



## THE ROLE OF COACHES IN THE PREPARATION OF YOUNG ATHLETES

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<b>Received:</b> 6 <sup>th</sup> April 2021 <b>Accepted:</b> 22 <sup>th</sup> April 2021 <b>Published:</b> 8 <sup>th</sup> May 2021	Teachers and trainers are respected in all periods. It is not in vain that educators are highly qualified professionals who not only teach but also give students love and hope. This article discusses the role of coaches in training young athletes.
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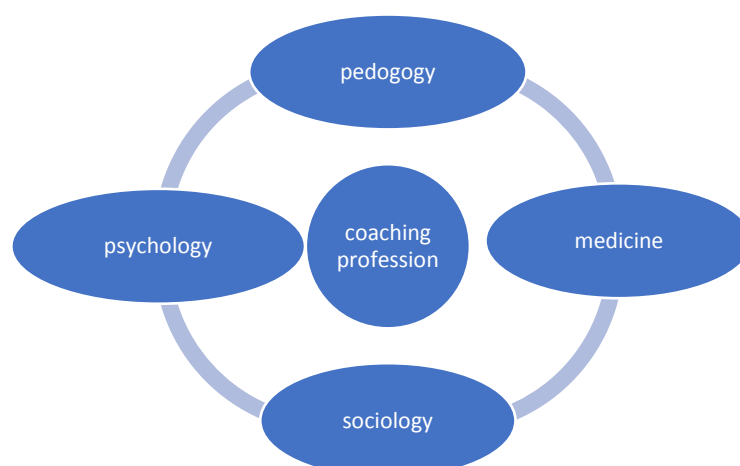
Coaching is a very complex and responsible profession. Choosing a coaching profession means setting high goals for oneself. Firstly, such tasks are aimed at strengthening the health, normal growth and development of the athletes, their comprehensive education and secondly, it connects with achieving direct sports results and it may be related to social issues. Organizing properly of both sides determines the basis of coaching. The coaching profession requires mental and physical knowledge, skills and abilities. It is good for a person who has sufficient knowledge, potential, moral and spiritual maturity, pedagogical potential to engage in coaching.

One of the most important aspects of coaching is the ability to use theoretical knowledge in practice. No matter how broad and deep the knowledge acquired by the coach, it does not matter as long as it is not fully given to the trainee. The coach must be able to use the training methods extensively in the training of the sportsmen and use them in their position.

The involvement of the athletes and the coach in such activities is effective in all respects. Practical, visual and verbal methods are widely used in sports practice. These methods are distinguished by the fact that each pedagogical process is listed as one of the main teaching methods. The coach must be able to use the training methods effectively, to have a purposeful relationship with the athletes and to eliminate their shortcomings in a timely manner.

The coaching profession relies on its achievements as an integral part of pedagogy. For this reason, coaches need to know the general principles, laws, and categories of pedagogy. The coaching profession is inextricably linked with such fields as pedagogy, medicine, psychology, sociology. Adequate knowledge of the coach in these field will help to ensure the effectiveness of the activity.

Coaching profession and related disciplines



It is necessary to explain the interrelationships of the disciplines shown in this picture with the coaching profession. The field of pedagogy is the basis of the coaching profession and sports in general. Most concepts of coaching are governed by the laws of pedagogy.

The coach spends most of their time interacting with athletes. That is why pedagogy plays an important role in coaching. At the same time, each stage of the teaching process is based on the principles of pedagogy. Establishing an age-appropriate attitude of children, the comprehensive development of the athlete can be done effectively only on the basis of pedagogical knowledge. The field of medicine is also important in the coaching profession.

In this case, the coach must have sufficient knowledge of the structure of the human body (anatomy), their function and mechanism of action (physiology), the laws of its development. It is also recommended that they have medical knowledge, such as first aid and the recommendation of minor treatments. Knowledge of sports medicine is essential for a modern sports coach.

Psychology is important not only in coaching, but in many other fields as well. The coach has to be very strong psychologically. Psychological guidance is given before using any method or tool.

The coach's work is based on the achievements of psychology in communicating with sportsmen. It has great importance in determining the character of the sportsmen and their interests. Understanding young sportsmen mentally and establishing friendly relations with them depends on psychological knowledge and experience. At the same time, these tasks are being implemented in a systematic way and are moving closer to the issues of sports psychology.

The social significance of the sportsmen plays an important role in society and in people's lives. It means relying on and mastering the knowledge of sociology. The coach must rely on the achievements of sociology. A coach can form a strong sports team based on sociological knowledge. Sportsmen's social status, origin, lifestyle are inextricably linked with sports activities.

This is directly related to the increase or decrease in sports results. Sportsmen's social life, family situation affects the training process, the outcome of the sport to one degree or another. The basis of the success of the coach's work and the most important quality that reflects his reputation in front of his students, the coach's professional training, is to have the necessary knowledge and experience and be able to apply them rationally.

In order to be successful, a coach must know their sport perfectly, being aware of all the new methods of training, technique and tactics. In the first stage of working with newcomers, the coach has insufficient theoretical knowledge and practical training is less noticeable, but after a while, as the sportsmen's results begin to grow, the range of specific questions they are asked begins to expand and the questions are getting deeper and more complex.

Many sportsmen become interested in the theoretical foundations of their chosen sport, read and discuss specific newspapers and magazines. During this period, the coach's backwardness in theoretical and practical knowledge is very negative. It is no coincidence that skilled and well-known coaches have a high level of professional knowledge and become well-known theorists of their sports.

