

## **PSYCHOLOGICAL FUNDAMENTALS THE TECHNICAL TRAINING OF FIGURE SKATING**

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***The purpose of the study:*** Enriching the training with special exercises and techniques aimed at the development of the musculoskeletal system, the development of technical training as a result of a psychological approach.

Figure skating is a sport that requires subtlety and attractive, such as rhythmic gymnastics and ballet. At the same time, it requires a high level of energy and strong technical training from the trainee. Therefore, it is possible to perform combinations in this sport individually and with the help of a partner, but in this process it is important to psychologically inculcate in the brain a perfect level of technical training in a person to eliminate the error.

Exercise depends on how well the athlete develops the mental processes (feelings, ideas, thinking) associated with self-regulation of motor activity. Based on them, figurative flight techniques are formed and improved. The psychological basis of technical training can be considered as the purposeful improvement of the processes that ensure the regulation of movements specific to the mandatory and free programs of all types of skating.

In order to experience flying in skating, the practitioner must have clear musculoskeletal sensations that develop and improve during the mastery of

mandatory program exercises. A survey of highly qualified figure skaters showed that after an average of 7.5 years of figure skating, they automatically achieved the required base-motion sensitivity when moving the foot. Therefore, in order to increase the effectiveness of the process of training figure skaters, it is necessary to enrich the training with special exercises and techniques aimed at developing the musculoskeletal system. Then the level of technical training of athletes will grow faster.

Special exercises can be used to improve not only muscle-motor sensations, but also other mental processes associated with movement control. It is important to maintain a constant speed and develop it when performing the exercises of the mandatory program. In order to perceive time, it is possible to know from the reaction to time, i.e., to evaluate the magnitude of the error in repeating a certain interval.

The programming function is the most important in teaching an athlete a particular movement. After showing and explaining a new element or exercise, the skater has an idea in his mind - an idea of what and how to do it. The image becomes a program of those actions, without which it is impossible to perform a new exercise. To do this, it is necessary to clearly explain and show the sequence and direction of the movements included in this exercise, and, if necessary, to divide the diagram, picture, and cinematograms into parts. It is important to keep in mind that in a proper (clear and complete) presentation skate, the pilot does not lose his or her relevance even if he or she has completed the initial mastery of the new element.

The image of engine movement with the adjustment function is not only standard, but also a model-like program that compares the skater to its actual performance. If the comparison is not in favor of the skater pilot, he continues to improve his skating technique.

Understanding of the technique of performing the elements of figure flying and technical training during the exercise, is influenced by the attitude of the figurative pilot to this or that element. Excessive focus on the complexity of an

element or combination prevents the student from mastering them quickly. It is important that the skater pilot's self-confidence always prevails.

**In conclusion:** humans being, all of trainee must use psyche tests and psychologists advises, coaches learned exercises techniques. In result, when they perform a competition so they will be taking good prizes, well motivation for next steps, feel a greater than other own friends.

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