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Psycho-Pedagogical Support in the Preparation of Young Football Players

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Abstract

This article describes the specifics of the complex control, a model of psychological control in the training of sports reserve in football and presents solutions to the problems of psycho-pedagogical support activities for young players. Relevance and problem statement. Modern football is high demands for increased and more effective action game, expanding arsenal of technical and tactical techniques and the development of skills for operational decisions. At the same time modern football - is, above all, a struggle in which not only has to overcome the resistance of a strong opponent, but also their own shortcomings, limited physical and mental capabilities. In essence, it applies equally to the sport of high achievements and youthful sports reserves. Basic game skills of young footballers formed aged 15-16, i.e. mainly in this age there is a process of becoming a game of skills. And that is why in youth football exists an underrated problem of psycho-pedagogical monitoring of the current athlete. Psychological and pedagogical training of the current condition of young players is a complex of measures for dealing with the psychological capabilities of the young athlete. It has its forms and means, as well as methods and evaluation criteria, which are not always as obvious as in other areas of training. A Need to study this issue was expressed by us in an attempt to create a comprehensive system of psycho-pedagogical support, assessing the current status of young athletes in the long-term training. In practice of the national sport in the integrated control includes pedagogical, biomechanical, medicalbiological and psychological control. Also under the "integrated control" we shall mean the concurrent use of staged, current and operational types of control in the preparation of athletes, providing the use of pedagogical, socio-psychological, medical and biological indicators for comprehensive objective assessment of readiness, the content of the training process and competitive activity. Psychological control includes a set of indicators, means, methods, evaluations of individual-typological characteristics of the individual athlete, general and specific psychomotor abilities, mental states in extreme (stressful) conditions, competitive, social and psychological characteristics of the sports teams.

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1. Annotation

This article describes the specifics of the complex control, a model of psychological control in the training of sports reserve in football and presents solutions to the problems of psycho-pedagogical support activities for young players.

2. Relevance and Problem Statement

Modern football is high demands for increased and more effective action game, expanding arsenal of technical and tactical techniques and the development of skills for operational decisions.

At the same time modern football is, above all, a struggle in which not only has to overcome the resistance of a strong opponent, but also their own shortcomings, limited physical and mental capabilities. In essence, it applies equally to the sport of high achievements and youthful sports reserves.

Basic game skills of young footballers formed aged 15-16, i.e. mainly in this age there is a process of becoming a game of skills. And that is why in youth football exists an underrated problem of psycho-pedagogical monitoring of the current athlete.

Psychological and pedagogical training of the current condition of young players is a complex of measures for dealing with the psychological capabilities of the young athlete. It has its forms and means, as well as methods and evaluation criteria, which are not always as obvious as in other areas of training. A Need to study this issue was expressed by us in an attempt to create a comprehensive system of psycho-pedagogical support, assessing the current status of young athletes in the long-term training (Guba & Leksako, 2012).

In practice of the national sport in the integrated control includes pedagogical, biomechanical, medical-biological and psychological control. Also under the "integrated control" we shall mean the concurrent use of staged, current and operational types of control in the preparation of athletes, providing the use of pedagogical, socio-psychological, medical and biological indicators for comprehensive objective assessment of readiness, the content of the training process and competitive activity Gorskaya, 1995; Koroleva, 2003).

Psychological control includes a set of indicators, means, methods, evaluations of individual-typological characteristics of the individual athlete, general and specific psychomotor abilities, mental states in extreme (stressful) conditions, competitive, social and psychological characteristics of the sports teams (Nikitoshkin, 2010).

3. Methods and Organization of Studies

Testing on indicators: self-assessment and anxiety level of BH Spielberger, JL Hanin; Ketell’s multifactorial personality questionnaire, Leonhard’s methods of studying personality accentuation (S. Shmisheka’s modification, Eysenck’s characteristic questionnaire.

The study involved 20 players of Youth leading football club of the country, at the age of 14-17 years.

4. Results of the Studies and Its Discussion

Identified individual psychological characteristics of personal athletes’ temperament, character; motivation and socio-psychological adaptation to the conditions of the athletes’ training and competitive activities:

a) customization of special psychological training - adaptation to sports activities;

b) the formation of sports motivation and a sense of confidence - improve the effectiveness of sports activities during critical games;

c) psychoprophylaxis, psychocorrection psychoregulation and negative mental states of young athletes.

Characteristics of each player were developed for these individual profiles. A model of psychological control in the training of young players was developed, which includes.

1. Psychodiagnostics of the current level of psycho-pedagogical preparedness;
2. Psychoprophylaxis – helps in preventing the occurrence of destructive mental phenomena (mental situation – psychological barriers, chronic mental surge of motivation avoiding failure, conflict, etc.), directly or indirectly “destroyed” sports activity or even a career as a whole;

3. Psychocorrection – helps in correcting, removing, re-educate negative psychic phenomena that has arisen;

4. Psychological education - helps the athlete to master psychological knowledge which is necessary for self-improvement in sport and in life;

5. Counselling - helps the analysis which addresses to the emerging issues and challenges;

6. Psychological training - specially designed complexes of psycho exercises and games to help the athlete in developing the necessary skills and psychological qualities;

7. Psychological preparation - using all kinds of psychological help for mental readiness athlete to the training process, competition, solving various problems in sport and life.

8. Development of individual program impacts in order to increase efficiency in studying, training and competitive activity;

9. Organizational status feedback (monitoring and operational psychodiagnosis) (Sivistkii, 2006).

Model of psychological control in the training of young players

According to the research of psychological readiness of young players and experience in psychological and pedagogical support of Youth sports activities of the country’s leading football club, you will notice the following that most athletes have no competitive emotional stability and have less formed motivational settings to achieve success in the chosen sport, which reveals the psychological and pedagogical problems in the relationship "coach-athlete."

In anticipation of major football events, the focus of sports experts should be not only on national teams and professional football, but to a much greater degree of Youth football, the success of which will depend not only on the high level of physical, technical and tactical training, but and the level of psychological and pedagogical training to achieve higher results. This approach will ensure the creation of the necessary benefits for winning performances at World and European Championships, European club football tournaments.

Solving the problems of psycho-pedagogical support of the young athletes should be focused on (Kostikova, 2013):

1) during a training activity at: creating preconditions for technical and tactical improvement, elimination of psychological barriers, the development of special abilities creating mental readiness for the competition;

2) in the period of competitive activity on: correction of mental states just before the start; preservation and restoration of mental health, the regulation of negative mental states, the use of positive psychological background in the analysis of games played.
References

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