

PRINCIPLES OF MENTAL REGULATION AS BASIS OF THE KOPLEKSNY TECHNIQUE OF TACTICAL TECHNICAL TRAINING AT THE INITIAL STAGE OF TRAINING (ON THE EXAMPLE OF BILLIARDS)

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At increase of level of sports results the great value gains tactical skill of athletes. At a stage of the highest sports skill players who possess ability to the rational tactical activity at competitions caused by level physical technical and, in particular, psychological and intellectual readiness wins.

According to L.P. Matveev the sense of tactics of the athlete consists in development and use of such plans, models and practical ways of competitive behavior what would allow to realize with the greatest efficiency the opportunities (physical, mental, technical) what with the smallest difficulties to overcome counteraction of rivals. The concept "sports tactics" is considered as the difficult process consisting at least of two parts: the cogitative operations and designs (model) defining rod lines of conduct of the athlete in competition and realizing practical forms of his competitive behavior [8, 9].

As interesting addition of these provisions V. L. Utkin's opinion can serve. He considers as tactics elements tactical moves in the form of technical and tactical actions, methods of psychological impact on the rival, a choice of a position and masking of intentions. V. L. Utkin calls combinations of tactical moves tactical options. Tactical moves and options are realized by means of motive activity, but their choice – result of cogitative activity of the athlete [14].

A.V. Rodionov and B. V. Turetsky who understand set of methods of application of techniques according to problems of competition as tactics holds the similar opinion. It is directed on expedient realization of forces and opportunities of the athlete and the maximum use of shortcomings, misses of the rival [12].

In various groups of sports it is various both the importance of tactical ability, and the content of tactical actions - their character. So in difficult and coordination sports (fencing, tennis, billiard sport) tactics is a fight of mind, will and emotions of the athlete. In intellectual, tactical fight of people opens the qualities, abilities and ability to overcome "hostile" will, to conduct conflict

game of mind. It is constantly ready to suddenly arising psychological and actual situations.

One of the leading theorists of billiard sport A.L. Loshakov defines under tactics of billiard game a set of methods, urged to facilitate game to themselves and to complicate game to the rival. [7]. The policy stroke it is understood as any action, which purpose — improvement of a position in own favor. From the point of view of tactics game is based so that to ensure continuation of game in more favorable (simple) position and, on the contrary, to transfer blow to the rival in an unprofitable (difficult) position. The idea of tactical fight consists in creation of such positions which don't give to the rival the chance well to recoup and compel it either to violate rules, or to put a cueball in such situation, from where it is convenient to begin the series of productive blows.

Thus, tactics in billiard sport consists in skillful use by the athlete of techniques on the basis of knowledge of intentions of the rival thanks to the correct assessment of the situation and the made effective tactical decision taking into account own physical and mental capacities. [5, 7, 10, 12].

In this regard, the concept of tactics is closely connected with concept of competitive activity. But as activity of the person is connected not only with mental, but also motor components, the interrelation between them in sports tactics is shown rather close. Therefore, process of tactical preparation includes acquisition of tactical knowledge, improvement of tactical thinking and development of tactical skills and abilities [5].

It is well-known that tactical knowledge and abilities are based on the informative mental processes (feeling, perception, representation, imagination, memory, thinking, attention, the speech) connected among themselves and, in turn, shown in activity [6]. With their help the athlete receives information, stores it, analyzes, makes decisions. Thus, all tactical problems are solved in the athlete's head.

Thus it is important to include a motive component of activity in definitions of "sports tactics". Set of motive manifestations of sports tactics (tactics volume) is made by tactical options, tactical combinations and tactical moves. The most available tactical move is the single physical action. From this it follows that its motive manifestations are the cornerstone of sports tactics. Therefore no knowledge and abilities will be able to provide skill of the athlete if he isn't armed with the perfect technical skills which are strongly fixed and at the same time flexible, variable [10].

Starting with N. A. Bernstein [1] modern biomechanics passes from studying of the movement to studying of conscious, purposeful physical actions and motive activity as systems of physical actions. We find recommendations about use of psychological methods in the course of training in technical actions at M. M. Bogen [2].

