

PSYCHOLOGICAL ANALYSIS OF EDUCATIONAL AND EDUCATIONAL PROCESSES

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Annotation. In order to ensure psychological and pedagogical unity in the upbringing of young athletes in the process of education and training, it is necessary to acquire certain knowledge, skills, skills, develop an individual orientation, character, sports abilities of young people, form a worldview, form a dam of high moral feelings, intellectual abilities, aesthetic and physical qualities.

Keywords: personality education, young athlete, coach, training, sports training, training, agility.

Introduction

For the development of the personality of young athletes, it is important to use various methods and techniques in the educational and educational process: self-education, strengthening the appetite for one's work, expanding knowledge.

The coach is active, independent, has a high level, creative abilities, when working with young athletes, well understands their psychological aspects in the educational process.

The pedagogical system "coach-children's sports team" forms not only sports knowledge and skills, but also their spiritual moral world. The personality of a teenager can be represented only in the atmosphere of creative search, in the process of development, expansion and complication of activity. And the complication of activity determines the development of the child's psyche. Therefore, educational issues are solved only on the basis of the Psychological Laws of human activity, their dynamics.

When building a system of educational influences, it is necessary to take into account the features of various types of activities in which a young athlete takes part, its content and size. All types of children's activities can be divided into 2 groups. The first involves the study of the relationship, tasks, motives and norms of children between people. In this, children develop mainly the need - motivational sphere. Secondly, this group includes those who have developed socially, mastered the methods of cultural activity. Here the intellectual, cognitive, technical abilities of schoolchildren are formed.

Discussion

Thus, in the period of activity, the periods of development of needs and motives naturally alternate with the period of development of abilities.

A special organization of the leading type of activity ---- is the main condition for the hierarchy of needs and motives that a purposeful influence on the personality of children is required of him.

Any method of upbringing that affects us, S. L. Rubinstein believes that what we have experienced is conditioned by what has changed our minds.

External influence affects a person through his Fier, his emotions eayfity and experience. Therefore, the influence of such pedagogical motives and mental factors, which take into account the individual qualities of adolescents, will be effective.

Educational effects can accelerate or slow down some development ethaps.

While individual mental processes and adjectives are interrelated, each adolescent develops at a different pace. Therefore, the results of upbringing and training in the children's sports team largely depend on the sport of choice of adolescents themselves, the team, its individual qualities and relationships.

Consequently, the upbringing of young athletes with certain qualities requires the creation of not only optimal exercise, but also internal conditions, taking into account the internal laws of adolescent development. This education is a necessary condition and feature of upbringing.

Taking into account the age and other characteristics of athletes allows you to achieve a unity of quality education (knowledge, skill skills) and upbringing(worldview, moral development, strengthening of Will and physical qualities).

At the same time, not only planning educational material, but also the formation of certain qualities of adolescents, programming of mastered sports, social political knowledge, skills and abilities, which should be able to apply this knowledge not only in a team, but also when working as a sports instructor at school, in refereeing, in organizing mass sports.

A coach who wants to provide successful education should know the essence of this process and be able to control it. Taking into account the children's sports team, the individual characteristics of adolescents, their relationship to a particular sport, the coach finds methods, the best techniques for conducting the educational process, selects the most pedagogical solutions.

The coach must be able to see his tutor's future from the forehead while practicing a certain type of sport. If the coach, unable to see the relationship between the set goal and its perspective, knows to what extent it helps in education, he can easily choose the most necessary for his work from within many methods.

It is necessary to introduce various, colorful elements into the educational process, situations in sports and present it in a new way. Important educational downloads show not training, but athletes their skills in tournaments and competitions. The main types of sports activity are associated with a certain movement and are exercises aimed at solving the problems of physicality (improving, developing the physical qualities of young athletes). Exercise contributes to the fact that the individual is spiritually strong, strong-willed. In this regard, exercise can become the subject of special psychological research. Without a clear analysis of the psychological foundations of physical exercises, it is impossible to develop rational methods of education-upbringing.

Training adolescents for sports is a multi-component system. Each component must be studied in depth by the coach. To carry out a focused education, the coach must arouse the desire of adolescents, to carry out complex situations, explain the meaning, encourage independent decision-making.

Analysis

For effective education and upbringing, information about various aspects of the development of the personality of a teenager is of great importance.

