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Research Article

PSYCHOLOGICAL TRAINING AS A PREREQUISITE FOR ATHLETES TO ACHIEVE SUCCESS AT THE COMPETITIVE STAGE

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Abstract:

The article deals with various methods and techniques used to develop the use of firearms in the internal affairs bodies of the Russian Federation. High quality of psychological training contributes to the effective use of weapons by the police of the Russian Federation.

Psychological training is of great importance for each athlete, which forms the future champion the necessary skills and abilities that will help him in his future professional career.

Psychological training of a shooter plays a very important role and is an indispensable element of comprehensive training. The psychological preparation of the shooter is a process aimed at creating the optimum mental health and constant internal readiness in the shooter. Such training contributes to the implementation of modern shooting techniques in stressful situations.

Achieving excellent performance while shooting under difficult psychological conditions requires police officers to have certain knowledge and skills. The definition of skills and training tools for police officers is the knowledge of the patterns of mental processes that are an integral part of every human being and their specific combination that determines the reactions and behavior of a person in a stressful situation.

At all times, athletes actively participating in competitions had one main task, which could fundamentally change the course of events - the psychological preparedness and the state of the athlete himself. And it is not a secret to anyone that not only physical, tactical and technical preparedness is important for achieving high results in any sport, but also psychological preparedness. It affects the overall readiness of an athlete, meaning that all the experience and hours of grueling training can lose its meaning in an instant if special attention is not paid to the inner state of the athlete.

Most athletes, chasing high results, spending all their time in training, working at the limit of their abilities, and not watching their state from within, where all the energy to work on themselves comes from, it is the motivation that makes the athlete to work up a sweat to achieve Olympic results, this charge is largely responsible for the negative impact on the athlete's nervous system, overloading it. The reasons for this condition are manifold, but it is important to note that it is precisely because of the insufficient level of psychological preparation and the influence of stress factors on the emotional and sensual sphere of a person, athletes, at best, suffer a defeat in the race or a deterioration of previous results, and at worst, they suffer disadaptation and psychophysical breakdown from which the athlete will have difficulty recovering and recovering, and even more difficulty to resume his previous habitual trainings.

This article reveals the concept of psychological preparation and its role in every athlete's life. Reasons are given for the failures of many athletes and it is concluded that psychological preparedness is extremely important for each athlete, regardless of the sport in which he is engaged.

Key words: shooter, shooting, competition, psychological preparation of a shooter, police, firearms, moral and psychological preparation.

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INTRODUCTION:

Psychological and pedagogical training of police officers is the basis contributing to the performance of the assigned task at the initial stage of combat shooting. This training includes a number of activities aimed at preparing police officers involved in criminal proceedings with stable moral and spiritual qualities that allow them to perform their tasks under any conditions (including stressful ones). Studies conducted in this area show that in order to adequately assess his feelings, a person needs full control over his activities and a specific plan of action.

The main criterion of an employee's psychological preparedness is his/her emotional stability, the ability to maintain stability, objectively assess the situation and, accordingly, take appropriate measures in extreme conditions. Emotional stability is to a greater extent an innate property of a person. At the same time, a controlled educational influence can influence important qualities of character. Necessary directions of such education are: strengthening of nervous system, removal of nervous stresses that can damage the psyche of a worker, and strengthening of motivation that resists negative stress influences.

Purpose of the study:

The objectives of improving the psychological preparedness of the RF IAB officers can be defined as follows:

1. Overcoming anxiety in the line of fire;
2. Overcoming the fear of working with weapons;
3. Adjusting the shot;
4. Training of peripheral vision of the shooter, which consists in overcoming the negative individual reaction - tunnel vision;
5. Overcoming the reaction to weak and auditory stimuli.

During training, we can often observe how IAB officers are confidently working with training weapons, on electronic simulators, and how quickly indecisiveness arises when they go to the burning line

with a combat pistol. A crack of insecurity, a stiffness in action. This phenomenon is normal physiologically and mentally. It is a natural human emotional response to actions involving danger, risk, and uncertainty. Emotional distress slows down the application of skills, causes disorganized thinking and inconsistent action. The shooter's main struggle is with his fear. In order to overcome this fear you must:

- increase one's personal and professional self-improvement;
- To build confidence in the clarity of your actions;
- To form feelings of determination and self-control;
- To keep warm and calm emotions.

RESEARCH METHODS:

Shooting firearms is always compared in people with feelings such as fear and excitement. They cause the nervous system to experience a state of mental tension. This is characterized by:

1. Excitement is the body's reaction to an alarming situation.
2. Apathy is a state opposite to excitement, which has signs of indifference, indifference.

Anxiety and restlessness is a vivid psychological quality unrelated to the physiological state of the shooter.

Psycho-emotional stress decreases with the set of experience, which comes in the process of training, where both technical and psychological training of IAB officers is improved.

Psychological training of a shooter is a process aimed at the formation of an acceptable psychological state, internal conviction, which is determined by achieving good results in shooting, overcoming various stressful situations.

In the process of psychological and pedagogical work it is necessary to form in IAB officers such qualities as:

- the ability to abstract away from everything extraneous that distracts your attention;
- concentration on the task and control of their actions;

- refusal to take a bad (low-quality) shot;

An important role in overcoming psychological stress is the education of IAB officers in confidence in their weapons and their actions, which is to achieve a set of measures, such as: -

1. Knowledge of the security measure;
2. Continuous training with training weapons and firing combat weapons;
3. Development of the ability to calculate the situation, to predict its changes depending on the situation.

