

## **Psychological Research Of Coaching Activities In Sports**

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**Annotation:** Physical education and sport psychologist psychological science field as a physical education and sports special conditions business compliance person a psychologist, psixik quality of the formation, development and reflection bo'lish of qonuniyat of the study of lish about the concepts given.

**Keywords:** sports, psychological, sports achievements, coach, characteristic.

Sport of the type of the psychological characteristics of the problem is becoming increasingly urgent bo'become has, because human psixik I booked – sports achievements increase , and highly qualified athletes in the preparation of the term of the duration and reduce the opportunity for returns. Sports activities, psychological , providing theory and practice possessing psixik development, psychological tests, the use of a promising model to offer will. Unfortunately today sports general classification of types of theabul qresearched options either'q. Our motherland and abroad, work in stqptions are available to include the type of sports births also half thecommandment is not a competitionqamplua a mash andqare also still turn while until you come. Sports sport psychologist the solution of the problem of the psychological characteristics of qwas not in the form of a twisted sense approach. Qo'llanilayotgan can be arranged from two approach: empirical and theoretical.

The empirical approach american and western european wide a sports psychologist qabul qresearched. This sport is typical of the type of person he or she steady separate units are representatives of the properties of theozone. Such a characteristic motivation, activation, aggression, disturbed, gentleon theotmandlik, emotional stagnation, intelligence, and home antitsipatsiyatheyou can add many years ago.

This characteristic to trying these states are known to the profile of the person who hitqiqa horse in the opinion of the electorate, far from the profile of the special groupqshould be justified, with the characteristic development trends you should be able to shuhullanish for the sport itself.

Variations are also known to professionals as well as representatives of various sports psixik. A theoretical approach to the structure of the psychological characteristics of sport is usually 2 or more ortiq factor consists of the set of these factors during the period of sports training psixik qiyinchiliklarni a need to overcome the degree of qdivide the arab, perqqoslash allows. The implementation of one such classification of units by t. t. Djamgarovqwas dim. Thus, theara by-qof the character arshi( direct or indirect), raqib of contact with nature (qattikathe physical, physical, physical condition, absence of physical contact), as well as partner with ra andqwith ib interaction together individual action, birgalikdagig'sinregik action) is taken into account.

For the sports person of the special features lekarzemthepros with l. a. popov, dealt too. It is included in the psychological theory of activity of the main concepts of their work. The business

structure in the psychological characteristics of the three factors, respectively, it shows the allocation of sport:

A) Athletes of the motives that lay at the basis of the activity factor;

B) competition konretqa mash ofthespecial actions in world lekarzemqfor servicing the official delegations maqfactor is sad, so the main maqsad is to achieve sports results.;

V) into psixik qo'the year of the requirements of ko'p the number of the conditions which constitute the group factor.

Active is determined by the needs of the human person, of his ministry. There are xayvonlarda needs. However, in animals the academyQbiological, congenital needs the bO'hunting ladiQatlanish, moQto langa, generation Qe shaving tohiyojlari's all there is. While the people in tash biological etiyojlardantheebee again high needs - needs to know, spiritual, aesthetic and head cocktail needsthehave the same needs as a.

### **Coach activity of the psychological characteristics of**

As it is known, Coaching or coaching–human society is the history of after starting from continue as, this with the together as well as by the head of the society and the public by recognition you deserve as much care and attention of the profession.

"Coach – says Al Farobi, - convenient location for travellers-to the wise, nice to talk able to be and the students aytmokchi the opinion of tula and clearly could express to get the knowledge necessary". He his thoughts last he was: "the coach and the head of functionality wise, the state, the head of the task was uxshab, the same reason why the Coach heard and look all remember union, convenient location for travellers-wise, the beauty to speech able would be, Coach aytmokchi the opinion of tula and clearly expressing to give you the knowledge should be. At the same time or own-cheers bulmogi fair value should be. It was only then will achieve a high level of human happiness and those would have chukkisiga" was noted. In the opinion of abu ali ibn sina "...Coach stamina, pure vijdonli, rostguy and child rearing methods, ethics bulmogi procedure should be the people who know best. Coach o'qinternal and external uvchi the entire world, the study of its convenient location for travellers to fold kirolmogi should be.

