

MOTIVATION IS AN IMPORTANT COMPONENT OF SUCCESS IN SPORTS.

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Annotation. *The psychological education of winners in sports, the development of a winner's mentality among athletes at the initial stages of sports are considered. The success of his performances at competitions and the level of preparation for them depend on the substantive characteristics of an athlete's personality.*

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In the field of sports psychology, according to leading specialists, in the process of competition and preparation for it before the athlete are two goals:

- 1) show the maximum possible result;
- 2) make this result stable.

On top of the sports Olympus held only those athletes who perform well. To achieve these goals, the athlete will need his psychological resource. The main characteristics of this resource are:

Strong internal motivation, no need for external motivation;

The mood to win in competitions of any level, willingness to show all your abilities during the competition;

willingness to learn from one's mistakes and ability to withstand criticism;

Ability to control your feelings;

the ability to play only with mind and body, but not emotions (all the more negative);

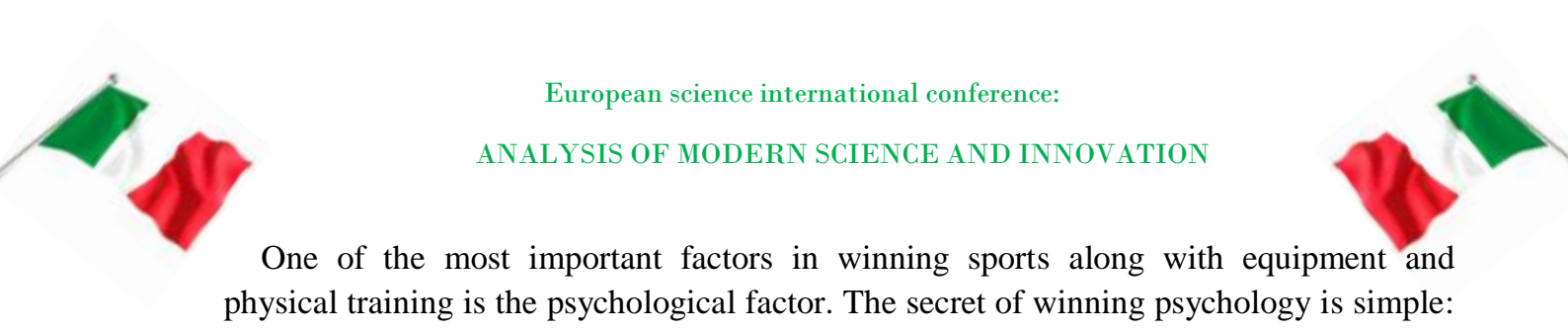
Ability to maintain calm and stability, especially in tense moments;

Maintaining the necessary level of concentration throughout the performance; Ability to stabilize the state of energy and vitality;

Ability to maintain confidence in various competitive situations; Ability to fully realize your potential;

Ability to show your full potential in each performance. [1,4,5]

Both adult and children's sports psychology requires compulsory study of the section on the will to victory. The psychology of a winner in sports is very important for everyone who seeks to achieve real results in the chosen field.



One of the most important factors in winning sports along with equipment and physical training is the psychological factor. The secret of winning psychology is simple: it is based on the habit of positive thinking. All that a sportsman needs to know is the basic way of thinking and behavior, inherent in all people who are successful, to perceive and apply these principles as an integral part of their daily life, which will help achieve significant success in all spheres of activity, including sport. The psychology of victory is based on the following main provisions:

- athletes - champions have similar traits that distinguish them from others; - these traits, which determine the ability to win, can be acquired;
- you are who you consider yourself to be. You are the product of the dominant in you conceptions; - your behavior and your movements express the course of your thoughts;
- positive thinking helps to develop a new desirable attitude towards a certain problem [2,3,6].

Any positive thinking or self-improvement program is a plan for oneself.

Here it is necessary to understand that the psychology of the winner is formed from the very fact of practicing sports and solving competitive tasks. But there are a number of qualities that are useful to develop.

First, a sense of purpose. Purposefulness - an expression of will, characterized by clarity of goals and objectives, planning of activities and concrete actions, concentration of actions, thoughts and feelings on an unyielding movement towards the goal. Being focused is the ability to set goals and achieve them. In sports, the goal can be related to improving physical fitness, increasing muscles or improving results in competitions. However, goals can be set in other areas of life, such as career or personal life. To develop a sense of purpose, you need:

- Have a clear goal
- Develop a plan to achieve the goal
- Regularly assess progress
- Stay motivated

It is important for the athlete to learn how to set clear and realistic goals. In the early stages of training, coaches and parents can help him to determine what he wants to achieve. Teach him to break down long-term goals into smaller intermediate steps.

