

Development of Volitional Qualities of Young Football Players In the Process of Training

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***Annotation:** The article considers the possibilities of using the training process as a means of developing the volitional qualities of the personality of young football players. Theoretical ideas about the volitional qualities of a person as an object of psychological and pedagogical research are described. The volitional qualities implemented in various types of activities, the features of their development among primary school students are considered.*

Introduction.

In recent years, much attention has been focused on sports in the Republic of Uzbekistan. Due to various life circumstances, only a few of them will break into the champions, however, sport, one way or another, will help young athletes in later life: thanks to it, children will be able to cultivate their best qualities.

Beyond that, there are plenty of arguments that sport doesn't end with podiums, medals and records. Business is one of them. Recent polls show that sport is becoming the new passion of top managers. Indeed, heavy and multi-sport types are gaining great popularity among businessmen: triathlon or long-distance running. Experts explain this as an opportunity to make new acquaintances, establish contacts through common interests, and test a person in difficult conditions [12, 13]. After all, how not to trust a person who will master the marathon distance and run it shoulder to shoulder with you? This is another proof in favor of sport, which over the years has become an integral attribute of a successful life. Do not forget about the development of the sports business in the country. As practice shows, in the Republic of Uzbekistan, top managers in this industry are people who have a sports background and are well acquainted with the specifics of the industry. After the past major sporting events, our country has left a great legacy in the form of world-class sports facilities, which have remained underutilized for the

third year already. This is a big problem for the state, which has spent a lot of money on the preparation of large-scale sports complexes.

Medicine is also closely connected with the field of sports. Those who have experienced sports injuries in their lives, one way or another, delved into the study of the anatomy of the body. Most athletes know how muscles work and are interested in the maximum capabilities of the body [14, 15].

The focus of our work is on younger students who have just begun to study and will soon become the foundation of modern Uzbekistan. Some of them are professionally involved in football, getting used to dealing with stress from childhood, overcoming difficulties and discipline themselves. But is it possible to improve young football players if we start active work on developing their psychological qualities?

Historically, outstanding strong-willed qualities are significant and bring immortal glory to famous heroes [16]. From the time of Ancient Greece, there have been legends about warriors who earned fame thanks to their stamina and courage in battles that turned history (300 Spartans). Despite the fact that with the development of civilization, the cognitive abilities of people began to bring more benefits to society, volitional qualities remain the most important link for personal growth. Growing up in the era of rapidly developing information technologies, today's younger students are faced with a lot of distractions from childhood and devote less time to mental and physical development - qualities that are vital for any person. To achieve success, it is necessary to be focused on the ultimate goal, resist temptations and limit oneself, which makes the problem of forming the volitional qualities of the personality of younger students one of the most relevant areas of theoretical and applied research [17, 18].

The problem of will, voluntary and volitional regulation of human behavior and activity has long been a subject of heated debate and discussion among many scientists and psychologists. The will manifests itself in the fact that a person works, studies, rests for a long time and at the same time moves towards a certain goal that he himself has set [5, 6, 7]. He is able to give up something in the name of a goal that may not bring much joy, but at the same time is necessary. Will is the regulator of consciousness, which is expressed in the ability of a person to perform certain actions and actions for the sake of a goal, despite the difficulties [10, 12].

According to some researchers, any expression of a person's will can be expressed through a combination of such qualities as endurance, initiative, perseverance, organization, determination, independence and courage [1, 2, 5, 8]. According to the point of view of D. Yu. Turdimurodov, will is a means of regulating the personality of its actions and acts as an instrument of a strong-willed personality [11, 14]. The volitional qualities of a person are understood as a set of personal properties associated with the realization of the will and overcoming obstacles on the path of life [4, 6, 7].

There are also alternative definitions of the volitional qualities of a person. So, on the basis of the conducted studies, Ya. M. Abdullaev states the fact of the gradual formation of volitional regulation of activity, thus determining the personal mediation of the ways of implementing activities [14, 15]. In his opinion, it is necessary to take into account the trend towards the transition from the study of private (persistence, purposefulness, initiative) to the study of integrative, systemic (responsibility, self-confidence) volitional qualities [1, 2].

In many scientific papers, it is noted that this definition needs to be clarified, because volitional qualities reflect not so much arbitrary control as volitional regulation associated with intense volitional efforts. For example, among sports psychologists it is customary to divide

volitional qualities according to the degree of their significance for a particular sport. In the studies of some scientists, it was found that the perseverance of team sports athletes is manifested in the desire to help others and in achieving collective goals. The persistence of athletes of individual sports concerns their own achievements, goals of self-realization, independence and self-sufficiency [6].

Volitional qualities are necessary for a person to achieve success in various areas of development. Despite the fact that genetics plays a certain role in the development of the volitional qualities of a person, the will is part of the formed consciousness. We agree with the point of view of M. K. Usmonov, who indicates that the primary school age is a period of positive changes in terms of organization and self-control of the emerging personality [5]. Considering the characteristics of the age group of younger schoolchildren, we note that entering school and studying in the lower grades makes significant changes in the life of the child. The established order of his life, his social position in the team, family, social group is changing dramatically. The learning activity that requires the presence of the child's volitional qualities becomes the leader.

Football is the most popular team ball game in the world. Constantly working as a team, football players face competition every day on the football field and in the gym, contacting each other. A football team is a complex mechanism that takes into account all the characteristic features of footballers playing in the squad, who simply need not only to interact with teammates, but also to be independent individuals.

The training process of athletes involved in individual sports (athletics, gymnastics, boxing, etc.) is fully controlled by specialists, affecting their lifestyle as well. In a football team, due to the large number of players, this is extremely difficult to do, each player is left to himself.

An important role in the development of volitional qualities is played by the personality of the coach. Many modern specialists are good motivators and psychologists who bring their wards to a new level through the psychological impact on the players, taking into account their leading features. Some head coaches use professional psychologists to help improve team performance. In European football clubs, this began to be practiced in the 1970s, in the Republic of Uzbekistan - much later.

Conclusions.

We consider it possible to state that the content characteristics of the volitional qualities of younger students can be positively transformed in specially organized conditions.

Will is a part of consciousness, therefore it is not an innate quality, but is formed and developed in the process of becoming a person. Volitional qualities play a key role for a person to achieve success in their area of development. When considering the characteristics of the age group of younger schoolchildren, we presented the facts that entering school and studying in the lower grades make significant changes in the life of the child and significantly affect the further development of the personality and adaptation to adulthood. Sport has a positive effect on improving the volitional qualities of a student. If this is a team sport, then the child learns not only to be physically strong, but cognitively stable, sociable and versatile. The development of volitional qualities is carried out under conditions of specially organized influence, taking into account the age-psychological characteristics of elementary school students.

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