Nosiriddin Tusiy his "Coach educate in tugri" that aasarida so it says: "...Coach of debate out to go, refuse of would not levels of proof to pass, know, their thoughts tugri order to be sure, speech , while mutlako clean, sentences mantikiy term expression would be should. Coach speech , no kachon and no kayerda zaxarxandali, coupon or kattik be striped could not. The lesson during the coach's self , keeping the work to be boz cann."

Joseph Xoji Kashkariy "Men members that disease cure before the people of the state ruxiy treatment necessary that I have found. I'm sure that this coaching reach with a roller. With the members of yuzlarcha because of the disease, people would minglarcha xalok, and ignorance, and a hundred thousand of flour, because they would xalok bilimsizlik minglarcha people".

Ulug' our poet alisher navoi and the mentors of many of objective evaluation of work: "You said to the disciples, regional as well as achievable, to him (to the teacher) we have kulli qif it's worth il", "yrgatmish one in khaki with ranj roller into a character" – a line which has.

The following works of the great thinkers of modern science created a few of iwrm kimmatli the order would not imagine living without. Works created in this rare until a few centuries ago doses o'z kimmat of yukolib have not.

The coming of the coach and its functions urni usib society and the public attention to the work of the younger generation by having an important role was to suggest aniklash with nak.

The country for training in the national dasto'life, but he who received the flavors rinitrying in the process of the Coach's responsibility before society will increase further in education and training to

the young generation that is.

Modern school Coachkator c performs tasks. Coach – class organizers ukuv process. Coach o‘quvchi for during the lesson, along with all the necessary consultations and lessons learned from the tutorials kushimcha tashkari xolni issue is one of source of knowledge. Head of the class, fulfilling the function of several coaches, the organizers of the educational process bo‘become.

Modern Coach social psychologist may not would not. So in between the rulers kuvchilar o‘y zaro relationshipo‘could be present in, the kids on the team, social-psychological mechanisms it is necessary to be familiar with the use of.

Pedagogical activity as it is known – man is one of the most difficult area of cocktail. By society methodology‘coach of the year, which with the requirements of the most important qualities of the person and his profession aims to weightloss.

Most of the coach are the ones umxim following personal qualities:

- Coach's o‘z to the land of the faithful in the ministry of love children, nurturing them had the desire humanitarian, o‘z country, native language, o‘z onthelove nest, its history and its culture, musta the state oftheill willon g‘oya is to live in;

- at a high level of social responsibility hbe;

- majesty, convenient location for travellers-ingenious pure spiritual – enlightenment and spirituality to fit high ambition coming, got on society xoxish go by the children of such qualities;

- o‘zini get to know ash, patient-tokatli, cheer, devotion.

The society of the Coachk the main requirements to the profession that burn moreo‘yidagi as follows:

- spiritual and educational from the side of the person bringing up the national uygonish makurasining universal azerbaijanis know these rich moxiyati concentration, independence, loyalty goya had to bring up children know, o‘z a land of nature and to the family would institute;

- extensive knowledge level would be able to, would be aware of the different knowledge;

- age teaching-psychology, social psychology and pedagogy, physiology and hygiene of the school from the age of chukur knowledge would be able to;

- o‘zi that gives lessons on the science mustahb have less knowledgeo‘become o‘z the profession and achieved new successes in world science in the field would be aware of the weaknesses;

- technique may take a life of education and training;

- o‘z a creative approach to work;

- the children know, take the time to understand his inner world;

teaching technics (logic, speech, talking educational tools) and would be able to pedagogical takt;

- Coach's o‘z increases at the level of pedagogical knowledge and go on a permanent basis.

Her a Coach must be committed to yukori which would fit most of these requirements in the level.

Burn by the society which requirements to coach in a variety of social expectations, its individuallik of teachers, hence subjective willingness to answer the requirements of a certain Coach's ready to nak suggest that pedagogical activity .

