

## FEATURES AND METHODS SHAPING OF MOTIVATION OF FIGURE SKATERS.

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### **Abstract**

*This article presents methods that help psychological preparation of athletes to quickly get out of various difficult situations during training and competition in figure skating, to return to sports after various injuries. The sphere of influence of the coach plays an important role in how to direct the athletes in difficult situations, properly manage their internal experiences, and achieve high results.*

### **Key words**

*Sport, figure skating, motivation, psychology, training, coach, players, goal.*

Introduction. We all know that the most important thing in sports is competitions. The competition is an examination, inspection, or evaluation criterion that shows the athlete's readiness. High results in today's modern sports are achieved due to long-term regular training, following a strict regime in life and in sports. Every athlete should be psychologically prepared for this. The achieved training should be continuously and consistently developed during training. In addition to the above, it is important to take measures to increase attention to winter sports, the attitude of the President to the process of figure skating training and his sports obligations. The psychology of sports training depends on the motives of participation in training and competitions.

Motivations in sports psychology: the thoughts, aspirations and feelings that depend on this or that need of the athlete and that cause him to perform this or that type of activity and encourage him to do so.

Knowing the athlete's motivations during training and sports performances is extremely important for the coach. Because these same motives affect the athlete's attitude to training, upcoming competitions, the current work regime, and determine the purpose of his sports. In addition, motives determine how precisely and skillfully an athlete performs exercises.

1. Aiming for distant goals

No matter what stage a figure skater is in, it is necessary to always set long-term goals in front of him. Even these goals can be the highest goals, the realization of which is unknown. No matter what success an athlete achieves, he is constantly reminded that the achieved result is still nothing in front of his capabilities, that he has higher and more worthy goals ahead of him., responsible tasks, distant goals await. Distant goals encourage athletes to be more active during training and to perform each exercise more perfectly. Step by step achievement of these goals determines the calm and self-confident state of the athlete, forms and strengthens the character of the champion. On the way to higher goals, the athlete relies on his previously achieved goals (achieved by himself, his friends, rivals) and acts based on them, the motivation for future training gains strength. Formation of distant motivations in the minds of athletes is a unique psychological and pedagogical task.

2. Formation of the psychological environment of the team.

Comprehensive, combined common aspirations constitute a great force, reveal the deep resources of strength in a person, and strengthen the desire of each athlete to achieve his dreams and aspirations through joint actions. Loyalty to common goals, dreams and aspirations, this invisible, great feeling creates the inner world of the team. Striving towards a single goal by each member of the team also serves the implementation of their individual plans. Regardless of whether it is a team sport or an individual sport, it is a team sport

3. Formation and encouragement of instructions for success.

Achieving higher and higher results gradually can lead to a decrease in enthusiasm and activity in the training process of the athlete. In such cases, the athlete's feeling of satisfaction with the achieved achievements should be replaced by the desire to conquer new goals. Otherwise, the goal of avoiding defeat may take the place of striving for success.

Recommendations for managing athletes during sports training and competitions in figure skating. Pre-competition stressors include:

1. The lack of a high level of previous preparatory exercises and low competition indicators;

2. Be it with a coach, teammates, or family disputes;
3. Possession of the lead before the race.
4. It is better to start a day before the start or a few days in advance inability to sleep;
5. Competitions are poorly equipped;
6. Previous defeat;
7. Excessive demands of the coach;
8. It takes a long time to get to the venue departure;
9. Constant about the successful completion of the task thoughts;
10. An unfamiliar opponent, the absence of any information about him;
11. Having previously lost to the same opponent.

In such cases, figure skaters can be affected by the following methods.

