. Psychological factors such as motivation, stress management, self-awareness, and emotional stability directly affect the performance of players. Psychological preparation is also important in team games. Managing the team's morale, encouraging them to win, and supporting each other improves the overall performance of the athlete.

Methods for developing the psychological preparation of young players include the following:

Improving the psychological preparation of young players is one of the keys to success in sports. Proper psychological preparation helps players not only overcome stress, but also increase their confidence in the game, concentrate during the competition, and make optimal decisions. The following methods are widely used for this.

Visualization is a method of increasing the psychological preparation of players by imagining their own actions. This method allows players to strengthen their mental stability by imagining themselves performing successful actions before the game.

Advantages of visualization:

- Increases self-confidence.
- Increases the likelihood of success.
- Increases preparation by visualizing game situations in advance.
- Reduces stress and anxiety.

Visualization techniques:

- Dynamic visualization - the player imagines his actions during the game (for example, scoring a goal or gaining possession of the ball).
- Static visualization - the player imagines himself in a winning situation or in a state of joy after a victory.
- Emotional visualization - the player also imagines his emotions (for example, he imagines himself feeling calm or excited during the game).

As a result of regular visualization practice, players begin to act more confidently during the game and do not lose their temper in unexpected situations.

Relaxation and breathing exercises:

Football games are a process that requires constant movement, physical strength and mental pressure. Therefore, players are taught relaxation and breathing exercises. These techniques are used to reduce stress, focus and relax the body and mind before or after the game.

Discussion.

Benefits of relaxation and breathing techniques:

- Reduces stress and nervousness.
- Helps calm players before the match.
- Helps to concentrate and make important decisions quickly.
- Prevents rapid fatigue and overexcitement.

Basic methods”

- Diaphragmatic breathing - the player takes a deep breath and exhales it slowly.
- 4-7-8 method - a technique of inhaling for 4 seconds, holding it for 7 seconds and exhaling for 8 seconds.
- Progressive muscle relaxation** - a technique of gradually relaxing the muscles of the body.
- Meditation - mind control exercises that provide physical and mental calm.

These techniques improve the mood of players before training and competition and ensure that they are fully prepared for the game.

Cognitive psychology is one of the psychological methods that helps to increase the ability of players to make the right decisions during the game. Young players can often make the wrong decisions due to stress or excitement. The cognitive approach aims to improve their thinking process and teach them to make logical decisions.

Benefits of changing cognitive behavior:

- Develops the ability to critically evaluate themselves.
- Facilitates quick decision-making.
- Teaches the player to find the right way out even under pressure when a problem arises.
- Replaces negative thinking with positive thinking.

Basic methods:

Problem solving step by step – the coach breaks down any problem into smaller parts and teaches the player how to solve it.

Eliminate negative thoughts – thinking about losing or making mistakes in the game reduces the player’s self-confidence. It is important to replace them with positive thoughts.

Develop alternative strategies – if one way does not work, the player should try other options.

This approach increases the players’ thinking skills and helps them make quick and correct decisions in the game.

To successfully participate in competitions, players must be psychologically prepared for competition. In order to adapt to the competitive environment and show high results in it, players must have strong mental preparation.

Useful aspects of preparing for competition:

- Forms acceptance of competition and not fear of it.
- Increases fighting spirit and helps to recover quickly after defeat.

➤ By strengthening team spirit, players support each other.

Main methods:

Competition simulations - players train in conditions similar to real game environments.

Motivational training - coaches conduct targeted training sessions to motivate players before a competition.

Training under pressure - players are taught to work in difficult situations, for example, with time or score restrictions.

Players with good psychological preparation are more resilient to competition and perform effectively under pressure.

The psychological preparation of young players is one of the important aspects that determines their success in sports. Techniques such as visualization, relaxation and breathing exercises, changing cognitive behavior and preparing for competition help players to show high results during the game. Through regular psychological preparation, players increase their self-confidence, manage stress and participate in competitions with high efficiency.

Conclusion. Psychological preparation plays a very important role in the comprehensive training of young football players. By developing psychological aspects, football players can prepare themselves physically and technically at a high level. Psychological factors such as motivation, stress management, self-awareness and emotional stability directly affect the results of athletes. Therefore, it is important to prepare young football players not only physically, but also mentally.

References:

1. Weinberg.R. S., Gould.D. (2019). Foundations of Sport and Exercise Psychology. Human Kinetics.
2. Moran.A. (2004). Sport and Exercise Psychology: A Critical Introduction. Routledge.
3. Williams.J.M. (Ed.). (2020). Applied Sport Psychology: Personal Growth to Peak Performance. McGraw-Hill Education.
4. Hanin.Y. L. (2000). Emotions in Sport. Human Kinetics.
5. Cohn.P.J. (2011). The Mental Game of Soccer: High-Performance Strategies & Techniques. Peak Performance Sports.
6. Baumeister.R. F. (2007). Self-Regulation and Ego Depletion: Understanding Motivation and Control. Psychological Science.
7. Orlick.T. (2008). In Pursuit of Excellence: How to Win in Sport and Life through Mental Training. Human Kinetics.
8. FIFA Technical Report. (2021). Psychological Preparation in Elite Football. FIFA Publications.