

## PSYCHOLOGICAL TRAINING IN FOOTBALL

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### Abstract

Questions of differential sports psychology are considered. The general and specific indices of sportsmen's adaptation were revealed. The psychological characteristics of football players that influence the success of psychological adaptation to the conditions of competitive activity are revealed.

**Keywords:** football, differential sports psychology, psychological adaptation, adaptation indicators, adaptability criteria, competitive activity conditions.

### Introduction

The state and prospects of the development of the sports reserve training system actualize the work aimed at improving the system of psychological support for sports activities. It is necessary to search for new effective ways of psychological training of athletes, taking into account sports specialization.

In this study, within the framework of differential sports psychology, which studies group differences in the development and manifestation of the psyche of athletes, the psychological features of adapting the success of activities in the organization of psychological training in football are considered.

The specificity of competitive activity in football is determined by the fact that it includes the transformative activities of its subjects, as well as the rivalry of teams, the success of which is determined by the individual training of players and the team skills of football players. The structure of competitive activity in football consists of the interaction of the players of one team and their opposition to the players of another team in certain conditions.

The research methodology consists in studying and determining the theoretical and empirical foundations of the psychological adaptation of football players to the conditions of competitive activity.

Along with the issues of physical, technical, and tactical training of athletes, areas of improvement of the system of psychological support for sports activities, in particular, special psychological training, are of particular relevance: the higher the level of qualification of athletes, the more decisive it becomes to take into account and the importance of the psychological factor with a generally equal level of their training and functional state.

We have considered the basic issues of psychological training and psychological adaptation in football, identified general patterns of psychological adaptation for athletes of various specializations, and identified specific features of psychological training and psychological adaptation of football players themselves.



The results of the study showed that it is necessary to take into account the specifics of sports, since activities impose specific requirements on athletes of various specializations. In addition, there are general patterns that reflect the general specifics of sports activities in general.

Thus, psychological and pedagogical activities for the preparation and support of athletes should be bilateral. On the one hand, it is necessary to develop the psychological qualities necessary for successful adaptation and successful activity for all athletes, regardless of their sports specialization, and on the other, it is necessary to take into account the specifics of activities in individual sports and develop psychological qualities that affect the success of adaptation and directly on the success of activities in football.

Representatives of the football specialization must meet these general requirements that apply to all athletes, since these indicators affect the adaptation of athletes to the conditions of competitive activity and success in general.

The general indicators that determine the success of psychological adaptation and the success of the activities of all athletes include: purposefulness, organization, perseverance, general internality, achievement motivation, adaptive abilities neuropsychic stability, communicative characteristics, moral normativity, motivational characteristics: motivation for the process and motivation for the result. Moreover, it should be noted that the motivation for the process and for the result of athletes should be expressed both in sports activities as a whole and in a separate competition.

In addition to the general requirements for all athletes, specific characteristics have been identified that ensure success in the game sports of football. Specific requirements in football include: mobility of nervous processes, the power of arousal, internality in the field of interpersonal relations, communicative features, as well as motivation for communication.

The mobility of nervous processes is explained by the fact that the activities of players are carried out in constantly changing conditions, and at each moment of time a football player needs to make the optimal technical and tactical decision and make the right choice taking into account the changing situation on the football field.

Regarding strong-willed qualities, the expression of determination and perseverance in athletes is an essential condition for achieving high sports results. Purposefulness is a system-building volitional quality that cements the general volitional structure, without which it is impossible to manifest other volitional qualities.

The results of theoretical, methodological and empirical analyses have shown that football players, in comparison with other athletes, have more developed communicative abilities, as well as internality in the field of interpersonal relations.

Specific motivational factors and their personal determinants, in turn, depend on the sport in which athletes specialize. In football, it is a social motivation or motivation for communication, which is influenced by communicative qualities and internality in the field of interpersonal relations.

The expression of communicative qualities is a specific feature, and their development is a necessary process in football, which cannot be ignored.

The activities of football players are carried out in a large team, where each player has his own unique set of psychological properties. Therefore, the ethics and psychology of players' interaction with each other both on and off the football field, in particular in the locker room,



is of particular importance. The role of the coach in the organization of this communicative interaction and psychological and pedagogical work in general is incredibly important.

The rules and ethics of communication in a team are determined by the leader, the head, in a football team, the leader and the main organizer of a positive communicative space, an organic psychological atmosphere, should be the coach.

Thus, certain requirements are imposed on the coach in terms of knowledge of psychology, as well as the availability of specific skills and abilities for their practical application.

It is not always possible even for professional, high-status coaches to solve psychological problems that arise in the team. It is not always possible to convey to the players an installation that is not implemented in practice for some reason, although it would seem that all the details of the upcoming game have been taken into account.

Unjustified expectations of the quality of the game, incorrect, in the opinion of the player, the choice of the starting line-up for the match, the player's absence from the field, the failure of the team or individual players to comply with the installation agreed upon before the game, a negative result of the match lead to misunderstandings, conflicts, psychological problems in the team that need to be resolved promptly, but ideally better to be proactive by engaging in psychological prevention and preventive adaptation.

In general, it is impossible to take into account all the organizational, climatic, household, social and psychological features of the conditions in football, as well as the technical and tactical features of their game and the opposing team. Therefore, force majeure or unforeseen factors, as well as new conditions, will constantly arise, and you will need to be prepared for them or adapt as quickly as possible.

In many ways, this unpredictability is the attraction of football: which team adapts faster and more effectively to the whole variety of new conditions and unforeseen factors, that will eventually be the winner.

In the current situation, the development of a differentiated approach to psychological training and psychological adaptation of athletes and football players, in particular, to the conditions of competitive activity, today looks like one of the most urgent tasks of sports psychology.

The revealed psychological characteristics of football players that affect the success of psychological adaptation to the conditions of competitive activity and the success of activity, including from the point of view of practical use of these results, can be divided into two groups. The first group should include personal qualities that are natural or innate and practically impossible to develop, the mobility of nervous processes, the power of arousal, and the second personal qualities that can be developed and corrected (communicative features and internality in the field of interpersonal relations, that is, responsibility for the organization and quality of communication with partners).

### Conclusions

The practical significance of the results obtained lies in the fact that psychological training work can and should be organized with the players in order to improve the overall psychological and communicative culture, which ultimately determines the team's athletic performance.



Specially organized psychological and pedagogical activities with players make it possible, through conversations and explanations of the importance of effective communication in the team, to reach a new level of psychological adaptation and overall success in competitive activities.

Special attention should be paid to such important aspects of communication as the acceptance of teammates, psychological support for partners when everything does not work out in the game, and the correct, stimulating reaction to the actions of partners during the match.

All players, without exception, should not only know about the important role of effective communication and psychological microclimate in the team, but also be able to build and regulate communication relations using special techniques. The support of each other within the team makes it possible to create the necessary positive atmosphere or optimal psychological conditions under which the players will be able to reveal their best qualities, potential, and professional skills.

Special conversations with players in an individual, group or collective form, depending on the situations that arise, should be conducted by coaches in the team who are prepared for this kind of work.

One of the main tasks of psychological and pedagogical work is to inform the players about the fundamental importance of the psychological climate in the team and the direct dependence of the result of the game on the psychological situation and relationships in the team.

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