

## UNIQUE STYLE, PEDAGOGICAL AND PSYCHOLOGICAL SKILLS OF COACHES IN TRAINING HIGHLY SKILLED ATHLETES

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### ABSTRACT

*This article discusses the problems that arise in the training of athletes, the mistakes that coaches make during training, their solutions, the role of the coach in the proper organization of training and its importance.*

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### **Introduction.**

Consistent measures are being taken to popularize physical education and sports in our country, to create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially among young people, and to ensure the country's proper participation in international sports arenas. At the same time, the existence of a number of systemic problems and shortcomings in the organization of physical education and sports prevents the effective implementation of state policy in this area and the full use of the country's existing sports potential. [1]

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In addition, the various actions implemented in connection with the implementation of Presidential Decree PF-199-SON 06.04.2021 on state policy in the fields of "Tourism, sports and cultural heritage" serve as the basis for writing this article.

Although the opportunities created by our country have a great influence on the continuous results of our country's athletes in prestigious international competitions, the most important factor is the level and

potential of the coach. The success of athletes depends on the pedagogical skills of the coach. With the coach's hard work, talent, curiosity, ordinary amateur athletes become world-famous athletes. For this, the coach needs to have mature potential and skill, and tireless search. In the opposite case, the coach can have a great negative impact not only on his own reputation, but also on the future of the growing young generation, the hopes of the country and the youth, and can destroy all hopes. As mentioned above, a coach's mastery of his field and scientific potential is an important factor in the development of athletes into highly qualified staff that will bring continuous results in the future.

As in all subjects, in the teaching of physical culture, in addition to modern interactive methods and methods, the wide use of world experiences, the introduction of innovative methods in the teaching of knowledge is the priority task of today's demand. The method and interactive methods are brought in by the trainer, and based on his practical and theoretical knowledge, he personally acts as a role model. That is why, besides being a personal executor, manager and observer of each exercise, the coach should synthesize and analyze it openly for each practical process. In this case, if the teacher did not make any gross mistakes during the training, and this system is effective, this situation is certainly not without benefits, but pedagogical shortcomings were observed by the teacher in the process of teaching technical and tactical movements. If mistakes were made in the responsible process of giving the load, or if the training was structured in such a way as to have a negative effect on the health of the participant, and in this case, after learning this process from the teacher, if applied to their activities, it can seriously affect the future and health of athletes, and will only increase the number of ineffective training coaches by one more.

Each high-level trainer is required to conduct each training session based on a plan and focus on a certain goal, and prepare strongly for each training session, monitor the social and psychological state of the participants, and monitor their anthropometric measurements. Keeping track of changes and preparing for competitions in advance on this basis, organizing training into periods based on the calendar of international and national competitions, drawing up annual, monthly and weekly plans, strict adherence to the established order and discipline are factors that increase the quality of training. is one.

The use of modern technologies in the tactical training of athletes is one of the effective methods. We can see this from the activities of our boxers. The coach should identify and follow each athlete's mistakes during training and during the competition with an individual approach and record them in a notebook or through a video recording. It is necessary to analyze the video recordings with the whole team through special equipment and in the process encourage more athletes to find their own mistakes and teach them to think deeply by giving them the opportunity to analyze their mistakes. Follow the competitors and potential opponents of the coaches under the coach in international and national competitions, collect information about them, collect video recordings of the competition fights and analyze them together with the athletes, study the tactics of work, correct their mistakes find them development of counter tactics and passing the training through the development of special methods based on the tactics developed against the opponent's tactics is one of the effective and productive factors.

A modern coach should be ambitious, searching and observant. He should get some new ideas at every competition and while directly observing the training process. It is necessary to observe which methods and tactics athletes use more and to analyze on the spot whether these methods are effective or ineffective, to always strive to develop new ideas, new tactics, and to increase the demand for oneself by constantly working on oneself. The coach should never leave the feeling of setting demands for himself and the participants in pursuit of the goal, as the athletes' skill and level increase, the coach will also increase his level and skill, and strive for perfection to the extent that he will be an example to his students in every aspect. Through this feeling, the coach constantly works on himself, searches, strives, and in the end, he gradually becomes a skilled expert. This will ensure that in the future among the athletes participating in it, mature athletes of the international level will grow.

In conclusion, every coach must work tirelessly on himself, conduct interactive and tested methods

in training, develop his theoretical knowledge in the same way as practice, acquire pedagogical and psychological knowledge, and train worthy athletes for the country. should not abuse the responsible task of cultivation.

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