It is known that the authors of many high-quality textbooks, articles and lectures are sports coaches. A great helper in the coaching career is their personal sport experience. Firstly, this allows to assess accurately the impact of the athletes on the loads they perform, secondly, to understand all the subtleties of training psychology and thirdly, it gives a chance of naming them "master of their profession" among sportsmen with colleagues in their work. But good athletes are not always good coaches. In addition, there are times when a coach's personal experience, his or her accomplishments in the sport at the time, becomes a key criterion for a coach to manage the training system and prevents the correct assessment of the sport's continuous evolution.

The basic premise is that coaches do things the way they do them and they forget something. They don't realize that the tools and methods of 5-10 years ago that brought them success are now obsolete and inefficient.

The main reason for this is the improvement of training methods, the development of science, technology and the introduction of various technological means in the field of sports. The coach relies on their sport experience, in addition, there is a weak point that they "transfer" from other colleagues' experience to their activities and especially from the experience of strong sportsmen to the training of low-class ones.

In many positions, the coach blindly adheres to the style or tool that is the next habit, changing the system of trainings and attitudes to them every year and of course, does not succeed. Not being able to think critical of the exercises and not being able to pay attention the individual characteristics of the sportsmen or not taking into account how the sportsman feels mean that ignoring the doctor's warning is another serious mistake and it exists striving to make them do in anyway. In this case, the coach becomes a "slave" of the training program, subordinating their activities to the pursuit of numbers in the indicators of the plan. This means that in this case, the coach is trying to capture the non-qualitative quantitative indicators of the training. Although the difference between these two errors is large, they have common features:

- low level of professional literacy;
- inability to think creatively,
- unwillingness and fear of conducting research based on experience.

The process of successful training is unimaginable without them. So, this profession implements with several fields, subject branches and around the essence of fields. Separating them from each other, putting one above the other, creates a completely wrong system of training.

They are developed by interaction. However, there is one field that is the most important for the coaching profession. The science brings together a range of disciplines and develops on the basis of their achievements. However, there are specific challenges facing the theory and methodology of sports training.

The success of coaching depends on the following factors:

- knowledge of the coach;
- how the coach deals with sportsmen and the team;
- How the coach gives their knowledge.

According to experts, the combination of a coach's ability to play the role that sportsmen expect from them and their professional knowledge can compensate for some of weak points of the coach.

Coaching is especially important in children's sports. The age characteristics, psycho-physiological condition of children require high qualifications and a high level of pedagogical skills from coaches. In this process, the coach should know the character, gender, marital status of the young sportsman and it will be good to act accordingly. The coach should have personalities and skills in order to implement their pedagogy work, coaching profession and also to prepare high-skilled sportsmen.

General pedagogical requirements for a sports coach:

1. High level of spiritual identity.
2. Pedagogical information.
3. A comprehensive ideological and political outlook.
4. Strong moral-will qualities.
5. Interest in modern scientific results of pedagogy, psychology and biological sciences.
6. High level behavior.
7. Ability to control oneself in any situation.
8. High level of organizational skills.
9. Be able to lead a team and gain prestige among your students.

Special requirements for coaching:

1. Knowledge of the theoretical and methodological foundations of physical education and medical supervision.
2. Knowledge of modern scientific and methodological achievements in their sport and the ability to use technical and tactical skills.
3. Ability to select the most talented people in the sport of their choice.
4. Ability to plan their future training, taking into account the individual characteristics of athletes.
5. The ability to instill in their students a desire to play sports regularly.
6. Ability to prepare an athlete to achieve high results in competitions.
7. Ability to anticipate the comprehensive training of athletes and strive to develop them as individuals.

The coach is a deeply creative person. Researchers in the field of creative work place great emphasis on identifying the characteristics of the creative individual. For example, in the works of A.Ya Ponomarev the following features are emphasized:

- perceptual characteristics (extreme stress, extreme sensitivity and dedication);
- intellectual qualities (intuition, great imagination, resourcefulness, ability to predict, a wide range of knowledge);
- characteristic features (deviation from the norm, originality, initiative, perseverance, high level of personal organization, great business acumen).

Many authors include the qualities of a creative person, risk-taking, willingness to fight doubts and the ability to stand on one's own two feet. Highly creative people often show a keen interest in complex and new problems. They are more interested in situations that require an original solution.

An analysis of the work of coaches shows that first of all, a creative coach has the following characteristics:

- ideological vision of the educational process (the desire to turn students' knowledge into their beliefs);
- the desire to gain new experience, freedom from self-restraint, flexibility and freedom of thought and action;
- high creative enthusiasm, the ability to accumulate their own creative energy;
- Striving to solve new and effective training and pedagogical tasks;
- striving to increase the effectiveness of training;
- be able to critically analyze and evaluate their activities.

It is important to note the following characteristics of a creative coach:

They are resilient to the requirements of practice and life, no matter how prestigious they are, they don't follow beliefs, they realize the incompleteness of knowledge and they strive for perfection. A coach is a creator and a researcher: they get ideas from the best practices and adapts them to specific circumstances.

It is characterized by the ability to process learning material independently, the ability of sportsmen to acquire knowledge and manage community activities and the development of students' creative thinking. They are constantly search for new ways, means and methods of teaching. A creative coach is characterized by the desire of sportsmen to deeply master and comprehend the knowledge system, to develop strong skills and abilities using all the laws of the process of learning. They have a strong ability to see the prospects for development and to find the right ways to solve the problems that arise. During the training, all the important principles of pedagogy and psychology are taken into account and implemented with high efficiency, which is characterized by constant creative growth, initiative in the pursuit of perfection.

In addition, one of the most important features of a creative coach is the formation of the spiritual and moral education of young sportsmen. It is only through this feature that a modern sports coach finds their true value in society. The comprehensive upbringing of students both spiritually and physically, firstly, which contributes to the development of society and secondly, which includes upbringing a perfect person through sports.

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