

CORRECTION OF PRE-START EMOTIONAL STATES OF ATHLETES

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Introduction. In modern sports, one of the main problems is the problem of the athlete's psychological pre-start status. In the conditions of modern sports of higher achievements athletes basically have approximately the same level of physical, technical and tactical preparedness therefore importance of mental readiness for competition increases.

Aim. Definition forms and means of correction at pre-start status in athletes.

Materials and methods. We used analysis and generalization of scientific-methodic literature, pedagogic testing and monitoring.

Results and discussion. Competitive activity requires the athlete to maximize the mobilization of physical and psychological resources of the body. All the activities of the athlete are aimed at achieving maximum readiness for performance at the competitions. For achievement the highest results, it is necessary to make fuller use of the hidden reserves inherent in the personality of the athlete. Working at the limit of their abilities creates situations in that the athlete needs to regulate his emotional state. If the regulation is weak, then unfavorable psychological conditions arise, that reduce the effectiveness of competitive activity, which, as a result, leads to a decrease in effectiveness or a loss. There is a correlation between the effectiveness and reliability of the athlete's competitive activity from his psychological state, which precedes or accompanies it. The problem of entering to the optimal pre-start condition is extremely important for modern sport. This is because one of the main reasons preventing an athlete from fully realizing his potential is the inability to cope with unfavorable pre-start conditions. The most regulating effect is provided by a properly conducted warm-up. In the case of pre-start fever, it is necessary to warm up at a low rate. In apathy, on the contrary, warm-up is carried out at a rapid pace to increase excitability in the nervous and muscular systems.

Conclusions. There are three types of pre-start status of the athlete: combat readiness, pre-start fever and pre-start apathy. Combat readiness is the optimal state of readiness for competitions. The emergence of unfavorable psychological conditions, caused by particularly complex conditions of competitive activity, makes it necessary to develop means for their prevention and psychological correction, which contributes to an optimal reduction, directly, to the beginning of the competition. Individual selection and using means of correction to the pre-start condition help to increase the effectiveness of the competitive activity athletes.