



PSYCHOLOGICAL PREPARATION OF YOUNG BOXERS

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Abstract

This article discusses analytical and practical methods of preparing young boxers for the competitive process. Some features of the approach to the psychological preparation of an athlete preparing to perform at boxing competitions are described. The positive effect of the correctly chosen methodology and approach to the psychology of a boxer on his athletic performance, health and personality as a whole.

Keywords: boxing, preparation, psychology, competitions, athletes.

Introduction

Currently, boxing is becoming an increasingly popular sport in the world. Its popularity and significance is also evidenced by its inclusion in the list of Olympic competitions in the Summer Games series. Young people go to boxing with the goal of developing both their physical strength and strengthening their psychological state [3].

The psychology of sports in general and boxing in particular is very important and has been studied little at present [1, 2, 4]. Basically, psychological support for boxers falls on the shoulders of coaches. However, not every coach is able to ensure the full psychological development of a boxer in terms of his preparation for competitions and after them [6].

A professional psychologist, especially one with experience in the field of sports, will be able to fully prepare a boxer for physical activity, which will constantly increase, will help in difficult situations that arise both during training and during competitions, and will also help the athlete get the most important thing - psychological stability during the battle and after its end.

Sports psychology studies the psychological characteristics of sports activity [5, 7, 8]. With modern stress in training and competitions, issues of studying the psyche and methods of psychological preparation are a very important link in the preparation of high-class athletes [10, 12].

Features of psychological training in boxing are:

- responsibility to the team for personal actions;
- a large number of strong confusing factors during competitions;
- strongly expressed components of sportsmanship and their interaction to achieve the goal (technique, tactics, physical and psychological preparation);
- complexity of tournaments (breaks between fights do not allow the body to fully recover, a large number of tournaments, control over body weight, injury prevention).

Boxing as a sport places extremely high demands on the athlete's psyche [9, 11]. It is much easier to achieve a certain level of physical and technical-tactical readiness for a tournament than mental



readiness. Not every boxer can be said to be a “fighter,” even if he has high technique, tactics and physical fitness.

In order to prepare boxers to perform large volume and intensity loads, meet difficult opponents, develop a desire for maximum mobilization of forces in training and competitions, to overcome any obstacles, in order to prevent the occurrence of excessive tension in battle, they must be gradually and systematically adapted to the situation competitions. In the practice of pre-competition preparation, modeling of the upcoming competitive situation with its inherent difficulties and surprises is used for this purpose. For this purpose, appropriate conditions are created in training that reproduce a competitive environment, combat situations, the style of various opponents, intensive special preparatory exercises and exercises with equipment are used at a “ragged” pace, with unexpected accelerations and jerks; training is carried out outdoors under unfavorable weather conditions and poor lighting.

Currently, it is customary to divide the psychological preparation of an athlete into two stages - the stage of general psychological preparation and psychological preparation for competitions [7, 13, 15]. Both stages are interconnected, however, each of them has its own characteristics that must be taken into account in the methodology of sports training [16].

In order for a boxer’s psychological preparation for competition to be successful, the psychologist must be well aware of the characteristics of his character, temperament and other mental properties [17, 18, 21]. Only then will its effect on the boxer be effective. In a relationship with a student, a psychologist should not put himself in the position of a nanny and engage in petty supervision. A strong-willed and proactive boxer least of all needs moral support. Such a boxer will not get confused in any competitive environment.

Of particular importance for boxers is psychological preparation for a tournament competition, where a boxer will have to fight several fights over the course of 10-12 days, maintain a high level of mental and physical condition from fight to fight, maintain a fighting weight (mass) and not get injured until the end of the tournament.

Psychological preparation for competitions has four stages:

- 1) early psychological preparation (about a month before the competition and before the draw);
- 2) psychological preparation for the fight (from the announcement of the results of the draw to the start of the fight);
- 3) psychological impact on the boxer and active self-regulation of his emotions during the tournament;
- 4) psychological impact after the end of the competition (depending on the results of the boxer’s performance).

At the first stage the tasks are set:

- determining the main task of a boxer’s performance in the upcoming competition, forming socially significant motives for the performance, programming upcoming actions based on information about the expected conditions of the competition and the characteristics of future opponents;
- clarification of the intended program during pre-competition training, improvement of sportsmanship in training camp conditions;
- adjustment to self-regulation of feelings, development of favorable emotions; ensuring nervous and physical “freshness” [19];



- development of the ability to perform maximum nervous and physical stress similar to those encountered during competitions [20];
- improvement to the highest level of lagging components of sportsmanship (technique, tactics, physical and combat training);
- adherence to training, rest, nutrition and preparation of combat weight;
- bringing the body into excellent condition.

The psychology of a boxer during this period of preparation is influenced mainly by the coach, psychologist and team in which he trains [22, 24]. They convince the athlete of the importance of success in the upcoming performance for the team, city or for the whole country, and instill confidence in his ability to win.

At the present stage of technological development, qualified advice can be obtained from anywhere in the world and nothing can justify the reluctance to improve professional skills. In big sports, a stop today means a lag tomorrow.

Mastery in any business comes with experience, but with experience comes stereotyped thinking [23].

There are no small details when preparing a boxer in conditions of increased conflict and unpredictability of competitive struggle; ignoring an apparently insignificant factor can cause defeat. Therefore, a creative search for new methods and solutions in sports is vital, and constant experimentation should leave room for error, which, however, does not relieve responsibility for it. Responsibility for the result of an athlete's performance at a competition is a multifaceted problem that requires separate discussion, but in any case it should be distributed among all participants in the preparation. And the basics of a sports psychologist's skill can only be conveyed through a combination of theory and practice, training future specialists in close contact with young athletes.

Given the existing diversity of psychological approaches, to implement continuity in psychological training, a coordinating center is needed, but created not on an administrative, but on a professional basis. An association of sports psychologists and a research laboratory could become such a center. Ideally, each athlete should have an individual psychological record of the athlete (similar to a medical record), which would include, for example, diagnostic results, chronology of performances, and dynamics of mental state.

With the end of the competition, the work of the psychologist does not end, but goes into another form, no less responsible than before the competition. But this problem today is not only not solved, but often is not realized at all by either the coach or the athlete himself. But this is a lot of work for an experienced psychotherapist! With each tournament, season, Olympic cycle, the number of negative impressions accumulates, and therefore, by the end of their sports career, athletes are so mentally exhausted.

Conclusions

Analysis of the psychologist's work with boxers consists of assessing the results of the competition. The higher the results (the number of awards won by the boxer, the value of the grades given), the more productive the work carried out by the psychologist and trainer was. If, after an unsuccessful performance, an athlete remains with a strong desire to continue fighting, then this can also be considered the merit of a psychologist who was able to shape the will in the young man.



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