



PSYCHOLOGICAL TRAINING OF BOXERS

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Annatatsion. *This article describes the psychological training of young boxers and its characteristics.*

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Introduction. *The history of modern boxing holds numerous examples of boxers with remarkable physical and intellectual abilities who could not reach the pinnacle of athletic mastery for one simple reason - they were not psychologically prepared for boxing. All aspects of a boxer's training (technical, psychological, tactical, and physical) are interconnected and interdependent. However, in my opinion, in such a tough combat sport as boxing, psychological readiness forms the foundation of everything. This view is shared by many leading coaches of our time. Competition in the international ring has reached such a level that an athlete's good physical fitness is taken for granted. Everyone trains well and extensively, but today's victor is the one who can better utilize their training, which is impossible without psychological preparation.*

Relevance of the topic. The psychology of sports in general and boxing in particular is very important and has not been sufficiently studied at present. Mostly, the psychological support of boxers rests on the shoulders of coaches. However, not every coach can fully ensure the psychological development of a boxer in terms of their preparation for and after the competitions.

The purpose of the study: to examine the fundamentals of psychological work with young boxers.

The object of the study: the psychological formation and development of young male boxers during the process of preparation, training, and competitions.

The subject of the study: psychological aspects influencing the development of boxers' willpower and confident performance both in the ring and during training sessions.

Currently, it is customary to divide an athlete's psychological preparation into two stages: the general psychological preparation stage and the psychological preparation for competitions. Both stages are interconnected, and at the same time, each has its own characteristics that must be considered in the methodology of sports training. General psychological training is aimed at forming the necessary qualities of the personality: diversity of interests, volitional character traits; should stimulate the development of





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mental processes contributing to the successful performance of boxing tasks: sensations, perceptions, etc.

The psychological preparation of a boxer for the upcoming fight is, of course, dictated by the tasks that need to be solved in a specific competition. These include:

- awareness of the specifics of the sports objectives of the upcoming competition;
- studying the strengths and weaknesses of opponents and preparing for actions in accordance with these features;
- forming firm confidence in one's own strengths and capabilities to achieve victory;
- overcoming negative emotions caused by the upcoming competition and creating a state of psychological readiness for combat; acquiring readiness for maximum volitional and physical exertion and the ability to demonstrate them in competition conditions;
- the ability to relax as much as possible after a fight and mobilize again for the next fight.

Consequently, the essence of an athlete's psychological preparation is reduced to directing their consciousness and actions towards solving training and competition tasks.

The result of a boxer's psychological preparation should be a state of mental readiness, which finds its expression in the athlete's maximum mobilization, giving all their strength to achieve the best results in competitions.

Psychological preparation for the tournament competition is of particular importance for boxers.

The psychology of a boxer during this period of training is influenced mainly by the coach and the team in which he trains. They convince the athlete of the importance of success in the upcoming performance for the team, city, republic, or the whole country, instilling confidence in his ability to win.

Properly organized training (optimal selection of partners for improving sportsmanship, good training conditions, the coach's attention to the boxer, interesting and diverse exercises), individualization of training tasks raise the boxer's mood, strengthen their will to win. The confidence of a boxer is facilitated by the objective characterization of his future opponents.

To implement the set tasks during this period of psychological preparation, the following means and methods are used: creating appropriate favorable conditions for training, rest, and work activities; adhering to a structured routine; verbal influence; various techniques for self-cultivation of willpower and determination; methods of suggestion and self-suggestion; listening to music to create a positive mood; taking walks; engaging in interesting meetings; and other activities. The approach to athletes should be individualized. The coach-instructor must create an atmosphere for the young boxer that takes into account his individual characteristics. Positive emotions, a favorable environment for training, and a cohesive team are the keys to successful psychological preparation during this time.



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After the draw, the boxer becomes aware of his opponents, and specific technical and tactical objectives are set based on information about the opponent's skill, strengths, and weaknesses. The key aspect in mental preparation is self-suggestion. The athlete convinces himself that he must secure a certain prize-winning position (taking into account his preparation for these competitions), for which he sets himself to fully utilize his technical, tactical, and physical capabilities, and the need to "give it his all" during the fight.

Before a bout, the boxer experiences either intense excitement or, conversely, apathy. The coach must find means and methods to help an overly excited boxer calm down, and to ignite a passive one. In both cases, it is better to conduct an active warm-up using exercises or simulated sparring with a partner.

A boxer who goes undefeated in a tournament, after each fight, rests morally and physically, relaxes, but after a day or two, or perhaps even the next day, he is again facing a fight with a stronger opponent who, like him, has already won. Therefore, he needs to maintain his fighting spirit and further strengthen his confidence in the next fight. In this case, the analysis of the victorious fight with an analysis of the mistakes made, recommendations for their correction, and advice on how best to use the skills that played a positive role have a positive effect.

If, for example, the fight was won against a strong opponent, a former champion, or the main contender for the gold medal, then the coach-instructor should caution the boxer against becoming complacent or, even worse, arrogant. Undoubtedly, victory over a strong opponent will inspire the boxer and boost their morale, but one must not weaken the mindset that the next fight will be just as serious. In practice, there are many cases when a boxer defeats a champion, and then, due to a loss of vigilance, loses to a weaker boxer.

A good mobilizing tool is training, which must be conducted daily, even on the day of the competition. Depending on the well-being and competition plan, exercises and their intensity are selected. As a rule, they should be abstract in nature, without great physical and mental exertion (exercises on apparatus, a light imitation fight with a partner, a fight with a shadow, etc.).

After the tournament, boxers reduce their training activity for some time, they can rest for a week. Successful or unsuccessful performance in past competitions, the coach and boxer should thoroughly understand the actions in the ring. In case of defeat, one should not complain about the judges, despair, but objectively analyze technical, tactical, physical, and volitional training, reveal shortcomings, note positive aspects, and revise and clarify the further training plan. The coach's extensive and thoughtful work with the boxer after the tournament in which the boxer performed unsuccessfully is a significant contribution to the further improvement of psychological training.

With the champion, it is also necessary to carefully analyze his actions in the tournament. The trainer-teacher must ensure that his student, having become a champion,



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does not consider himself invincible. After praising for victory, the coach should also critically point out all the shortcomings of the boxer so that his next performance would be at a higher level. A boxer's psychological training is a long and complex process. A boxer's character traits, views, feelings, emotions, work capacity, and athletic skill are largely determined by the level of psychological preparedness.

Future success often depends on how the coach behaves after the unsuccessful performance of his boxer or the team as a whole. For many athletes, defeat is a serious moral trauma, a great emotional shock. This is especially true for athletes who did everything in their power to win the fight. They trained for a long time with all their might, were in excellent athletic form, and suddenly made a technical or tactical mistake, received a strong blow, after which they could not recover until the end of the fight, and were defeated. The trainer-teacher must understand their moral state, aim for future performance, and learn positive lessons from the defeat. In addition to benefiting the boxer, he will enhance his prestige in the eyes of athletes, gaining respect, trust, and affection for himself.

Conclusion.

1) Sports activity necessarily requires athletes to be highly developed in a large complex of mental processes and states to achieve success in competitions.

2) All mental states and processes in sports activity play a particularly important role and should be taken into account in the work on the psychological preparation of a boxer before preparing for competition.

3) The role of psychoregulation in year-round training has been proven by the need to mobilize the mental processes necessary for achieving success in competitions. However, psychoregulation should not proceed spontaneously, mechanically subjugating itself and often distorting the athlete's behavior, but under the strict control of their consciousness.

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