Thus, given the need of the Russian law enforcement agencies for highly qualified personnel, it is necessary to keep in mind the psychological problems that directly affect the quality of their firearms education in the process of training IAB officers to fire combat weapons.

So, let us note the main reasons for the unsuccessful performance of athletes at the competitive moments:

1. General psychological preparedness
2. Overtraining and lack of rest before regular performances
3. Excessive load of an athlete with everyday problems
4. Insufficient power physical preparation
5. Incomplete training and sleep and eating disorders
6. Overconfidence and underestimation of rivals (slackness at the start)
7. Lack of confidence in one's abilities
8. Emotional excitability (loss of control over one's mental state)

To successfully address the causes of poor psychological preparation scientists' resort to the general idea of creating a so-called plan for the preparation of the athlete for competition, which is compiled by the coach in accordance with the features: the sport, age and sportsmanship of athletes, as well as their individual characteristics.

The general plan of psychological preparation of athletes for competition has the following set of requirements:

It is important to define goals and objectives and include specific activities in the plan in full accordance with them.

The means of training and education included in the plan should be divided into general, special and situational.

A set of activities should be planned for a one-year training cycle.

It is important to determine the means of psychodiagnostics (selection, transfer activities, means to determine the dynamics of growth of personal development and sportsmanship), means of psychohygiene (control means to monitor the mental state of the athlete, recovery activities), means of general mental development (means designed to develop memory, intellect, volitional qualities, etc.), means of special mental development (activities that promote the development of such mental qualities, abilities and properties, which

The complex should include methods and means aimed at the formation and development of emotional stability in extreme competitive moments.

After drawing up a plan, the development is concretized and the selection of general and individual results of athletes their individual characteristics in mental development, the formation of personal qualities and skills of each athlete.

RESULTS AND DISCUSSION:

The subconscious mind is a unique and still understudied aspect of the human psyche that can influence our consciousness. You have to develop and control your subconscious mind to achieve the results you want. If the shooter is not prepared physically and mentally, many negative reactions can occur. This leads to further dangerous situations-negative reactions can lead to fear, and fear can lead to anxiety or panic. Therefore, the training process should simulate situations that would help the shooter to behave appropriately when carrying out a firefight, creating a situation for the successful defeat of the enemy. For this reason, almost all attention is paid to psychological training of IAB officers.

Psychological preparation of sportsmen is a complex of psychological and pedagogical actions and corresponding conditions of sports activities and sportsmen's life, aimed at forming such mental functions, processes, states and personal properties at them, which provide successful solution of training tasks and participation in competitions. During the period of preparation for competitions athletes

experience a strong tension in the nervous system, which is due to the high demands on the athlete's psyche, which are determined by the features of competition, its level, i.e. the scale and responsibility of the events: regional, regional, international, Olympics, the dynamics of the results of previous performances and the pre-competition stage. In order to improve psychological condition of an athlete before the next important competitions, it is necessary for him/her to participate in competitions, which play less important role in his/her career in order to develop a habit (for example, in athletics, approach to the start).

It is important to note that the goals and objectives of psychological training must be fully consistent with the goals and objectives of physical, technical and tactical training. Having formulated specific goals and objectives, before determining the means of training and education, the coach should investigate the level of preparedness of athletes in the psychological aspect. Then a division is made into subgroups with a high, average and low level of training of an athlete.

Example plan of psychological preparation of sportsmen for competitions

Section 1: General psychological preparation.

Objectives:

- 1) Psychodiagnosis, determining the level of preparedness of athletes to participate in competitions;
- 2) Development of striving to achieve the highest sports results in competition conditions;
- 3) Improvement of personal qualities important for an athlete;
- 4) Formation of the ability to adapt to competition conditions.

It should also be noted that general psychological training is of particular importance, because it is through it that the athlete forms a stable mental state and personality trait, which ensures the success and achievement of the desired performance result. So, its purpose is to adapt the athlete to competitive events and ensure readiness for extreme situations and conditions during the next races. Also, we should not forget about the sportsman's character, which is his inner attitude toward sports, and how he develops himself, regardless of the psychological impact of his coach or another athlete. The formation of sports character is a thorny and multi-level stage in the life of every athlete who actively learns himself in sports and wants to go this difficult way, because without a desire to learn their features and directions in sport,

the comprehension of sports character is out of the question, so every athlete should and must seek to know himself as an athlete, otherwise high results and victories cannot be dreamed about. Those athletes who are not interested in gaining knowledge about their capabilities will never understand that everything lies at the base of the mind - all its hidden talents and unlimited possibilities, which open up new horizons for its development and if they showed the slightest interest in their inner world, they would not suffer defeats and failures in competitions and look for faults.

CONCLUSION:

As a result of full-fledged psychological preparation an athlete gets all the necessary information on improving his/her inner state, gets a charge of confidence in his/her strength and capabilities, discards negative thoughts about the possibility of defeat, thus leaving only positive qualities and emotions to successfully achieve the set goals.

At the current stage of sports development much attention is paid to the development of athletes' psychophysical abilities. A large number of scientists have analyzed the state of athletes' psychological readiness and revealed that psychological preparation is crucial, first of all, for an athlete's nervous system which subsequently determines the outcome of a competition.

And we can conclude that the absence or poor-quality psychological preparation of athletes for competitions of various types and levels has a detrimental effect on the outcome of the event and the further psychophysical state of the athlete, which can lead to the degradation of the person as an athlete in this sport, and therefore the main goal of coaches and organizations in psychological preparation should be to eliminate such negative factors as:

1. Moral tension
2. Influence of the media
3. Nervousness

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