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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PEDAGOGICAL AND PSYCHOLOGICAL REQUIREMENTS FOR COACH-
MENTORS IN SPORTS GAMES****R.N. Egamberdiev***Associate Professor**Department of Teaching Methods in Sports Disciplines**Jizzakh State Pedagogical University**Jizzakh, Uzbekistan***ABOUT ARTICLE**

Key words: Coach, student, qualities, psychological preparation, volitional qualities, pedagogical process, training, classes.

Abstract: This article reveals the moral qualities of young people, such as patriotism, national pride, duty, conscience, mutual respect and dignity, which play a leading role not only in their personal development, but also in maintaining a clean and stable psychological climate in our society.

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Introduction. A coach-mentor is a person who has permission to engage in coaching activities and conducts training sessions, mass physical education events, as well as manages competitive events to achieve sports results. The coach must not hinder the effective conduct of their activities by balancing professional and personal qualities. The coach's activity is clearly evident in both sporting processes (sports training and competitions).

When a coach conducts training sessions in a specific sport, their students not only learn sports skills from them, but the coach also becomes a personal role model for the students.

As a result of our observations, we witnessed that a young student-athlete adopted the coach's habitual daily behaviors, even speech patterns. In this regard, an experienced wrestling coach, Azam Isomov, believes that positive personal and professional qualities in us will inevitably improve in our students, or conversely, negative qualities will lead to difficulties in our joint activities.

Methodology. The coach places emphasis primarily on the spiritual and aesthetic education of the athlete in psychological preparation. Special attention is given to the development of an ideologically oriented personality, that is, the formation of a disciplined, cohesive presence among the athlete's peers and the team.

When developing the intellectual qualities of athletes, attention is paid to the correct formation of the athlete's processes of analysis and synthesis in thinking. It is worth noting that the independent thinking of a young athlete will lead them to create their own "royal style" in the future. However, it is not always correct to step beyond the "line drawn" by the coach.

Results. The formation of athletes' volitional qualities is the foundation of psychological preparation. This involves improving the structure of volitional qualities characteristic of any sport, preparing to overcome suddenly arising obstacles, teaching quick decision-making, correctly assessing the situation, making clear decisions, and developing the skills to properly implement them. Additionally, increasing resilience to external and internal factors that hinder the athlete during competitions, enhancing concentration, strength, and endurance are also key aspects of developing volitional qualities. The coach also pays special attention to developing athletes' ability to critically evaluate their performance of exercises in sport and to plan their next step.

Discussion. The coach must be able to maintain a positive mental state. He must be morally prepared for this process so that he can hear the loud voices of those in the noisy gym while working simultaneously in the gymnasium, on the sports field, or in the pool. The better the athlete trains, the more effectively and efficiently he will perform a given task. The future activities of a mature young specialist will be directly connected to the coach.

The coach possesses a number of characteristics, the observance of which forms the foundation of coaching. Other features of coaching include:

In sports, the motive (motivating force) is determined by the voluntary choice of engaging in sports by volunteers and voluntarism in sports. It is important for the coach to correctly establish partnerships with practitioners. The coach is required to treat each student well and appropriately.

Not only the athlete, but also the coach experiences the pre-start situation; the behavior of the learners and their participation in the competition largely depend on how the coach behaves during the competition. The coach not only manages the pedagogical process during training sessions but also engages in educational activities. The coach knows each young athlete well, thoroughly studies the state of their body, and carefully observes the organization of their daily life, work, and rest.

Often, their integration into the sports team is temporary (national team, training camps, etc.). It will be more difficult for the coach to form a team during training sessions because athletes come to training from different cities. The activities of the sports team and individual athletes often have to be conducted in the context of intense competitions (at a time when maximum demands are placed on the athlete's moral and physical qualities). The coach's success during this period will depend on the diversity of pedagogical tools.

The coach must be well acquainted with the various demands of athletes and the reasons for their participation in sports events. This will help him determine his perspective in relationships with athletes and lead his team.

Conclusion. Thus, a well-trained athlete strives to ensure that their bad mood does not affect those around them. Like any polite, well-mannered person, they do not share all the unpleasant events that have happened in their life with everyone. On the other hand, athletes with poor upbringing can drive their coach and everyone else into a dead end by committing various unconventional acts and actions that arise from the instability of their mood. Of course, the coach may tolerate certain actions of such an athlete, but even if they face separation from a talented athlete, they should never tolerate insults or rudeness from them. The coach's human dignity and professional reputation must be above all, even if the goal of their activity is achieving high sports results. After all, once a coach allows an athlete to disrespect them, they can "spoil" the process of shaping the athlete's personality. Because one can never expect high sports results from an athlete who is not a well-rounded person.

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