

ATHLETE MENTALITY AS THE PRIMARY MEANS OF ACHIEVING SUCCESS

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ANNOTATION:

This article shows that, psychology is the most important weapon in all sports, in general, it is one of the main factors of success in sports, mental training and the requirements for athletes and coaches in its implementation. Direct mental states and the role of the mind in an athlete's life are described in detail. The way temperament, character, and mental states are managed is directly based on the dependence of physical capabilities on the psyche.

KEYWORDS: Explosive power, temperament, individual style, high nerve control, observation style, tuning, impulse, corticospinal, corticoborbal, motor cortex,

INTRODUCTION:

Sport is a real struggle. The strong will win and luck turns away, someone is forced to be second. From ancient times, the competitions have been held to determine the name of the winner, to estimate and evaluate the possibilities. In the face of enormous strength and physical capabilities, unparalleled skill, any opponent will be helpless, helpless, because at the heart of this strength and opportunity is not only regular exercise, training. There is such a source of power that it categorically rejects all ordered proofs and calculations based on calculations, in the language of mathematicians, axioms. In the process, it takes the form 10/7. Are you surprised? Of course, how can it not be greater than 10;7? In fact, it is a mistake, but there are cases in science that deny the materiality that we have seen and acknowledged.

2000 Sydney, Australia. At the prestigious four-year sports festival, our boxer Mukhammadkodir Abdullayev successfully crossed the road to the final. Unfortunately, in the final, one arm was injured in an almost non-combat situation, the chances were slim, and there was almost no hope of victory, a miracle happened: Mukhammadkodir Abdullayev won the gold medal at the Sydney Olympics in boxing;

2013 Lisbon Portugal, Champions League final. It was a fantastic match between Real Madrid and Atletico Madrid. A quick goal at the start of the game seemed to decide the fate of the match, but the goal scored at the end of the minute added to the joy of the rival team coach Diego Semione. (Sergio Ramos 90 + 5), 1: 1. Goals in extra time and Real Madrid 4-1 victory. This is a fact for those who think it is luck and for realist fans: More Champions League this time around 2018 Cardiff. It was a draw until the middle of the second half, but in a short time, the course of events changed dramatically. Result: Real-Liverpool 3: 1 fantastic come back

Naturally, the evidence and comments we have presented can be observed not only in official sports competitions, in the field of sports, but also in everyday life activities. As a proof of our words, let us talk about a life story: an old man in his seventies goes on a trip with his daughter in a smaller truck. The roads were in disrepair because it was the beginning of spring, there was heavy rain in the mountains, and the trail was very muddy. The wheel of the truck accidentally slipped into the mud and came to a precipice. The driver's car, which turned the steering wheel towards the rock to avoid falling into the ravine, crashed into a

rock. The girl, who managed to jump, turned around a few times and stayed near the rock, but before her father could recover, a car hit him. A very heavy and uncomfortable car hit him. The girl came to her senses and immediately tried to help. Affected by the condition of her father, who was in pain, the girl lifted the board, which weighed at least 500 kilograms, over her father's leg and rescued him. People who came to the rescue were shocked by what happened. After all, how can a girl in her twenties, but weighing less than fifty kilograms, be able to carry a load of almost half a ton? In weightlifting, the body weight must be over 100 kg in order to move this weight.

Of course, it is natural that these cases raise comments and some questions. The bottom line is that there is an incomparable power in every human body that has no imagination or size. In science, when power is divided into types, it is interpreted as fast (explosive force). Strength is some generalizing, limiting feature of the ability of a major, most important skeletal muscle group to develop gravitational force by arbitrary impulse. Underlying the concept of explosive force lies the ability of muscles to contract at high speeds and overcome resistance. It is a type of force that increases the force of impact in a short period of time. Absolute, that is, maximum power consumption in this process may be less than time, because the power consumption or capacity in a short period may be less. The issue is not in the size or classification of the explosive force, but in the means by which that force is activated. If we look at the conversation between athletes, there is a concept of "setting". Most of us do not understand the meaning of this word, which is often used. "Nastroyka" in Russian means setting. In sports parlance, setting the mood is preparing for something. Mental strength and impact on physical activity and exercise. If you are in good physical condition and well prepared, you may not need other tools. Of course, the nervous system helps to activate and fully realize this force in the body. Movement skills: they are initially formed by the stages of skill, mastery, and skill. When performing a movement action that has reached a skill level, the body can be observed to work faster than the brain. When this is done for the first time, this elemental movement pathway is formed in the brain. It is no secret that the nervous system psychologically consciously controls it. Therefore, the basis of any action and the manifestation of physical capabilities is the activity of the higher control system, the nervous system. The participation of the nervous system is very important in increasing motor activity. It has not only its own standard function, but also additional catalytic functions. Nerve pathways involved in movement: Primary motor neurons in the cerebral cortex affect motor activity through four nerve pathways.

