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Psychological preparation of tennis athletes before competitions

Tennis is not only a physical game, but also a complex psychological challenge. Success on the court largely depends on a player's mental strength, concentration and emotional control. Psychological preparation is an important component for achieving high results in tennis. In the context of the modern sports environment, where high competition and stressful situations are inevitable, the study of psychological training methods in tennis becomes very relevant. The importance of psychological strength to achieve high results in this strategic sport cannot be overstated. Taking into account the aspects of psychological stability and concentration in the game is determined not only by physical readiness, but also by the ability to effectively manage emotions, stress and psychological pressure.

In our study, we will consider the impact of general psychological training of tennis athletes, which is aimed at the development and improvement of mental qualities for successful sports activities, in which means of psychological training are used, such as worldview formation, suggestion, self-suggestion, participation in activities, control, self-control, as well as physiotherapy, psychopharmacology, relaxation and electrical stimulation.

In our opinion, determining one's own style of play and tactical options requires understanding one's character and assessing one's temperament. Also, orientation towards systematic overcoming of difficulties is a key element in education of willpower, in particular through the use of autogenic training.

Thus, in tennis, the key qualities for successful competitive activity include competitive motivation, self-regulation, volitional self-control, determination, emotional stability, stability and resistance to overcoming difficulties [1, p.

55]. It is important in the process of preparing tennis players for competitions to avoid unequal opponents, as victories over them can lead to an overestimation of one's own abilities. The coach must avoid arrogance, which can affect the training and life regime, and emphasize that self-confidence is essential for success. One of the conditions for successful training is the detailed development of the algorithm of the preparation process for the competition, including the analysis of the opponent's technique and the use of rest to relax the nerves.

In our opinion, psychological preparation is a decisive factor in the success of tennis players before important competitions. The considered strategies are aimed at creating a favorable mental state, contributing to the optimization of physical and mental readiness to achieve high results. Special attention should be paid to the management of mental stress in sports conditions, as well as the correction of various aspects of this process, such as the distribution of attention. Psychological preparation is an integral part of the tennis player's long-term educational and training process aimed at developing motivation and achieving high sports results.

References

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