Special requirements by which certain subjects coach professiogrammasi ukituuvchiga burn o‘z into kamrab should. The future coach would know that he or requirements in this sort kanday ukuv and burn in the same manner by a fan-the organization of educational process in higher pedagogical specialty ukuv for you to remain on a particular country Coach professiogrammasi is necessary to be developed. The characteristic of the production activity of nuktai Professiogramma psychological contraindications (on any specific profession) future practical work would need for all of the content that side o‘you should be taking into z will go on.

Let go of the important qualities that xisobga containing professiogrammada towards growing somewhat, in the case of the coach's indicated by must go to the following qualities:

- 1) Coach's personal qualities;
- 2) To the profession - specific knowledge;
- 3) O'z to the profession - specific qualities;
- 4) Personal-teaching will uddaburonlik;
- 5) Organizational skills;
- 6) Communicative skills;
- 7) Gnostic the qualifications of the personnel;
- 8) Creative qualities.

Professiogrammani profession is typical on the basis of the ukitish organization in which education effectiveness and his unfailing kanday knowledge and to kunikma, ayniksa, the person kanday abilities and personal qualities weightloss that is definitely to be indicated is required.

Abilities – this man any activity yarakli ministry and the activities successfully carried out.

Pedagogical abilities – these abilities of the types one is, one's pedagogical activity that yarakli and this activity with unfailing shugullana that aniklash gives.

Itzotho years out to go and research on pedagogical ability, complex and kupkirrali psychological knowledge from iboratliligini indicated by gave. Those same survey data from using, pedagogical ability to'zilishi in an important place which occupies kator components distinguish indicated to be:

- 1) Didactic ability – this children ukuv material is clear and obvious to explain, easy living delivered to give, for children to science kizikish o'ygotib, in them mustakil active thinking aroused who get the.
- 2) Academic ability – mathematics, physics, biology, native language, literature, history and other this like a science area specific to.
- 3) Perseptiv ability;
- 4) Speech ability;
- 5) Organizational ability;
- 6) Avtoritar ability;
- 7) Kommunikativlik ability;
- 8) Pedagogical fantasy;
- 9) Dikkat of the taksimlash get the ability to.

This with along Coach permanent basis o'z skills boosts, o'z work from your failuresqqiyat of yukori at the level of ta'minlash to help that personal qualities of nurturing to be the go need.

### **Modern coach and his psychological outfits components**

First of all, the modern sport 's four main aspects our attention to focus on the purpose , according:

- ✓ **Intelekt;**
- ✓ **Action activity;**
- ✓ **Emotional actions(mental state before Masobaqa);**
- ✓ **The motivation of sports activity,.**

Sports activities some of a people think, just physical conduct-from action is if the rest without it, **intellectual activity, an important role is**. Because, in competition with equal opportunities to have an opponent when meeting, the athletes tactical preparation of victory ensures.

***Tactics – this athletes considering all the capabilities of their opponents to fight against him is that the selection and use of the guidance.***

Tactical training of athletes intelletual aspects of the development associated is.

Teplovoz “Psychology polkovodsa” kitobidasarkardada mind and will power of a kind be should says. Irodaviy quality of a crazy column if it is, the electronic fight at the time of the situation adekvat could cost without, how brave , let it be, tactical drawback is due to be overcome can.

Sports activities athletes **movement activity** also has an important role earned is. This is the athlete of the body, the situation requires that state adekvat physical quality of the show the ability of looks.

Sports activities are more important component – **Emotional behavior-the action** is. He established the goal is to achieve to focused conscious ict as show up will. These different actions of active successful exit qonunyati voluntary actions of availability by is determined.

Athletes became the state before the business of his empowering, *emotional excitement, stress and competition before excited* like mental properties , the study of the leading in the place is.

*The spiritual voltage* on the basis of the athletes in the activities of the two as, that emotional irodaviy regulyatsiyalarning mutual influence lies. You, in emosiya – thus the alternative, the latter irodaviy excellent give into being brings.

The competition before you into being who came to the athletes experiences, her positive effects of, irodaviy perfect to give to reduce take come. So with along, each a irodaviy voltage on the basis of the emotional experiences of lies. These two concepts are mutually bound will be.

