

METHODOLOGICAL APPROACHES TO THE DEVELOPMENT OF PSYCHOLOGICAL COMPONENTS IN FOOTBALL PLAYERS

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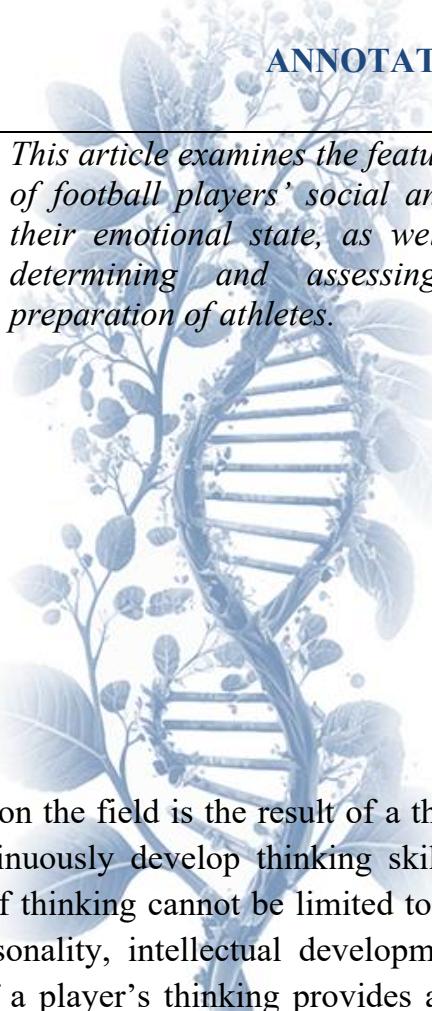
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ANNOTATSIYA:



This article examines the features of the development of football players' social and volitional qualities, their emotional state, as well as the methods for determining and assessing the psychological preparation of athletes.

KALIT SO'ZLAR:

*psychological state,
psychological
preparation,
development of
qualities, endurance,
emotional sphere of
football players.*

A football player's behavior on the field is the result of a thinking process. Therefore, it is of great importance to continuously develop thinking skills during both training and competition. The development of thinking cannot be limited to sports alone, as it is closely related to the individual's personality, intellectual development, culture, education, and experience. The development of a player's thinking provides a positive foundation for the growth of tactical skills, mastery of new techniques and tactical combinations, and the ability to refine pre-designed movements in a short time.

During training and competition, various types of thinking emerge depending on the nature of the problems the player must solve: analytical, intuitive, visual-imaginative, and tactical thinking.

Analytical thinking is not limited by time and consists of certain stages. It is a conscious and deliberate process.

Intuitive thinking operates under time constraints and allows problems to be solved quickly. It does not involve clear stages, and the mental process occurs with minimal awareness.

Visual-imaginative thinking is related to the ability to visualize situations and their possible changes. It allows the representation of objects from several viewpoints at once. One of its main features is the unusual and creative combination of objects and their properties, which makes it closely connected to imagination.

The above types of thinking are integrated within tactical thinking, which manifests directly in an athlete's sports performance. This type of thinking focuses on solving tactical problems under extreme conditions during competitions.

A football player's tactical thinking has the following characteristics:

- It occurs through direct perception of visual images and phenomena related to the player's movements under time pressure;
- It develops under intense physical exertion and emotional tension, taking into account future events.

The main qualities of tactical thinking include speed, flexibility, goal-directedness, independence, depth, breadth, and criticality. These qualities form the basis for evaluating and developing a football player's tactical intelligence.

Thinking speed is determined by the limited time available for tactical actions. Flexibility is shown in the player's ability to notice changes in the situation and adjust decisions accordingly. Goal-directedness means staying focused on finding new tactical solutions without distraction. This quality is connected to willpower, as tactical decision-making occurs under complex and stressful conditions.

Independence reflects a player's ability to solve tactical problems and make decisions autonomously, without external assistance. Depth of thinking is one of the most important signs of tactical intelligence, allowing the athlete to distinguish the essential aspects of a tactical situation and draw new conclusions independently. Criticality of thinking helps to solve problems creatively and encourages athletes to evaluate every piece of information from different perspectives to verify the correctness of tactical actions.

In tactical thinking, especially in strikers and goalkeepers, the ability to anticipate upcoming events—known in psychology as anticipation—plays a crucial role.

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Anticipation is the ability to foresee future events in space and time. During a match, a football player applies one form of anticipation known as reflexive control, which involves actively influencing an opponent's actions.

Reflexive control is the deliberate manipulation of an opponent's behavior to achieve a desired outcome. For example, to deceive an opponent and take control of the ball, a player may use feints or threatening movements.

To successfully solve tactical problems during a match, a football player relies on conceptual models developed during training.

Conceptual models are generalized representations of situations and appropriate behavioral patterns that allow athletes to make quick and effective decisions during gameplay.

In modern football, not only the results but also the content, intellectual depth, tactical complexity, and entertainment value of the game are important. Therefore, progressive football demands that players possess creative, reflective, and predictive thinking skills as well as the ability to apply and expand on their experience.

To develop creative thinking, football players should acquire the following abilities:

1. Develop the skill of solving problem situations creatively;
2. Analyze their own actions, as well as the actions of teammates and opponents, during play;
3. Plan their movements considering the behavior of teammates and opponents;
4. Anticipate game situations and learn from experience;
5. Improve self-development and self-reflection skills.

It should be noted that developing creative thinking from a young age contributes to the emergence of a new, progressive, and modern model of football. Modern football should be psychologically rich, intellectually engaging, tactically diverse, and enjoyable for players, specialists, and fans alike.

Developing thinking in football players is of great importance, as no two situations in football are identical—events happen quickly, and each situation is unique. To develop thinking, athletes should be exposed to situations that activate mental processes.

The effectiveness of thinking depends on how quickly and accurately the player assesses the situation and finds an appropriate solution. Moreover, it is directly related to other psychological processes such as attention, perception of the situation, and short-term and long-term memory.

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