

THE IMPORTANCE OF ENHANCEMENT OF PSYCHOLOGICAL PREPARATION IN BOXERS

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Abstract:

The article discusses the problems of psychological preparation of boxers. Methods used in psychological preparation of student boxers during training are given. The article mentions the role of psychological characteristics in the training of boxers, and the fact that athletes with high mental fitness achieve high results in competitions.

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

In the history of modern boxing, there are many examples of boxers with excellent physical and intellectual data, but no willpower, who could not reach the peak of sportsmanship for one reason only - they were not psychologically prepared for the fight in the ring. All sections of boxing training (tactical, technical, physical and psychological) are interrelated and interrelated. The psychological preparation of the athlete is aimed at forming and developing psychological qualities, teaching special methods of mental self-training necessary for the athlete to achieve high results.

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

- increase psychological stability during competitions;
- encourage the boxer to achieve high results;
- develop the ability to win in any competitive environment;
- Development of individual fighting style.

The main factors of psychological preparation for certain competitions are:

1. Psychological self-training. It refers to the psychological attitude before certain competitions. The athlete must see the upcoming battles and mobilize his strength, prepare, which significantly contributes to success in competitions.
2. Influence of the coach. A coach who knows his student well, even by external signs and behavior, can detect shifts in his emotional sphere. One of the tasks of the coach in psychological preparation is to prevent mental stress on the eve of the upcoming competition. This should help the athlete to assess his and his opponent's strengths and at the same time slightly change the training regime.
3. Influence of environment. By "environment" we mean, first of all, the sports team in which the athlete will participate in future competitions. The psychological state of one team member

affects the rest. Therefore, the positive attitude of the whole team to the upcoming competitions, the fighters' confidence in their abilities and victory are very important.

When preparing for competitions, a number of "psychological obstacles" appear; In boxing, these include:

- fear of defeat (this can be caused by increased pride and arrogance, fear of letting down the team or the team, negative evaluation of the bad game of loved ones or the coach);
- fear of the enemy, knowledge of his strengths or false information about his successes, superstitions or underestimation of one's own capabilities;
- fear of losing the fight by knockout;
- fear of not being able to withstand the high tempo of the battle;
- fear of new or repeated injury;
- fear of subjective judgment.

Under the influence of such "psychological obstacles", the athlete becomes overly excited, angry or, on the contrary, lethargic and indifferent. Fear is the result of one of the most important human instincts - the instinct of self-preservation. Each person is unique, which means that different people experience different emotions when they are affected by fear. Some people experience asthenic (negative) emotions that weaken the will, reduce activity, tend to passive-defense actions, and worsen the organization of behavior. Another part of people experiences sthenic (positive) emotions, which contribute to elevation, give energy to a person and increase willpower. Most people in a critical situation experience asthenic feelings. They act on their instinct to protect themselves, but unfortunately, these actions often turn out to be irrational and often lead to very sad consequences. Fear can be overcome. If a person changes the scale of his personal values, he can overcome it.

It is very important to use your psychological advantage correctly and wisely. There is optional training for this. Strong-willed qualities, manifested primarily in the fight against fatigue, play a big role in increasing the effectiveness of training and competitions. Despite the appearance of fatigue, the athlete can force himself to maintain only the necessary work force and continue to perform the exercise. Will means a person's ability to purposefully control his actions and certain mental processes (thinking, feeling, attention). Enduring heavy loads and resisting fatigue, the need to control weight - all this requires a high level of willpower from a boxer. Will manifests itself when consciously set goals are achieved. In the conditions of intense sports competitions, victory is achieved by those with high fighting qualities. In his pedagogical activities, the coach should strive to train athletes who are ready and able to act purposefully in complex tournament conditions. During the training, the athlete should distract himself from unpleasant feelings (fatigue, lack of fighting speed), 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, on the contrary, inhibits actions related to strong action and the ability to overcome all obstacles.

A strong-willed athlete is distinguished by the following qualities. Persistence – timely and thoughtful resolution of operational issues and tasks, practical implementation of these decisions even in situations of risk and danger; perseverance and perseverance, many years of activity in the struggle to achieve a goal, overcoming obstacles of various contents and levels of complexity; expediency – knowledge of the most important goals in life, presenting them clearly and clearly, believing in the possibility of achieving these goals; initiative and independence - personal initiative, innovation, creativity and quick thinking in the process of activity, the ability to withstand the inspiring influence of other people and their actions, independently set goals, make decisions and implement them in extreme conditions; perseverance - determination to win despite difficulties; stability and self-control - the ability to maintain clarity of mind, control thoughts, feelings and actions under the influence of various unfavorable factors. Forming strong-willed qualities in boxers is one of the main tasks of a coach. In this regard, it is necessary to promote the development of a creative approach to training athletes, perseverance, determination, initiative and conscious discipline.

A strong-willed boxer improves his physical qualities and sports skills faster and more successfully. Voluntary training is a two-way process: on the one hand, the athlete is the object of the educational influence of the coach and team, and 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. A coach must develop strong character in his students. Often fighters with the same technical and tactical training meet in the ring, and the stronger one wins the fight. Without a strong will, it is impossible to achieve high athletic results. It should be remembered that the psychological preparation of athletes must be connected with physical, technical and tactical ones.

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

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