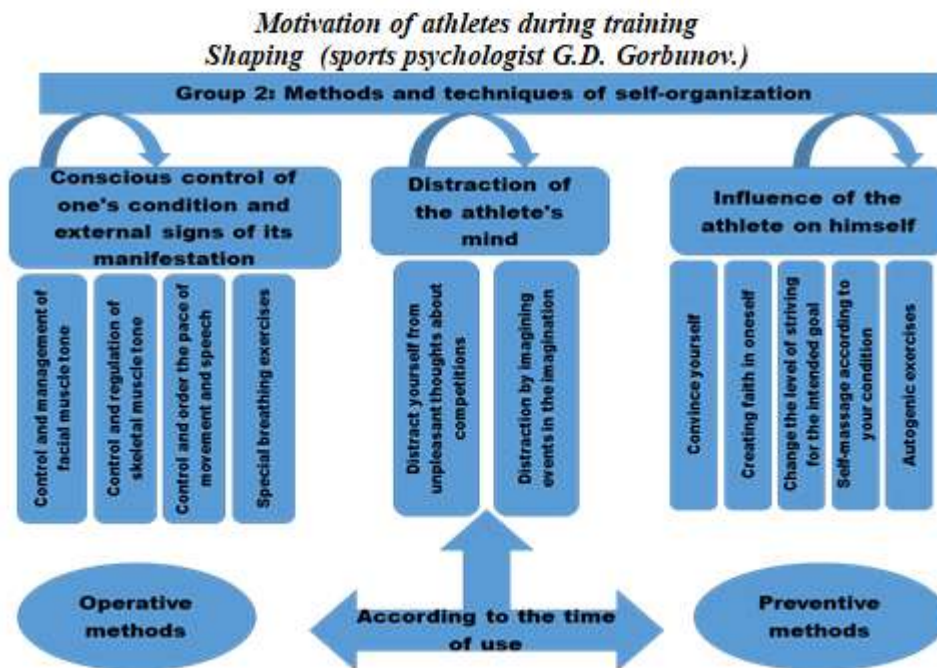
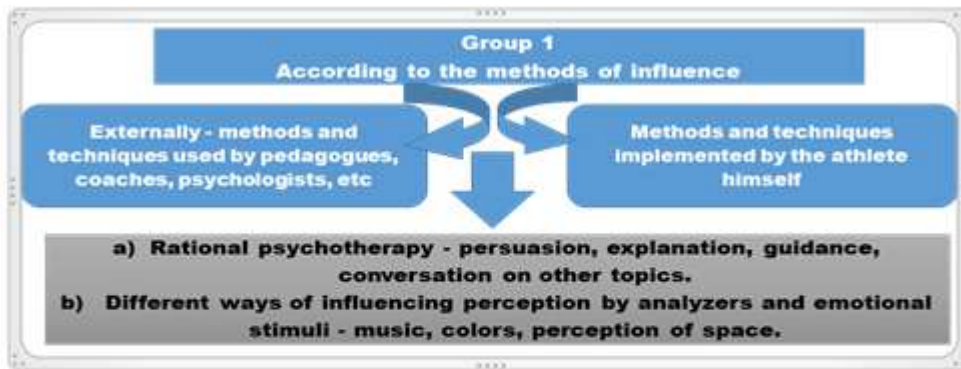
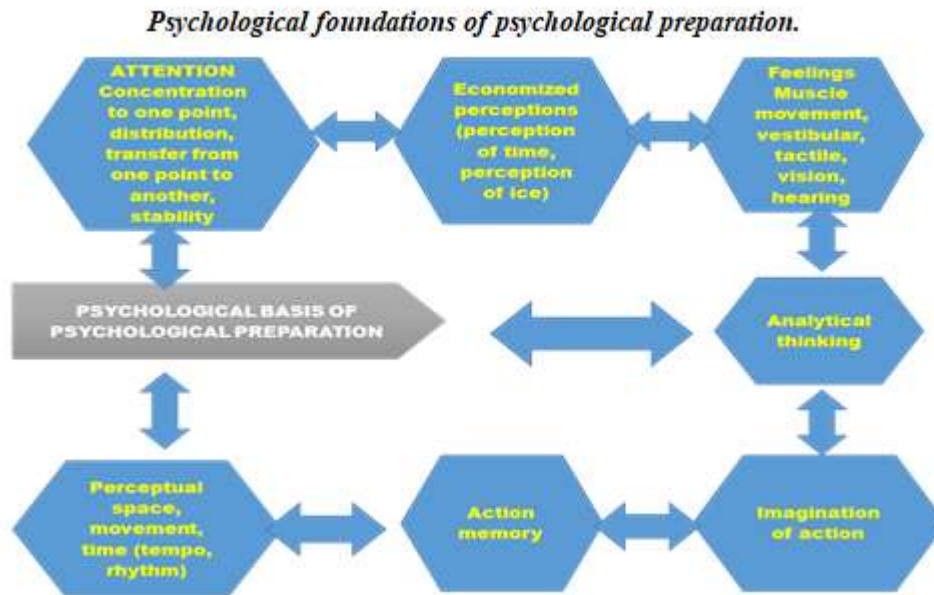


Figure skaters attach great importance to performing a sequence of various elements, it is important that they adapt to the ice, the partner and the tempo of the music in the harmony of the choreographic movements during the performance.

Well-developed intuition and memory help to accurately control the combination of complex elements performed by figure skaters.



Conclusion: As such, it is interesting to say that in each sport, it is possible to deeply approach the athlete on the basis of a personal approach to the sport, in addition, taking into account the fact that they are brought out of various uncomfortable and psychological situations by their coaches, and the correct approach during training and competition. It is possible to achieve high, high results by putting in.

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