The main stimuli as part of the nervous system are as follows: Neurons affect movement in four ways. Direct control is performed through the corticospinal and corticoborbital pathways. The line of communication, the unit of communication, occurs through the nerve pathways in the brain line. The corticospinal pathway is formed by axons of cortical neurons that terminate in the gray matter of the spinal cord and directly affect spinal reflexes. Many of these axons are located in the motor cortex. In short, special functional neurons, as a result of the activity of axons, organize various movements and reflex processes in the brain through the neural pathways, and on this basis provide the execution of movements from the simplest to the most complex combinatorial elements. It is noteworthy that the same processes take place in the formation of skills and abilities, but as a result of the traces formed in the brain, these actions are somewhat automated. These ideas are reflected in the above cases. In general, this precise system allows the athlete to master the movement. In addition, that does not happen right away.

One of the most important conditions for the emergence of an individual style of the athlete, that is, professionalism and excellent training, is a conscious, positive attitude to the work and sports he performs. If the athlete is looking for the most convenient ways to help achieve the best results and is constantly working on the selected exercises, then an individual style can emerge. Therefore, individual style is very

clearly manifested in skilled athletes. Take chess, for example: Robert Fisher, the 11th World Chess Champion (1972-1975), is one of the athletes with a unique personality and the above-mentioned individual style. Fisher was a very emotional and unstable person. Chess fans remembered him for his emotional pressure on opponents and his various nonsense. Still, the talented champion had his own unique style. The attacker was a supporter of the game, albeit at the cost of sacrificing the necessary figures. His interest in chess even led him to drop out of school. On the other hand, the great grandmaster of the recent past, Harry Kasparov, who had a very strong strategic ability, organized the game on the basis of a complex strategy. Later, his sharp strategic views helped him in the political world. It is clear that in addition to the personal and unique character traits of athletes, a number of innate psychological traits, temperamental traits, create in them a distinct force of influence and stability.

Temperament, which is one of the main components of human psychological activity, is reflected in the behavior of athletes. What is temperament? The question arises as to its importance in sports: Temperament is a more stable set of characteristics that determine the dynamics of human mental activity. In short, the distinctive features of individual character and temperament, in a sense, play a special role in the success of the athlete. For example, according to statistics, each type of temperament is prone to the following sports: For people with choleric temperament: football, hockey, volleyball, basketball, handball, field hockey. Sports suitable for people with sanguine temperament: more individual sports are suitable. They can also achieve good results in team sports (under the guidance of a qualified coach, of course). Typical sports for people with phlegmatic temperament: athletics, weightlifting, cycling, skiing, golf, chess, checkers and cybersport. Sports suitable for people with melancholic temperament: physical education, gymnastics, general physical training and development (it is better to be moderately watered with exercise that is more general. Secret is formed as a result of the objects of the means.

Individual style does not appear spontaneously in the athlete, but is integrated into the process of education and upbringing.

Y. Masharipov's textbook "Sports Psychology" gives the following description of the observation of the athlete's psyche: Method of observation. This method is based on the observation of the mental qualities of the athlete in sports competitions and training, as well as the collection of the necessary materials that characterize the psyche of the athlete. . The following processes are studied through the observation method:

- a. definition of general goals and objectives;
- b. selection of the object of observation;
- c. setting goals and objectives for which aspects of the athlete to observe;
- d. selection of the object of observation of the athlete during training and competition; identification of the subject of observation (test athlete);
- e. setting the observation period (time);
- f. achieving consistent and regular monitoring of the athlete, i.e. monitoring of his / her attitude towards various types of activities, including competitions, training, as well as mental and physical labor, mass monitoring of individual or sports groups;
- g. use of diary, conversation book, observation sheet, video camera and tape recorder to record the observation product.

In this case, we learned the method that the coach must perform in the process of psychological training of athletes. The common denominator is that the coach works in the above order, the work of the athlete on the basis of a certain diet, and the result obtained is inextricably linked with the implementation of these methods at the required level. Athletes are also required to pay special attention to this process.

Conscious thinking is important because the mind can contribute to an athlete's success in the same way as physical strength.

Pre-race training is one of the most important sports activities. Physical training can be high, but training the mind is not easy. From the above considerations, we conclude that the formation of an individual approach and maintaining a steady pace of mental stability, not only individual and separate training and indoor environment, but also personal mental activity and training in this consciousness to find a way to a growing result you need a qualified coach to help you improve. He should be a coach, a psychologist and a teacher at the same time. Career experience, including competition, is also important. In competition, the contrast of mental states can be observed in the expression of different emotions. In the clash of eyes, the psyche is tested. In short, the mentality of the athlete is as important as the strength needed to achieve the result.

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