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Effectiveness of Developing Athletes' Psychological Readiness During Competition

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A B S T R A C T
This article presents the conclusions of athletes involved in track and field athletics on achieving high results by increasing the effectiveness of developing technical and tactical training during the competition period.

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Of course, it is very difficult for any person to understand their student like a coach. Numerous studies have shown that the coach, no matter what competition he prepares his student for, is often irritated by every situation around him and does not want anyone around him to help him. According to the recommendations of many sports psychologists or general psychologists, the role of each specialist in educating the athlete is of particular importance. It has been repeatedly emphasized that the development of team sports in our republic lags far behind individual sports. During numerous discussions and debates, the most pressing problem in athletics and other sports is the lack of well-organized technical and tactical training. Planning of tactical training of athletes in pre-competition training is based on the processes of anticipation, that is, foresight and prediction. In most cases, this process is brought about in young athletes with the help of a coach. In general, anticipation is a person's ability to move forward in a certain space and time. The manifestations of anticipation as a form of pre-representation of reality are very diverse. They are explained by the brain's "passage forward - into the future in response to the stimulus acting at the moment" (A.K. Anokhin). As S.G. Hellerstein noted, “no thought and no way of thinking is ever created anew, but rather they are products of the past... In actions, the orientation is expressed not only towards the stimulus, that is, the literal stimulus that carries this meaning, but also towards changes in conditions that have not yet formed, sometimes through some conscious and unconscious signs that give information about the near future. The range of anticipation in the athlete's activity is extremely wide. On its basis, for example, from the moment a sprinter stands at the starting post and waits for the referee's "go" command, he predicts the approximate issuance of the start command and tries to restrain his emotions. When drawing up a tactical plan for the upcoming competition, the athlete can foresee the expected behavior of the opponent.

A number of mental processes serve as the basis for achieving any anticipatory effectiveness. In some cases, such effectiveness is based on the actual perception of moving objects, for example, a flying ball, a moving player in sports games, in other cases it is based on images in memory, thinking and positive imagination. For example, we can observe how middle-distance runners cover the distance, at what speed they start running, and when they increase their speed sharply, or how long jumpers take their steps correctly when running to the landing board. In order to achieve high results in sports competitions, not

only physical condition but also the introduction of new innovations is currently playing a very important role. That is, it is fair to say that studying sports scientifically and methodologically can lead to a sharp change in results. We can cite the V Asian Youth Championship as an example of this. It is no exaggeration to say that the high performance of our athletes in the last championship is a clear example of the scientific application of innovation in sports. One of the most important factors is the upbringing of the young generation as worthy reserve athletes for our current champions. It is important to pay attention to the psychological preparation of our young athletes in the sports training processes organized before the republican championships and international competitions. That is, depending on the level of sports competitions, young athletes can control their psychological emotions, as well as their will, self-confidence, inner excitement and fear before the start. The role of sports psychology in organizing sports training is gaining great importance, especially today.

As a result, a great responsibility is placed on the sports coach, and as a result, in our sports sector, our coaches play a multifaceted role, that is, they must act not only as sports coaches, but also as sports doctors, parents and psychologists. Conclusion. Psychological studies conducted on the tactical training of our athletes in track and field show that. A clear example is the fact that the tactical training of our athletes in international competitions is weak, or on the other hand, their internal emotions cannot be overcome, and as a result, their sports results change negatively, even showing results lower than they showed before. The ability of athletes to control emotions in such situations depends on the athlete's tactical training. Even before the start command is given, the processes related to the pace at which the athlete should run, the distance to run, and the process of the competition taking place in the athlete's imagination occur in an instant, and a response impulse is transmitted to this in the athlete's psyche. The process of determining the opponent's actions that have not yet been performed should be considered as a prediction made in advance. This means finding an answer to the imaginary question of how to achieve the best result. So, the answer to this question is that athletes should always have anticipatory plans that determine their own and their opponents' tactical actions. Ensuring the psychological stability of young athletes involved in athletics is an important issue for psychologists and specialists in this field. Because the psychological environment in the team plays an important role in ensuring psychological stability. The role of coaches and psychologists in ensuring the psychological environment is of great importance. In ensuring psychological stability, the environment constantly has a positive impact on the mood of team members, their sports activities, communication, emotional and working capacity, and sports training are carried out with high levels of coordination. A normal psychological environment is evidenced by the tendency to psychological stability between the coach and the athlete, and between the athlete and the athlete.

Also, increasing the number of training sessions consisting of one-sided or selectively directed loads that cause deeper mobilization of the body's functional capabilities, using strict training regimens that put pressure on the growth of special endurance, as well as significantly expanding competition practice at the end of the sports improvement stage, increasing the psychological intensity of the training process, creating a competitive situation and intense competition in each training session, and organizing training sessions by introducing new, unconventional means into the training process make it possible to develop the athlete's psychological preparedness.

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