Unfortunately, often coaches have knowledge of sports knowledge about improving the skills of a young athlete, but do not know anything about the deeper manifestation of his personality, psychological characteristics. These are: unification, motivation, temperament, character and sports ability, formation of motor sports skills. It is the study of these characteristics that, taking into account the role of adolescents in sports activities, a lot of the emotional side is expressed in a positive (cheerfulness, confidence, curiosity, passion) or negative side (fatigue, tussheunity, apathy, relaxation) state. determines the success of educational work in the junior team.

Orientation (singularity) is one of the most important characteristics of the personality of a young athlete. Studying it as a system of motives, value orientations, interests and ideas makes it possible to characterize the type of sport chosen by a teenager. The attitude towards sports in turn determines the activity of adolescents during training.

Satisfaction with training, interest in them, regularity and purposefulness of processes are the criteria by which adolescents adapt to exercise. A study of the attitude of young athletes to training shows that:

1. teenagers quickly adapt to the training of a coach who is loyal to his profession, is able to direct his students to high results, and can get along with young people.
 2. The adaptation process of young athletes depends on the fact that the coach ensures the stability of the interaction between the educational and sports directions.
 3. The nature of adolescents' interest in sports affects their adaptation in the educational process and their effectiveness.
- The psychological necessity of young athletes in training, physical development, recognition, striving for self-expression, command or submission to others, communication, establishing emotional connections are prerequisites. Many sports activities allow you to meet the needs of different levels.

To avoid a decrease in the motivation and aspiration of young athletes for their achievements, it is necessary: to be able to correlate the importance of upcoming competitions with the strength of motivation and nature i; to regulate the aspiration of athletes; to admit adolescents to victories and failures in training, competitions, to the strength of the competitor,; it is necessary to know

In order for athletes to achieve a certain goal, it is necessary to take into account the skill level of their students, the characteristics of the nervous system of the coach, while controlling the strength of their abilities.

To master the correct pose among young athletes, to cultivate the level of motives, to form important moral qualities, to develop self-education, a desire to control oneself, the coach uses informal conversations. Such conversations usually give examples of advanced experience, technical and tactical methods by the coach before or after training, during preparation for the competition, during breaks between performances, overcoming difficulties, reminding the athlete himself of his duty to society and the motherland.

Due to the peculiarities of the coach's activity, he must develop in his student not only the necessary physical, but also mental qualities. So, if boxers need to have risk, perseverance, endurance, perseverance and purposefulness in a long-distance runner, accuracy of movements from a gymnast, mental endurance, femininity are required. In order for an athlete to achieve high results, it is necessary for the coach to know to what extent the mental qualities that he puts on his student are. Training should serve the development of the athlete as a person.

An important role in the process of training and training young athletes is played by forecasting and diagnostics.

Forecasting makes it possible to optimize the process of training young athletes, as well as determine the prospects for adolescents in the type of sports Moyan. The abilities of athletes are determined by the DiRECT study, comparison of the quantitative and qualitative indicators achieved by them in a particular sport, the performance of their age-related normatives. For example, it is important to predict abilities before the start of the sports season. Such forecasting becomes the main task of the coach.

When the coach knows to what extent the mental qualities inherent in a particular sport of his student are, the prediction becomes clear. Such qualities can be described according to the degree of sensitivity to training loads. (A. V. Rodionov's opinion).

Sensitive adjectives are very sensitive to any type of deletions.

For example, "sense of time" indicators significantly change physical fitness, both during the sports season and under the influence of any training. Elective adjectives (this term is A. F. Applied by Vendrix) natural although, the effect of downloads, which is also the same in terms of duration, varies selectively. Indifferent adjectives do not change their basic parameters during training.

Psychological qualities in sports activities are grouped according to their importance. Based on this principle, they can be divided into essential and non-essential. For example, for games and solo combat, the important thing is: a) the speed and accuracy of the reaction; b) the reaction and movement of accurately seeing an object in the range of 0.3 to 0.5 seconds; c) "sense of time"; g) choosing one of 4--5 options when making a decision.; D) intensity and stability of attention.

Conclusion

Psychological diagnostic abilities are emphasized by the need to adapt to situations that change in competitions, to the environment, to quickly and correctly process problems, to overwork time, to think effectively, to respond quickly and correctly to sudden stimuli, to maintain stable mental movements, to control one's own emotional states.

The coach determines the forecasting in the activities of young athletes as follows: psychological study of activities; obtaining initial data, selection and development of methods; development of criteria for changing initial data, diagnostic assessment. At the same time, the coach relies on the system of activity in the structure of mental properties. This gives ideas about the structure of the ability.

So, taking into account individual psychological, age, socio-psychological characteristics, qualities and structure, a coach can successfully solve educational tasks in the learning process.

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