YOUNG BOXERS ACHIEVE OVERALL MENTAL STABILITY AND PEACE OF MIND THROUGH THE STYLE OF AUTO TRAINING

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Having a system of psycho-physiological knowledge, a person is able to control his personal mental and physiological state in order to mobilize his creative mental abilities in the process of activity. Mental training or autotraining allows a person to control his mental and physiological processes.

Autogenic exercise is a method of self-influence, proposed in 1932 by the German psychotherapist IG Schulz. He came to the conclusion that the first 1920 pnotic (magic) sleep deprivation was caused by a feeling of heaviness first, followed by heat in all parts of the body and limbs (the first associated with the appearance of muscle relaxation, the second with dilation of blood vessels) depending on). Here the idea arises that various psycho-physiological sensations in man cannot arise independently. Observation of self-influenced individuals (blindfolded magicians) for the development of professional skills helps I.G. Schultz to develop a method of training. Some methods of autogenic training, especially its second stage (neurotherapy), are based on many general fat exercises. In the process of autogenic training, first of all, a weakening of muscle activity, called relaxation, is achieved through self-exposure, and then in this case there is a self-interaction aimed at this or that function of the body. Thus, relaxation was the basis for the next self-influence. The study of autogenic training (AT) methods helps to reduce emotional stress, relieve anxiety, fatigue, control sleep function, activate the body's energy sources, strengthen willpower, observe certain forms of personality, traits and behavior, mobilize mental resources, provides an opportunity to engage in the relief of headaches and other nervous symptoms.

It is well known that many coaches find it difficult to assess the mental development of their students, and as a result, an important factor that needs to be taken into account in the training process in their work is ostensibly neglected. First of all, it should be noted that the level of mental development of young athletes is not determined by their ability to acquire theoretical or practical knowledge or the presence of knowledge. Athlete's level of mental development is the development of thinking processes, the ability to distinguish between important and basic exercises in training, the ability to transfer the acquired knowledge or acquired skills to other activities, the ability to apply various theoretical knowledge, think independently, draw conclusions, perform technical tasks (technical thinking) is defined by a number of characters, such as. This makes it easier for coaches to evaluate a young athlete's learning sport, depending on which method is important.

Overcoming external and internal mental difficulties during sports training and exercises is determined by the nature of the training materials, the requirements of the norm in the plan and the individual characteristics of athletes. In many cases, young athletes (adolescents between the ages of 13 and 15) have low levels of physical strength, lack of self-confidence, fear of injury, shyness, and a general lack of interest in training. Excitingly organized training and exercises form positive will qualities in athletes. Also, the special exercises performed in each session have a strong effect on

the growth of voluntary activity of the athlete. For example, to develop independent thinking in athletes, it is important to come up with a group of exercises that build muscle with them, to select and perform light and heavy exercises, to compare several exercises in the main part of the training.

Studies show that regular exercise is very psychologically and physically beneficial. Adding 10-20 minutes of stretching exercises to your daily life reduces stress, increases focus and attention, improves memory, and increases overall well-being.

1 Among the mental methods of self-management in sports practice are different variants of autogenic training (AT) and updated forms - mental control training (RBT), mental muscle training (RMT). The distinctive features of mental muscle training are its ease of conduct and high results. Plus, it doesn't take long. Practice shows that for 10 days (one training session), athletes successfully occupy the calming part of the RTB. Its main purpose is to reduce the level of sensitivity of the athlete, relax (relax), recover and maintain the physical and mental strength of the athlete. The purpose of the RTB activating (mobilizing) part is to give the wrestler an optimal combat position (before going on the mat) when needed and separate conversations with the team before bedtime, especially if they are held in the last days before the start of the competition. Athletes can be mentally guaranteed to win if they are able to prevent over-excitement in the run-up to the competition and create the conditions for a peaceful training session.

Mental relaxation is the elimination of tension and deep relief

designed to create a state. It is done to reduce stress, improve sleep quality, increase endurance, and make you feel calmer. When athletes are stress-free and calm, they are able to self-manage in training and competitions and communicate well with others.

Relaxation is not easy to achieve, but it is a process that can be done. The following laws are followed in the lessons: first the action, then the habit, and finally, the pleasant necessity.

Muscle tension can be the most common and annoying symptom of stress. Common symptoms of muscle tension include neck stiffness, severe headaches, shoulder strain, gnashing of teeth, and back pain. Muscles are tense and ready to move in response to a signal of danger coming directly from the nervous system. Progressive muscle relaxation (PMR) exercise is an exercise specifically designed to reduce muscle tension.

Many muscles in the body remain in chronic tension as they constantly receive this command from the nervous system, making the muscles ready for a "hit or run" state against stress. They do not receive a signal from the nervous system that danger has passed and that rest is safe. This means that our muscles are in a state of constant tension.

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1. The mind is focused and focused on something in a way that requires an increase in the level of emotional, mental, or motor activity of the individual.
2. The effectiveness of a wrestler's technical and tactical actions is determined in many ways by the development of attention: its size, intensity, strength, distribution, and transition from one to another.

The wrestler catches a large number of different technical-tactical moves in the complex and rapidly changing movements of the opponent. This feature of attention is characterized by its size. At the same time, the wrestler must learn to focus on the most basic parts. This applies to the intensity of attention, the ability to resist the influence of various distractions and deceptive factors is an indication of the stability of attention. However, one of the most important features of attention in wrestling is its distribution and transition from one to another, i.e. the ability to control multiple objects (arms, legs, torso movements, opponent's displacement speed, etc.) at the same time and quickly shift attention from one to another.
Athlete's actions, technical and tactical skills are acquired under the guidance of a coach. Such cooperation is important in the activity
There is a lack, ie the intellectual-psychological problem remains unsolved, the goal of the athlete is limited to the perfect mastery of the movement he is learning, and the activation of the athlete's intellect remains secondary. Improving the skills of the athlete is mainly the responsibility of the coach, and in this case the intellectual process of the athlete develops randomly, randomly.
Sports intelligence develops in the process of training, acquisition of skills and abilities, on the basis of activating the thinking and intellectual activity of the athlete. Sports intelligence can be developed not only through practical training, but also through max.
It can also be developed in organized theoretical lessons. Such work begins at an early age, when children begin to play sports. Sports intelligence develops, first of all, in the process of training, because training is a systematic effect on the body, psyche, personality of the athlete through exercise. Therefore, the high results of the athlete in the competition depend on how the training is conducted. Successful development of sports intelligence can be carried out during training and outside time, during competitions

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