

# Mental Preparation of Teenagers for National Struggle

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## ABSTRACT

The art of fighting has been known in many nations since ancient times. Wrestling was widespread, especially in Greece, and had a permanent place in the ancient Olympic competitions. Various manifestations of national struggle exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. In particular, wrestling is a defense of national values, and provides strengthening of national pride, pride and confidence in a bright future.

**KEYWORDS:** wrestling circles, voluntary qualities, wrestler, theoretical training, voluntary training.

Mental preparation. It includes intellectual, moral, ethical-aesthetic, and volitional training, which is carried out during the training of wrestlers, during competitions, and also in the interaction of athletes. Mental preparation is also manifested in the conscious behavior and actions of the wrestler. The main thing in education of moral and willful qualities and behavior and their correct manifestation are strict beliefs, feelings, and habits that correspond to the requirements of morality. That is why it is especially important to inculcate duty and sport, honor, friendship and respect for wrestlers of other nations, sense of responsibility to the team, and love for the country and wrestling in the minds of those engaged in long-term training. . Voluntary preparation of a wrestler is evident in his active participation in working, studying and public works, in addition to actions aimed at achieving the goal in training sessions, controversial situations of wrestling and during competitions. These actions in the training process are always associated with overcoming various difficulties and obstacles on the way to the goal.

Mental preparation for competitions is a process that is carried out together with the wrestler and the coach, which regulates emotions and manages these emotions, understanding the nuances of the opponent's technique and tactics aimed at understanding during the competition.

1. In the process of theoretical training, those engaged in family and other types of human activities develop mentally (intellectually).
2. Moral training. Moral - historically formed norms: ideas about good and bad, truthfulness, conscience and honor, personal and social interests, and the norms of behavior of people towards each other, family, society and the state. Ethics and morals are a set of norms, rules, values and principles that regulate human interaction in society.

Wrestling is not just a sport, but a means of physical and spiritual development of a person. Great ancestors called wrestling a school of education. The students of this school and those who saw the field were described as follows:

- ✓ wrestlers do not swear, but never betray their country;
- ✓ Wrestlers avoid profanity, adultery, deceit, drug addiction, and fight against such vices;
- ✓ wrestlers are strong-willed people, so they don't follow what anyone says;

- ✓ wrestlers are distinguished from others by their nobility, humanity, deep respect for their opponents;
- ✓ wrestlers have their own strong opinion;
- 3. Voluntary preparation. Will is the conscious control of the intellectual, emotional and movement activities of one's body, one's behavior, thoughts, feelings and experiences in achieving a goal and making a decision.

Pre-competition mental preparation of national wrestlers.

Mental preparation for the upcoming competition is organized on the basis of general mental preparation and is aimed at solving the following specific tasks:

- ✓ wrestlers' understanding of the importance of upcoming competitions;
- ✓ study the features of the upcoming competitions (time, place);
- ✓ study the opponent's strengths and weaknesses, prepare for competitions taking into account them and one's current capabilities;
- ✓ to form a firm belief in one's own strength and capabilities to win the upcoming competitions;
- ✓ overcoming negative emotions caused by upcoming competitions and creating a fresh emotional state.

The first four tasks are solved by the coach on the basis of collecting and developing various, as complete as possible information about the opponent.

Having studied all the information about the opponent and comparing his capabilities with the capabilities of his wrestler, the coach develops a plan for the upcoming competition. Its implementation is modeled in training sessions and defined in detail.

Unit of mental preparation and technical-tactical skills of national wrestlers. Improving technical and tactical skills is inseparable from mental preparation. The reliability of the fighter's tactical action is ensured by his emotional shell and level of cognitive processes. Training in technical and tactical movements develops tactical thinking, coordination, speed and sensitivity.

A tactical decision is a product of a fighter's thinking. A fighter uses tactical situational images and makes decisions based on the principle of "agreed" and "no-agreed". Mental preparation is the basis of the general training system. Physical training, in turn, is a unique foundation of improvement, and technical-tactical training is a means of realizing the physical and mental capabilities of a fighter.

Thus, it is necessary to educate wrestlers in a mental direction aimed at activating actions. This work is done in order to create a dynamic situation favorable for attack and to use this situation to gain advantage and victory. Knowing the favorable dynamic situations that arise during the competition and being ready to perform technical actions and attacks in time reflects only one side of the mental direction. In order to train a highly qualified modern wrestler, it is necessary to rely on good physical and technical training, mental guidance, and the use of a favorable dynamic situation. That is, the wrestler must be ready for non-stop active actions during the entire competition.

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