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HOCKEY GOALTENDERS PSYCHOLOGICAL PREPAREDNESS AS A PREDICTOR OF THEIR COMPETITIVE RELIABILITY

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Abstract. The theses present a draft of the upcoming study. The research is basis on the generalization of the author's many years of practical experience, analysis and systematization of data. The importance of the consistent formation and improvement of hockey goaltenders psychological preparedness substantiated. The scientifically based program of psychological and pedagogical influences consider innate individual characteristics and in accordance to sports periodization implementation as well as the choice of tools and methods for practical application will help to ensure players' competitive advantages and competitive reliability.

Keywords: sport psychology, analytics, innate individual characteristics, pedagogical influences, competitive activity, high performance

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ПСИХОЛОГИЧЕСКАЯ ПОДГОТОВЛЕННОСТЬ ХОККЕЙНЫХ ВРАТАРЕЙ КАК ПРЕДИКТОР ИХ СОРЕВНОВАТЕЛЬНОЙ НАДЕЖНОСТИ

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Аннотация. В тезисах представлен проект предстоящего исследования. На основании обобщения многолетнего авторского практического опыта, анализа и систематизации данных обосновывается важность последовательного формирования и совершенствования психологической подготовленности хоккейных вратарей с учетом врожденных индивидуальных особенностей путем реализации научно-обоснованной программы психолого-педагогических воздействий согласно спортивной периодизации. Научно обоснованные подходы в выборе инструментов и методов для практической реализации будут способствовать обеспечению конкурентных преимуществ и соревновательной надежности игроков.

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Ключевые слова: спортивная психология, аналитика, врожденные индивидуальные особенности, педагогические воздействия, соревновательная деятельность, высокая результативность.

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Introduction. Modern hockey represents ultra-new methods for sport educating of a technically equipped and physically prepared hockey player, his individual actions thoroughly thought and worked out in details, team tactical schemes and high-tech equipment. Analytical work, carried out on an ongoing basis, became more than an effective tool for realizing dynamic circumstances and timely correction of the training process as for coach and an athlete. Scientifically grounded approaches in the choice of tools and methods for practical implementation contribute to the provision of competitive advantages and competitive reliability of the players. The crown of an athlete's general preparedness is the positive result in a competition at the particular stage of training. The effectiveness of competitive activity is a derivative of the general preparedness state of an athlete and his competitive reliability (Banayan A., 2018, 2021, Korotkova, A.K., 2020). Thus, the Competitive reliability is a systemic integral complex quality of an athlete, which allows him to realize the maximum level of performance at the key competitions for a certain period.

The research is devoted to study the psychological preparedness of hockey goaltenders as a component that forms the competitive reliability. Research hypothesis – the consistent formation and improvement of hockey goaltenders psychological preparedness, considering innate individual characteristics through the implementation of a scientifically grounded program of psychological and pedagogical influences according to sport periodization (Banayan A. A., 2018, 2020) will contribute to the formation of their competitive reliability (Banayan, A.A., 2021).

Methods. The data will be gathered by use of the instrumental measurement of the nervous system's properties (NSP) by E. P. Ilyin's locomotor techniques (Ilyin E. P., 2001), assessment of technical and tactical actions while training and games, Questionnaire "Self-assessment of competitive reliability" and Questionnaire "Assessment of psychoemotional state" (Balandin V. I., Bundzen P. V., 1999, Korotkova, A.K., 2020), self-regulation by means of GSR biological feedback.

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