The competition in front of emotional tension, the goal accordance with in irodaviy excellent since with regulated shall be. In emosiya, energy power – power outpouring ( vibros energii) into being does come, will , while them sparingly spending out comes.

Usually the competition is approaching with the strain increases. Emotional aspect from unstable athletes , such as a danger, even it even earlier they fall out. Emotional stability to athletes while, usually, the competition on the strain experiencing they will forgive. *Most comfortable occasion while, tension optimal level of start time on coming is. In this state, usually combat training is called.* Then the athlete his reserves capabilities to work put, the preparations of the maximum level, manifested was.

Business optimal voltage level for long - term storage stand practical aspects can be not. Such time at the mental strain of the severity, the hassle to previous, the athletes *start before lexorotka* (talvasa) state down will remain. His nerves system in case the combination of the voltage difficulty with hold is. Some athletes in sports to the results of damage after delivery, in such a state a long stand take can. Even, such as in some athletes with high results in particular achieve its known. But, the start before talvasa, most case sports the indicators of the decline of out comes.

The start before that had been granted most of the heavy – this *start before apatiya* (apathy, without the spirit) is. Usually apatiya maximum mental tension from inactive, apathy state of the transition is, the competition before the situation in a very strong strain effects is.

*The start before apatiya – business motivtsiyasi, irodaviy actively and responsibility of xissi decrease, because of.* Such iaytda athletes of their own real readiness level to do is possible that the show will can't.

**I.M.Sechenov** voluntary actions of three psychological qonunyatlarini determine which:

1. The hands, the feet, the body, simple actions and men by utilized complex of actions a thorough take after take after, the will under take, that will with run.
2. The action is much better utilized to be that they are so light will under take. Or vice versa.
3. Will the use of actions beginning and at the end, as well as, actions enhancing or sekinlatish to necessary is

*The action being started after, the will without the participation continued to be can. Because of the utilized behavior-action automatic job execution started.*

Sports activities to know the active out does not exceed. Know also the three direction of the difference is:

- 1) Himself sports activity of subjects as will be realized;
- 2) Sports activities xissiy aspects to know;
- 3) Sports activities qonunyat and mechanisms, the sport 's laws of know.

Sports activities psychological aspects in providing, a person sport with and engage motivating motivation an important role plays. Sports game of the activities are very close it is. The game of the motives of game features is available. Sports with engage who needs while, sports activity from satisfaction and the success achievement ensures.

Professor A.S. Socio sports with shug'illanishning be'vosita and indirect motives of allocation is showing.

- 1) Sports activities be'vosita motives;
  - a) Muscle actions and the active from being born pleased to xissiy who needs;
  - b) His beauty, power, speed, ministry agile, smart and resistant from roxatlanishga the need;
  - c) His hard, even in the extreme' (dangerous) as in show up to tend;
  - d) Record results achieve, his sport at the level of show and reaches aleppo reach will xoxish;
  - e) Himself, show, to, show, approval, public recognition of the gain, shukhrat to achieve the needs.
- 2) Sports activity indirect motives:
  - a) Healthy and strong to know the desire;
  - b) Sports activities through, self practical life preparation will xoxish;
  - c) Duty xissiy, the motherland in front of the duty;
  - d) Sports activities social importance to realize through, the sport with the deal needs.

Sports activities motives show to denamikasiga have. The sport with long - term concentrate as a result of athletes in the motives also a change will go.

The motives of change also following stages occur will:

1. Sports with involved in the initial stage;
2. Selected sports in the type of ixtisoslashishning at the start;
3. Sports at the level of the growth stage.

Sports activities motives bright social orientation character has.

Sports trenirovka of the aim – high sports kursatkich to prepare and directed. High result in achieving the athletes of the options and (him achieve) to the preparation related.

Sports options – the athlete's physical, technical and tactical ability , as well as, special knowledge and practices proficient in to be with is determined. High results willingness while, athletes, sport activity, mashqlantirish and for competitions be put to the required connection with characterized. This is the coach's role is always an important role plays.

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