



MANAGEMENT OF SPORTS MOTIVATION IN YOUNG KURASH WRESTLERS AT THE STAGE OF PREPARATION

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Annotation

The aim of the work was to provide optimal characteristics of sports motivation for young kurash wrestlers, which should be considered as the management of sports motivation in the annual cycle of training. The participation of kurash wrestlers in competitions and the results of such performances can have a significant impact on sports motivation.

Keywords: young kurash wrestlers, interest in training, management, stages of training, precompetitive stage.

Introduction

The analysis of literary sources on the problem of formation of motivation for sports activities has made it possible to establish that the attitude towards sports is presented as a complex personal formation and includes the following components that have an ambiguous effect on the effectiveness of the competitive activity of young kurash wrestlers: the orientation of competitive activity towards achieving success and avoiding failure; orientation to training and competitive activity; attitude towards the upcoming competition; interest in sports; orientation of athletes: on spiritual and material needs; social life; replenishment of special knowledge [1, 2, 3].

The study conducted on the study of the Uzbek national kurash as a sport that contributes to the formation of a stable positive attitude towards sports activities and physical and pedagogical orientation among students involved in kurash wrestling allows us to state that the attitude of kurash wrestlers to training and competitive activities is determined by:

- Occupied place in competitions;
- Personal characteristics of an athlete, his self-esteem, character, motivation [4, 5, 6];

Management can be considered as the psychological preparedness of the athlete and the impact on him. It can be selected from a variety of possible influences, taking into account the goal, the condition of the young kurash wrestler, his characteristics and leads to an improvement in functioning or development. In control theory, two types of control are distinguished: open-loop and cyclic. Open-loop control does not have feedback on the state of the object; therefore, there is no regulation of its parameters and, therefore, is ineffective. Cyclic control has feedback and on its basis the regulation of the state of the controlled object is carried out. In this regard, the management of sports motivation of young kurash wrestlers, carried out on the basis of the results of monitoring the state of preparedness, will be most effective [7, 8, 9].



In the course of psychological and pedagogical support for the preparation of young kurash wrestlers for the competition, various variables arise that affect the course of this process. Therefore, when managing this process, it is necessary to use the available psychological and pedagogical knowledge and experience in order to optimize it based on them and achieve the desired state of sports motivation for a young kurash wrestler [10, 11, 12, 13].

The implementation of the process of managing the sports motivation of kurash wrestlers in the annual training cycle is possible if the following requirements are met [14]:

1. Indication of the purpose of management. The goal of managing the sports motivation of young kurash wrestlers is to change the state of the controlled object (athlete's sports motivation), to bring it to the pre-planned one [15, 16]. The analysis of management goals should be carried out at the macro level, where all the changes that should be made to the personal qualities and state of the athlete, corresponding to the previously developed model characteristics of sports motivation, are indicated. When analyzing goals at the micro level, those changes in the constituent components of sports motivation are indicated, which should be carried out after each training session at the pre-competitive and post-competitive stages [17, 18].

2. Establishment of the initial state of the controlled object (athlete's sports motivation). Sports motivation of young kurash wrestlers includes a number of components. The initial state of the constituent components of sports motivation is established at the beginning of the stage of direct preparation of athletes for the competition.

3. Feedback in the management of sports motivation. The feedback function consists in recording the achievement or non-achievement by an athlete of the specified parameters of sports motivation. The success of achieving the final goal, that is, the necessary level of formation of the constituent components of sports motivation, depends on the knowledge of the state of this object in the management process, that is, the intermediate states of motivation. In this regard, after each microcycle (retracting, shock, recovery) of direct preparation for the competition, the diagnosis of sports motivation as a whole and its constituent components should be carried out. Separate (most dynamic) components of motivation are diagnosed after each training session at the pre-competition and post-competition stages.

When receiving feedback on the state of the control object, you should set:

- a) Its content is the allocation of a set of controlled characteristics.

- b) Feedback frequency. Separate components of sports motivation are revealed after each microcycle of the precompetitive stage, others - after each training session.

4. Regulation of the process of managing the sports motivation of young kurash wrestlers for the competition. The information obtained in the course of the psychological and pedagogical support of the preparation of judokas for the competition with the help of feedback allows you to make the necessary correction in the preparation of the athlete. Correction can be carried out in two ways: the first way is to respond to expected changes in sports motivation.



The second way is to respond to the changes that have occurred, received with the help of feedback. The regulation of the state of the object along the first path is carried out mainly through the use of individualized options for the psychological preparation of athletes for the competition.

Regulation along the second way is carried out on the basis of taking into account the results of diagnostics of the dynamics of sports motivation in the process of direct preparation for the competition and after the competition. The specific content of regulatory actions is determined by:

- The nature of the information obtained through feedback;
- The logic of the process of psychological and pedagogical support for the preparation of kurash fighters for the competition.

Conclusion

The main content of the work on the management of pre-competitive sports motivation among young kurash wrestlers includes:

- 1) Providing a positive emotional background during direct preparation and performance at competitions;
- 2) Planning and building the stage of pre-competitive preparation, taking into account the individual characteristics of athletes;
- 3) Ensuring favorable pedagogical cooperation between the coach and the athletes;
- 4) Systematic analysis of the competitive activity of athletes with the search for the causes of success and failure and justification of ways to prevent unsuccessful performances;
- 5) Familiarization of athletes with the plan of the entire stage of precompetitive preparation in general and individual microcycles in particular;
- 6) Formation of favorable interpersonal relationships in training groups between athletes and between athletes and a coach at the stage of direct preparation for competitions;
- 7) Determination and accounting of the level of sports motivation of wrestlers;
- 8) Modeling in training activities of tactical and technical actions of the main competitors in their weight category during direct preparation for competitions;
- 9) Study and satisfaction of urgent needs of kurash wrestlers.

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