



HAS BEEN NEGLECTED FIGHTERQ, AND THE USE OF PSYCHOLOGICAL AND PEDAGOGICAL TOOLS IN THE PROCESS OF RECOVERY

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Abstract

The article describes briefly how the psychological and pedagogical use in providing recovery and recovery processes of clonal wrestlers.

Keywords: Sports psychology, coaching, athlete mental state, psychological support, training management, recovery methods, motivation in sports, conflict resolution, training planning, microcycles, mesocycles, competition preparation, physical and technical development, wrestler performance optimization.

Introduction

Each coach is sufficient to be a psychologist, has the ability to be a strain and understanding of the thoughts and feelings of athletes training process, the conditions of competition in business should take the management of their condition.

The words and the psychological status of athletes to manage a high level of activity has a great impact. Right from the word and the individual approach to each athlete only foydalanilgandagina only in the case of coach-to-follow system can be a successful fighter. This system is the basis of the fighter.

Coach management performed by the psychological-going review of pedagogical tools, the same thing ko'ramizki, consists of the following are the



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main ones: convince, explain and absorption. Psychological therapy as the trigger in position to support them, first and foremost, coach, physician, psychologist, implies that the words of the head are affected by.

The various preparations in the period of psychological-pedagogical tools and recovery methods will solve different tasks of the application.

The fighter and relaxed the rest of the planning sessions and that would be the dynamics of cultural-mass, socio-political and psychological therapeutic should be bound with the conduct of complex events.

Talk before sleep, and to conduct a therapeutic effect gives rise to a particular group with a high psychological. The topic of conversation is selected depending on the position of the stage of preparation of the athletes.

Psychologist, coach and physician in the interview process "psychological kuzatuvchanlik" from using their vision of the form, with its help the nerve of a particular fighter-receive daily information on psychological status.

Ishontirayotib wrestlers, their actions, and to criticize it is based on some of the worrying. Confidence to achieve high results in this fighter of positive emotions and improve their condition would appear for some reason.

The coach and the fighter of the physician again the most important function of personal, social and sporting activities, conflict in a relationship is to soften and me'yorlashtirish situation.

Psychological-pedagogical style of the impact of the physiotherapist, massage, sauna complex, without the accompaniment of music when used, the effect of their recovery increased significantly.

Organizational, socio-political and cultural-mass actions as mental fighter has a calming effect. Directly responsible to the task put before the competition, does not justify the organizational meeting was held in order to give instructions to himself moves.

On the first day of the competition, psychological-pedagogical tools of the fighter is the main function of the nervous energy storage. To do this, the team also should also be the use of a separate management tools.

That should be borne in mind that any person coach-psychologist cannot. In this work high-level sports culture, experience and knowledge, calm himself get



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caught, to get you thinking, not compete in lost himself in a complicated situation is of great importance. Know it is the exact same thing, coach, “to know someone else you need to know to manage to manage himself in the first place”. The planning of sports training, sports training terms of the solution of this task, tools and methods, results, athletes should take is to advance the interests of sports. This contingent of athletes athletes on the preparation of planning (one or athletes) from the analysis of the features come out, set them in the process of preparation time and the main indicator of the distribution range.

Imagine the planning process in fight sports hobbies in recent times is much more change. Change some of the rules of this competition and to compete in the competitions of the international federation of the fight be included to increase the demands associated with the spectacular put on.

At the present time a great experience to'rejagan assignments, created the objective conditions for athletes training to a higher level of quality planning.

Athletes training process requires the account to the successful management of two important terms and conditions: first, the size of the avalanche and the growth of the downloads dramatically (approaching the border of modern high sports results in biological downloads norms); secondly, the skill level and training of the parameters of the equivalent of number (in the experience of the leading athletes in the world). For this reason, optimization and training of the structure of the optimal training program at the conclusion of the first level of importance remains. The process of lesson planning-this system is to create plans for different periods in the first place. Complex goals in this period that depends on the interaction should be done.

Training is a fundamental component of the physics of the training process. Hobbies on particular hobbies from them mikrotsikl was founded association new mikrotsikllar several relatively independent, the pieces of the whole process of training mezotskllikni builds.

Association of large and multiple mezotsikllarning more than the completed structure-organizes makrotsiklni. Training of micro-, mezo - and looking to the size of the period as makrotsikllar downloads for the separation, volume, intensity, and training tools and methods will change.



The planning process is carried out in the fighting sports training sessions in the following form:

- promising-stage, period, year, for a number of years;
- daily-hobby for mikrotsikli;
- for a quick lesson.

The lessons provide many years of wrestlers designed plan and the changes in the prediction of the development of sports and fight competition rules should follow. For this reason, training tools, it is necessary to keep in mind that the size and intensity change of the function.

The entire perspective of the plan as the study group is formed for each individual fighter.

Total sports training (group a) the plan includes the following sections: a brief description of the group; the purpose of hobbies for many years and functions; the main direction on the stage of the training process and the preparation phase (the main tasks in each stage, the share of them); characterize the preparation of athletes sport-technical indicators and control standards; teaching and medical supervision.

Planning a course of training promising-year plan is to develop requires. Downloads applied to the annual plan is a detailed description of tools and training included. Projecting the dynamics of scientific qonuniyat form of daily sport (to arise, stabilize and temporary decrease) will be applied. Daily planning the structure of various factors: the order of reading and labor, the content of lessons, a general summary of the size and number of downloads, lessons, downloads reaction to the effects of the particular features and offers professional wrestlers.

Daily planning is carried out on the basis of operational planning. The type of such planning tasks, tools, methods, and intensity is provided for clarification of the size of the downloads. Structure of the lessons in the first place, to achieve the maximum effect of sessions is determined by on. Quick sessions sessions, which is formed according to the plan outlines preparation (heating body) main and final part, the repeated due to the number of feature will describe the rest of the duration of the break.



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Three periods in the training process: preparation, competition and transition period provision.

A special work of removing the rest of severe active sessions during the period of preparation to the later development of physical quality also also improving gradually to master fighting techniques and tactics-aims to ensure that it may take seconds. During this period, athletes ahead of the competition should create a solid foundation for the successful functioning during the period of standing. The main functions of the preparation period to increase the functional capacity of the body, and improve general physical preparedness is needed for boosting the wrestler physical qualities, technical-tactical actions to take and improvement, to eliminate defects, implement them, the moral qualities of nurturing and composed.

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