

REQUIREMENTS FOR A VOLLEYBALL SPECIALIST – COACH

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Annotation: *this article reflects on the professional skills of coaches-teachers, pedagogical activity, its effectiveness, abilities, human qualities, successes in educational processes, the qualities that they give to their students, the ability to apply them in practice, the ability of the coach to achieve the desired result if he is the greatest example of his students, it is very important that the coach.*

Keywords: *coach, skill, ability, competence, psychoanalysis, psychotherapeutic, practice, physical qualities, constructive, forecasting, qualification, skill.*

Аннотация: *наша статья посвящена профессиональному мастерству, педагогической деятельности тренеров-преподавателей, их эффективности, способностям, человеческим качествам, успехам в воспитательных процессах, качествам, которые они передают своим ученикам, умению применять их на практике, достижению желаемого результата только в том случае, если тренер сам является примером для подражания своим ученикам, тренер должен быть совершенным человеком во всех сферах. гораздо важнее было высказано предположение о том, что .*

Ключевые слова: *тренер, умение, способность, компетентность, психоаналитический, психотерапевтический, практика, физические качества, конструктивный, прогноз, компетентность, умение.*

The personality of the coach as a teacher and educator is of high importance in the achievement of a team with high sports results. The professionalism of the coach and his personal qualities are an important condition for success in modern sports. The effectiveness of coaching work, the successful fulfillment of professional obligations is determined by the level of development of the coach's many basic and specific abilities (abilities).

All the abilities and qualities of a volleyball coach can be divided into professional and personal qualities. Both Unisi and bunisi are of great importance, determining the level of its skill. The following can be indicated by the coach's most significant professional abilities and personal qualities.

Competency is the set of competencies that make up the skill of the coach. Competency implies a reasonable and deep acquisition of all the complex of knowledge necessary for effective coaching work.

Competency is understood as a deep understanding of the theory and methodologies of volleyball, knowledge of anatomy, physiology, sports medicine, psychology, pedagogy, thorough knowledge of Game techniques and tactics, mastering the art of team management, and effectively solving the psychological problems of some players and the entire team. Proficient in the formation of skills to be able to use the complex of knowledge in the subjects of the curriculum in the process of work constitutes an important competence of a specialist. The more a coach knows the subtleties of the sport, the more opportunities he achieves as a skilled coach. Competency is not limited to the knowledge of all subjects of the course of study at a higher educational institution. The ability to operate at a skill level comes to the forefront. Being competent is knowing the job, improving the skills of the players and preparing the team for competitions, being able to practically solve the issues of professional and personal growth problems of each player.

The current state educational standards for higher education in the chosen specialty provide for the fact that graduates of higher educational institutions have many universal and professional qualifications. They are formed not only in the process of study, but also in the process of practical work of graduates over many years.

Being able to play is a process, and being able to teach a game is a completely different process. It is necessary to master this skill, it is not shared with the skill of the game. Higher-class athletes are also unable to complete a higher education institution and a sports career in a sports specialty.

In practice, however, there are also cases where other sports ball coaches have sometimes had varying degrees of significant success in volleyball as well. Since Boy does not have personal playing experience, such coaches, free of mold and creeds, strive to look for the best ways to prepare players and the team. This situation, that is, the fact that they started the basics of volleyball theory and methodology “from the very beginning”, serves as a positive factor in practice. The search for an effective activity of the coach, the reality the ability to make a rigorous analysis, seriously check the methods of preparation and, at the end, choose mentors for oneself increases skill.

The component of coaching competence is its wide educational background, and only one professional qualification and knowledge is not enough to work successfully. Both coaches and their educators are full-fledged members of society, certain requirements are imposed on them. Therefore, the coach is considered very necessary with extensive

education, knowledge of various areas of life: culture, science, art, family relationships, etc.

The mentoring ability of a coach is the main component of his professional skills, without which the entire work of a coach is ineffective. This requires the coach to be competent in educating the students. The upbringing of players requires, first of all, the formation of a complex of moral qualities that determine their behavior and environment, humanitarian attitude. It is very important that their disciplined behavior complies with the norms of Moral Law.