The most effective, from our point of view, use of the methods based on theories of mental reflection, in particular creation of an image is.

Creation of a complete image of action is the most complete reflection of activity as it includes all parties of mental reflection and includes possibilities of creative derivation. Derivation of consciousness is necessary for disclosure subconscious, creative, intuitive since the consciousness and the 2-nd alarm system (a words by means of which there was a training), brake and don't allow to escape from captivity of earlier learned techniques. Physiologically it is connected with functional asymmetry of hemispheres of a cerebral cortex: left, dominant (at right-handed persons) the hemisphere controls verbal, logical functions, the right hemisphere controls the sensual and emotional sphere [4].

Collaboration of the author with the sports psychologist N. K. Volkov having a wide experience of work with high-class athletes in different types of sport: V. Samsonov (table tennis), A. Tsuper (freestyle), P. Nekhaychik (soccer), V. Azarenka (tennis), S. Dalidovich (cross-country skiing), etc. allows to offer system of "creative derivation" in the course of improvement of technical actions, and also mental regulation in the course of training and competitive activity of athletes [3].

The way of creation of an image works with various parties of mental reflection.

Work with the social party of the personality is directed on creation not of the authoritative atmosphere. It assumes creation of creative interaction between the trainer and the athlete when not only the pupil, but also the trainer starts studying at the pupil. Then not the method, and sport – sports activity becomes the chief conductor.

Through derivation of the second alarm system there is a regulation of course of intellectual processes. This mechanism assumes use of the external and internal speech, internal singing, pronunciation, shouts, respiratory movements, readings prayers and verses – all palette of the speech.

The tool and the mechanism of the second alarm system assumes verbal reflection of action [11], and it is imperfect. The word can't reflect essence. Often it disturbs performance of real actions. That is why words by means of which there was a training at the reproductive level, need to be distracted by means of other words at an improvement stage.

Derivation of the visual analyzer is directed on the perceptual parties of mentality. Thus action is carried out automatically. For example: when performing actions blindly the person starts "seeing" hands, feet, it develops special feelings (ball sense in sports, feeling of the rival in single combats, time sense in swimming and run, etc.) [13].

Besides, in the course of visual derivation concentration of attention on foreign subjects plays large role. For example, in table tennis, when giving it is

desirable to concentrate attention and to distract on an emblem of a tennis ball. Thus automatism of skills as the attention directed on control of actions causes tension are released. Thus, derivation of the visual analyzer is one of methods of process of mental regulation (for example to distract with the experiences connected with responsibility for result of the forthcoming competition).

Work with the motive analyzer by removal of physical clips. In intense conditions of activity there are physical clips which break coordination and disturb effective implementation of actions. For removal of clips it is necessary to find their localization, and then to find ways of relaxation and removal of tension, considering specific psychophysical features of the personality. Thus there is an optimization not only the stretched muscle, but also, by the principle of feedback – optimization of the motive analyzer. Thanks to it the movements of the athlete become more free and operated.

Work with the emotional sphere is reduced to emotional liberation. It assumes an emotional discharge and removal of tension depending on a situation, and also various receptions allowing not to keep in themselves emotions, and to be discharged without controlling consciousness of the emotional self-expression and without thinking that people around can think of it.

Besides, the image is the highest regulator of creative activity [4] so necessary for development of tactical and technical skill. For search of an image of successful activity in sport it is most convenient to use the analysis of the best performances at competitions. Often successful performances turn out spontaneously, unexpectedly, and are result of the functional systems of an organism which are incidentally created at present in combination with external conditions of activity.

The trainer's task – to help to find such successful moments, to analyze them, to simulate and make habitual. Formation of an image of action and behavior assumes continuous creative development of the personality, her improvement, both in sport, and in other kinds of activity.

Experience with athletes of various level of readiness, direct psychological maintenance in the course of which the ways given above were used, allow us to recommend them as methods of psychology and pedagogical preparation, psychological maintenance, mental regulation of athletes, and also self-control of athletes and trainers. It is possible to apply both in the conditions of training process, and in the conditions of competitive activity to improvement of tactical and technical skill.

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