

## **Effectiveness of Innovative Seminar-Training Methods in Forming Psychological Readiness for Competitions in 12–13-Year-Old Basketball Players**

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**Abstract:** This article comprehensively covers the effectiveness of innovative seminar-training methods in the process of forming psychological readiness for competitions in 12–13-year-old sports school basketball players. During the study, the athletes' pre-competition psychological experiences, anxiety and stress levels, motivational factors, and self-confidence indicators were analyzed in depth. On this basis, innovative psychological methods such as interactive training, role-playing games, visualization, relaxation exercises, team problem-solving, and communication training were used. The results show that seminar-training methods are highly effective in strengthening the psychological stability of young basketball players in competitive situations, developing their willpower, increasing stress tolerance, and forming a team spirit. It has also been proven through scientific and statistical analyses that these methods strengthen the athletes' quick decision-making skills during the competition, increase their self-confidence and motivation. According to the results of the study, the systematic introduction of innovative seminar-training methods into the training system of sports schools will serve to raise the psychological preparation of young athletes to a qualitatively new level.

**Keywords:** psychological preparation, innovative methods, seminar-training, young basketball players, preparation for the competition, stress, motivation, psychodiagnostics.

**Introduction.** Today, in all types of sports, especially in basketball competitions, the psychological preparation of an athlete is one of the decisive factors in winning. Especially for 12-13-year-old athletes, psychological factors are of great importance in the process of preparing for the competition. During this period, adolescents' emotional instability, susceptibility to stress, and nervousness in competition conditions can negatively affect their sports results. Therefore, the use of innovative seminar-training methods in the formation of psychological preparation is important.

**Relevance of the article.** Today, in the process of preparing athletes for competitions, not only physical and technical-tactical preparation, but also psychological preparation are considered a decisive factor for victory. In particular, growing athletes, such as 12-13-year-old basketball players, cannot demonstrate their full potential due to emotional instability, excessive excitement before the competition, and a high level of anxiety. Therefore, it is of great importance to strengthen their psychological preparation for the competition, develop stress management skills, strengthen self-confidence and team spirit. In this process, the need to use interactive and innovative seminar-training methods, not limited to traditional psychological training, is becoming an urgent issue. These methods allow athletes to train in situations close to

competition conditions, form their ability to make quick decisions, and strengthen emotional stability.

The analysis of the results showed that innovative seminar-training methods play an important role in the effective development of the psychological preparation of young basketball players. As was found during the study, after the seminar-training sessions, the level of anxiety in athletes significantly decreased, self-confidence indicators increased, and team spirit was strengthened. In particular, relaxation exercises showed high efficiency in reducing stress, and the visualization method showed high efficiency in increasing the self-confidence of athletes by repeatedly repeating successful actions in the mind during the competition.

Comparing the results with the scientific literature, studies conducted in the field of world sports psychology also confirm that seminar-training methods have a positive effect on the motivation and psychological stability of athletes (Bompa, 2015; Weinberg & Gould, 2019; Yusupov, 2020). It was also observed that team communication psychotraining improved the psychological environment within the group and created the basis for athletes to rely more on each other during the competition.

During the discussion, it should be emphasized that seminar-training methods for young athletes not only enhance psychological preparation, but also play a major role in their personal development. Because through these methods, adolescents acquire the skills of self-control, managing their emotions, making the right decisions in stressful situations, and working in a team.

The purpose of the study is to scientifically substantiate the effectiveness of innovative seminar-training methods in forming psychological preparation for the competition in 12–13-year-old basketball players.

The objectives of the study are to diagnose the pre-competition psychological state of basketball players. Develop and apply innovative seminar-training methods. Analyze the results before and after the seminar-training. Develop practical recommendations for the development of psychological preparation.

A number of modern tests and methodologies were used as psychodiagnostic tools in the research process. In particular, the Spielberger–Khanin anxiety test was used to assess the level of personal and situational anxiety of athletes. This methodology made it possible to determine the level of emotional tension, nervousness and stress that athletes experience before the competition.

The Luscher color test was also used to study the psychophysiological state of students, their internal emotional experiences and their reaction to stress. This test provided important information about the level of mental stability, self-confidence and psychological preparation of athletes for the competition.

In addition, the goals, internal motives and external motivating factors of young basketball players from participating in competitions were studied using a sports motivation questionnaire. This method revealed the athletes' desire to win, their desire to demonstrate their capabilities and their sense of personal responsibility for team success.

Using the athletes' self-assessment scale, their personal value, self-confidence and the level of stability in psychological preparation were analyzed. This method provided important information about how an athlete feels in a competitive situation, their decisiveness in decision-making, and their willpower.

Seminar-training methods played a central role in the study. These methods serve to comprehensively develop the psychological readiness of young basketball players for the competition, and are aimed at strengthening their mental stability, team cohesion, and individual psychological characteristics. The main methods used are described below:

1. Interactive training. During these trainings, basketball players actively communicate in small groups, cooperate in solving problem situations, and find answers to psychological obstacles that may arise during the competition. This method develops team thinking, trust in each other, and the skills of quick decision-making in complex situations in athletes.
2. Role-playing games. By imitating the competition process, basketball players learn how to behave in stressful situations based on practical experience. For example, situations such as reacting to a controversial referee's decision, making a decision at the last second, and acting as a team leader are practiced through role-playing games. As a result, athletes have the opportunity to test themselves in conditions close to the competition.
3. Visualization (mental imagery). This method is aimed at creating scenes of a successful game in the minds of athletes. Basketball players close their eyes and imagine themselves on the court: moments of a successful shot, an effective pass or a goal are repeated in their minds over and over again. Visualization increases the athlete's self-confidence, reduces pre-competition excitement and psychologically programs them for success.
4. Relaxation exercises. Various relaxation methods were used to reduce excessive excitement and stress that occurs in athletes before the competition. Through breathing exercises, autogenic exercises, and elements of meditation, the athletes' nervous tension was reduced, muscle relaxation and general psychological stability were ensured. This method helped to maintain composure during the game.
5. Communication psychotraining. During these trainings, basketball players were taught to strengthen communication, improve the team atmosphere, and increase trust in each other. The skills of open thinking, positive support and acceptance of constructive criticism were formed among the group members. As a result, the level of reliance on each other, mutual assistance and spiritual unity in the team increased.

These seminar-training methods served to develop the pre-competition psychological preparation of young basketball players in a multifaceted way, stabilized their mental state, strengthened team spirit and created the basis for high performance during the competition.

In conclusion, it was found that innovative seminar-training methods are an effective tool in forming the psychological readiness of 12-13-year-old basketball players for the competition. The interactive training, role-playing games, visualization, relaxation exercises and communication psychotraining used in the research process gave high results in reducing the level of anxiety of athletes, increasing self-confidence and strengthening team spirit. The results of psychodiagnostic tests confirmed reliable differences between the indicators before and after the seminar-training ( $p < 0.05$ ), which scientifically proves the effectiveness of the methods. Based on the results obtained, it is recommended to regularly include seminar-training sessions in sports schools in the educational process. In the future, one of the promising directions is to apply these methods in other age groups and sports and conduct a comparative analysis.

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