In addition to volleyball, preparing them for life in a broad sense requires conscious training in purposeful and moral activities. If young players are trained to play only volleyball, directing them to a narrow specialty, without effort into their all-round development, then any result will remain temporary. The negative consequences of such an ill-fated education and upbringing will soon destroy all sporting success. Socially the unstable position of an unformed individual, who is significantly behind his peers, limits the self-development of the players by making the growth of sportsmanship problematic. Shortcomings in training will lead to the fact that by the time of exercises and competitions, the rapid sports skills of players will slow down, its stagnation.

Violation of the moral law by the coach will change the personality of the players. The effective formation of their sports skills changes for the negative. This can manifest itself in different directions: the team experiences a deterioration in the psychological environment, a change in the attitude of players towards exercises, a decrease in enthusiasm and self-responsibility in the appearance of “stardom” disease, and later the disappearance of skills and talents. In the process of upbringing in effective sports improvement, on the contrary, personal qualities formed in players, acquired life games, it is of great help not only in the community, but also in the community to operate effectively.

Didactic ability of the coach. It is not enough for a coach to have deep professional knowledge to work successfully. It is considered important that the coach has a practical qualification to train players in volleyball. Not only game techniques and tactical methods, theoretical literacy, but also, in competitions, it is necessary to train the set of basic factors of preparation for the team to achieve victory. Including the attitude of players to work, the ability to adapt to the game, the manifestation of psychological stability and will to victory, courage, determination, hard work, the ability to overcome difficulties, correct mistakes, etc.

The ability to teach the game of volleyball requires mastering effective and technological methods of training, as well as comprehensive training of volleyball players. While this ensures the growth of players' skill, it is not among the important but

only ability of the coach. In one form or another, the coach relies on most of his other abilities, partially absorbing them.

The possession of abilities in teaching is of particular importance for children's coaches. Young players take the first steps in volleyball at this stage of learning, the paths leading to the peak of their skill are much longer. Training young players in exercises takes a lot of time and a lot of effort, so this stage is considered very important. It is he who ultimately believes that Bo'SM students can become truly skilled players in the future clarifies.

The skills of the coach are organized by the following abilities: constructive (creative) and forecasting (aiming, predicting).

The skill of the coach's creativity allows him to understand and choose the most effective styles in the development of his skills, based on the creation of a player who has improved from the available material. It is also necessary to be able to apply the selected techniques in practice.

The creative process takes several years, so the ability to develop the preparatory system of each player and the entire team is of particular importance, based on the future of the possibility of the coach. Forecasting (foresight), an important skill of the coach, is of great importance in determining the prospects of the players and the team.

The ability to foresee allows the coach to determine the prospects of the players, their number over time. It allows you to find talented people in the sorting process, educate a young player according to his abilities, identify his strengths and weaknesses over time. Being able to see the prospects of the players has been of great importance in choosing the most effective ways to improve the skill.

The ability of volleyball coaches to determine the prospects for growth in newly arrived children: as time passes, it is important to know what the future of this or that player will be.

The coach must be able to visualize the entire mechanism of training of players in the form of tables consisting of assessment, planning-traction, implementation of plans and programs for a specified period of time, as well as accurate and effective correction of the current training process.

The creator and foresight skills of the coach are necessary at each stage of player training, the higher they are, the better the work will be done, the more significant the results will be. The lack of abilities discussed in the coach will be a huge loss in his skills. In some cases it is also necessary to rely on coincidences. Sometimes an accidental coincidence with the acceptability of the improvement paths used in practice can show a good result.

The Gnostic (cognitive) ability of the coach. Life shows the veracity of the instructive phrase” when something does not develop, it disappears". In the development of any specialist, first of all, knowledge will help. A coach who does not know and does not seek is gradually discredited. Knowing and researching does not mean reading special and fiction. A capable coach can be taught a lot by life itself. However, both experience and, often, do not teach anything, it is not enough for professional growth, and reading literature itself scarcity. The ideal trainer should be a researcher.

The coach can be taught a lot by his tutors. To do this, it is necessary to have only the ability to learn. It is necessary to master such good qualities as observability, attentiveness, rational analysis taking into account “emotional errors”, the search for ways to perform work well, which are considered useful in all universities of life after higher education. Only then can it be ensured that the professional skills of the coach are regularly cultivated and high results are achieved in their activities.

