

The Role of the Coach in Ensuring the Mental Readiness of the Volleyball Team Players for Competitions

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Annotation: the article discusses the specifics of the work of a volleyball coach, the specifics of training and psychological preparation for competitions. The effectiveness of the training process.

Keywords: coach, team preparation, psychological component, result.

In volleyball, a team sport, one of the central figures is a coach, on whose personality, his moral and sporting principles, philosophical views, professional pedagogical skills, high qualifications in the field of organization and management of a team, the achievement of high sports results largely depends.

The pedagogical and psychological aspects of the coach's activity have their own fundamental features related to both the specifics of sports in general and volleyball in particular. They are characterized by an extremely diverse range of individual sections of work, roles and responsibilities of a coach - teacher, psychologist and sociologist. To be successful in his work, a coach needs to have special pedagogical skills, professional competence, a sense of duty and responsibility in order to fully successfully combine solving complex tasks of upbringing and socialization of his wards with achieving stable athletic results.

The high professionalism of the coach consists in the ability to resist the pressure of the external environment in achieving a "quick result at any cost", a stable ideological and civic position, a sense of responsibility for the future of their students after the end of their sports career. To achieve significant success in the work requires in-depth knowledge of pedagogy, sports psychology, theory and methodology of physical education, biomechanics, medicine, specifics of volleyball, all its aspects and sections. The criterion of the coach's professionalism is the pedagogical skill of conducting the educational and training process, possession and use of modern, scientifically based specialized teaching methods and improvement of motor actions and the principles of their effective implementation.

An equally important aspect of coaching pedagogical activity is its psychological component; the ability to practically realize their knowledge, skills and abilities of a coach-psychologist. This is also important because volleyball is a team sport in which the effective unification of individuals with their individual psychological characteristics, motives and values into a single team plays a special role both in the education and socialization of players and in achieving optimal athletic results.

To solve the difficult task facing the coach in recruiting the team, the coach has to take into account, on the one hand, the patterns of group activity in volleyball as a sport; on the other, the psychological characteristics of each player's personality and be able to individualize training and sports activities taking into account these features. The professionalism of the coach is distinguished by flexibility of thinking and perseverance in the implementation of the game plan, sociability, the ability to inspire players, inspire them with faith in victory and practically achieve it. The basis for the formation of professional skills of a volleyball coach is knowledge of the basics of the theory and methodology of physical education, and practical skills and skills of conducting the educational and training process.

In practice, a coach needs deep knowledge of the specifics of volleyball, the skills and abilities of effective preparation of the team for competitions, the ability to achieve victory over another opponent

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in a tense competitive environment, achieve the strategic goal of a sports season or a multi-year cycle. A professional coach is distinguished by the ability to build an educational and training process aimed at increasing the intensity and effectiveness of training sessions, taking into account the specifics of volleyball and the psychophysiological characteristics of players - factors affecting the nature of playing activities, means, methods and organization of team preparation for the season.

In the process of preparing for the sports season, the mental stability of the players is being formed, technical and tactical training are being improved. The coach of the team faces a difficult task in the preparatory period; using the rich experience and extensive practical experience of sports psychology to prepare players for the upcoming season to compete in various competitions and achieve high athletic results. In the competitive process, the coach's game, strategic and tactical thinking, the ability to plan the preparation of players for each game and various competitions, intelligence and operational analysis of current competitive information are of great importance.

During the competition, during the game, the coach's game strategic thinking is fully manifested in the effective leadership and management of the team; principles and methods of controlling influences on players, their pedagogical and psychological aspects are implemented. In them, the coach uses a system of psychological training of players aimed at developing resistance to competitive stress, forming mental stability of players for upcoming competitions and increasing its readiness in preparation for each game. The basis for successful performance in competitions is proper sports training of players, including four components: physical, technical, tactical and psychological training.

This indicates that the mental stability of players is the most important success factor in the game of rivals of equal class, which determines the mental readiness of each player for the upcoming game. The term "psychology in sports" is closely related to the emergence and development of professional sports. In many cases, coaches, when their team fails, refer to the mental instability of the players. Foreign experts conducted a survey on this topic of the world's leading coaches. It is noteworthy that the opinions of the coaches differed: from 10% to 90% of the success they attributed to the mental stability of the players, and the rest — due to other factors. Indeed, when top-class opponents meet, everything is decided not by physical training (it is almost the same) and not by technical training (it has already been honed by years of training), but by the mental stability of the players, the ability to control it

The volleyball team is a complex team consisting of individuals who face maximum loads that cause overstrain and stress. Stress provokes a sense of powerlessness, a sense of injustice, underestimation, is the cause of conflicts in the team, reduces the level of mental stability of players, affects the final result in the game. To form the mental stability of the players, various methods of relieving overstrain and stress are used: suggestion from the coach, regulation of mental states by the players themselves, special motor actions, the use of (autogenic) self-regulating training.

With proper management of the process of sports training, players develop psychophysical resistance to various environmental conditions, the ability to show stability of attention, perception, memory, etc. their concentration and switching in conditions of time deficit, nervous and emotional tension, stress; optimization of performance is achieved, prevention of neuropsychological and psychophysical fatigue and increased effectiveness of training the process.

Thus, in the course of professional activity, the coach faces a difficult task to bring his team at the right time to the peak of athletic fitness and mental stability of the players for successful performance in competitions. The modern organization of sports activities, based on new forms of the educational process, will form the student's sports culture, motivation and interest in sports style in life in the future. The multitude of opinions on the expediency of developing and applying new methodological systems in the educational space of physical education and higher education Provides a reason and an opportunity to prove the effectiveness of movement in this direction.

The organization of training sessions within the framework of a sports club at the university gives students the opportunity to prove themselves by showing high athletic results. To this end, the higher education institution is developing a program document containing the main provisions of the



development of sports and physical culture and mass work "The concept of the formation of a health-saving educational space at the university".

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