Next is persistence. Perseverance is the conscious aspiration of a person to achieve a distant goal, despite the difficulties and failures. Of course, the purpose can be connected with the passion for one's own business, as a result of which it can be supported not only by the force of will of a person, but also by his interests, emotional attractiveness of the activity performed. However, practice shows that always at some stage of achieving a distant goal there are difficulties, especially subjective (fatigue, frustration, disappointment in failure etc.). They are overcome mainly by willpower. The athlete

must be ready to overcome difficulties and not give up before obstacles. Here the useful idea is to teach a child to see failure as an opportunity for growth and improvement, not as the end of the road. The key role is played by parents and coaches. They help the athlete develop perseverance, encouraging him after failure and guiding him on the right path.

Let's go on. Self-motivation. The term «motivation», derived from the Latin word «movere» and denoting movement, stimulation, process of management of physiological and psychological state of a person, was first used by A. Schopenhauer. Since then, the concept has become firmly established in scientific lexicon. In physical culture and sport, motivation is understood as the process by which a certain activity acquires a known personal meaning for the individual, creates a stability of his interest in it and turns the externally stated goals of his activity into internal needs of the person. The formation of motives is influenced by internal and external factors. External factors are the conditions in which a person is, and internal - interests and beliefs of the person. The key to successful formation of positive motivation for sport and physical culture is a good relationship between all kinds of motives. Yes, the athlete must have inner motivation - the essence of passion to achieve their goals. Parents and coaches can help develop this kind of motivation, helping the athlete to find pleasure and joy from the process of training and competition, not only from the result.

Another idea for shaping the psychology of the winner is emotion management. Emotional resilience refers to the ability of an athlete to resist adverse factors, overcome emotional arousal and quickly return to a state of mental balance after stress. For an emotionally stable athlete, every stressful situation is like a workout. He becomes stronger, wiser, more sensibly approaches problems and calmly bears all the vicissitudes of fate.

Why is it important to build such resilience? Because it is the guarantee that the athlete does not «get lost» in a difficult situation, will carry stress without nervous breakdowns and other unpleasant consequences. Strong personality instability in the emotional level (neuroticism) can cause the development of diseases on the nervous soil, neurosis, depression. Not to mention that the close of such a person is not well. They are constantly witnessing emotional scenes, fights, panic over the exaggeration of the consequences of any problem. All this does not strengthen neither love nor friendship, because under the action of emotions the athlete very often behaves inadequately.

The athlete must learn to control his emotions so that they do not interfere with his performance. Parents, coaches and sports psychologists, of course, help the athlete to realize and express their emotions, teach his techniques of relaxation and concentration.

Flexibility. Psychological flexibility is made up of six skills. It's disconnection, I as context, acceptance, presence, values and perfect action. Research shows that

psychological flexibility is a skill that supports mental and physical health. Its positive effect on the functioning of people suffering from chronic pain, diabetes and depression has been tested. Psychological flexibility can be developed independently or in the course of psychotherapy. Sport requires the ability to adapt to changing conditions and situations. How to develop? Create a variety of situations and tasks in training where the athlete has to make decisions quickly and change their approach.

Finally, self-discipline. Self-discipline means that a person strictly follows the chosen strategy of action, carries out his plan and rejects any actions that prevent him from reaching the goal or are a waste of resources.

It takes a high awareness to focus on the goal for a long time and perform all the necessary actions on the way to it. «Training self-discipline is an important stage in the life of every successful and achieving their goals.

Every athlete should know that to achieve their goals they need regular training, proper diet and daily routine, but the implementation of all these components is difficult without self-discipline and the spirit of the athlete. If the athlete is not ready to work - it means he is ready to lose».

The athlete should be disciplined and adhere to a regime of training, proper nutrition and rest. From the earliest stages of sport, it is necessary to create a structured training schedule and maintain its adherence by establishing the importance of self-discipline in order to achieve the goals set.

The development of the psychology of the winner requires systematic work. The athlete needs to create a suitable environment where he can grow and develop as an athlete and as a person.

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