The psychological-therapeutic ability is a very important part of the professional skills of the trainer. This implies the ability of the coach to perform the function of a psychologist in the team. In life, it is necessary that every working Coach be a psychologist, as at the pedagogical level. Without knowing the basics of psychology, without identifying the psychological characteristics of the personality of the educators and the team, without using knowledge, it will be impossible to effectively train and educate, without knowing them, it will be difficult to show results at a high level. These abilities in the professional skills of a coach are important in working conditions that are not a psychologist's state. Its implementation implies that the coach can faoydalana from the achievements of psychology in the performance of various tasks, that is, he can act skillfully even from the point of view of the science of psychology.

The psychological and therapeutic abilities of a coach largely determine the results of his professional career, since competition in sports is increasingly moving into the sphere of psychological contradictions. This requires players to adjust their status to the mood of entering the game in combat. In this regard, the coach must provide the necessary assistance to athletes. Sports teams, in which psychological problems are effectively solved, will have an advantage in games and competitions over those in the same category as themselves. They often beat much stronger opponents, at the expense of such as a high level of mobilization, willpower and a mood of self-sacrifice, these qualities reduce the number of their mistakes and increase the efficiency of being able to resist an opponent. Socially psychologically good team players (when the team has a good psychological environment) will have increased sportsmanship, as well as priority over the level of its absolute final performance.

In its psychoanalytic function, the coach's ability to carry out psychoanalysis of personality and team problems allows him to reliably diagnose unpleasant situations in the team and work with certain players. It makes it possible to choose effective ways to identify the causes of the occurrence of various manifestations of psychological problems and solve them. Suitable for players relieves the choice of incoming conditions.

The psychotherapeutic function it implies that the coach is able to normalize any deviations that occur psychologically in players. These are:

- providing psychological assistance in times of difficulty for players, irritability, assistance in troubleshooting, strengthening their confidence in their own strength;
- to help players regain their emotional state after controversial matches, defeats and in preparation for the next matches;
- to carry out the necessary adjustments in the personality structure of certain players in cooperation with them;

The organizational skills of the coach - the effectiveness of training and training largely depends on the fact that the coach is able to organize the training process in all directions. Orderly, organized in certain group exercises, training exercises, competitions, gatherings increase the productivity of each player's activity. The coach will be able to organize the life, rest, leisure activities and procedures of players, as well as sports skills in them will help in the formation of sama-rali. Discipline, order, Organization productive it is considered a necessary and important prerequisite for training.

High motivation of the coach, dedication to work, activity of creating apprentices. Professionally active work as an opposite aspect of the coach's dedication to the profession, in any pedagogical work (especially coaching), he cannot achieve significant achievements due to his lack of dedication to the profession, dedication to his work, inattention to the creation of disciples and negligence. The coach must love his job. The work of any successful coach is manifested in followers. While being too obsessed with work will bring good results at first, but with a number of negative consequences for the coach and educators, the principle of harmony is broken. Being too obsessed with coaching work is usually considered negative by reasons such as the high demands placed on young educators by the coach, the acceleration of the preparation process, which the growing organism cannot bear. As a result, further activity in sports also fades.

Too much immersion in the coaching profession also has no less negative consequences. In such an approach, Health, Family, free time are sacrificed in order to achieve a professional result, failure to participate in the process of raising their own children, neglect of the life moods of an ordinary person, etc. are observed. In the end, continued tension, excessive demanding at work, etc. lead to cooling much earlier than

the coach's profession. On its basis, there is a phenomenon that psychologists call “emotional burning syndrome”.

Professional burning is the opposite of many years of dedication and responsibility of a specialist. The coach is busy with regular training, friendly match play, conflicts about the lack of organization, tensions that arise through the strict demand for victory by the management.

Signs of professional burning can include constant feeling of fatigue, decreased interest in work, irritability, high conflict, morbidity due to a decrease in the body's strength and immune capabilities, emotional fatigue. All this coincides with a decrease in the effectiveness of professional activities. On the other hand, working without burning, without being disappointed, without being interested in the achievements of the rearing ones also does not work well. The instructive phrase” he must burn himself to burn others " is vital.

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