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## **ACCOUNTING OF PSYCHO-PHYSIOLOGICAL INDICATORS OF YOUNG TAEKWONDO PLAYERS IN THE PROCESS OF THEIR TECHNICAL AND TACTICAL TRAINING**

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**Анотація.** У публікації обґрунтовано важливість врахування психофізіологічних характеристик юних тхеквондистів в процесі їх техніко-тактичної підготовки. Запропоновано алгоритм дослідження проблеми, що складається із наступних кроків: 1) аналітичної оцінки проблем техніко-тактичної підготовки з врахуванням показників психофізіологічного стану спортсменів; 2) вивчення та узагальнення практичного досвіду з техніко-

тактичної підготовки у тхеквондо; 3) узагальнення отриманих результатів, обґрунтування методики.

**Ключові слова:** тхеквондо, психофізіологічні характеристики, техніко-тактична підготовка.

**Abstract.** The publication substantiates the importance of taking into account the psychophysiological characteristics of young taekwondo players in their process of technical and tactical training. An algorithm for the study of problems consisting of the following steps is proposed: 1) analytical assessment of the problems of technical and tactical training, taking into account indicators of the psychophysiological state of athletes; 2) study and generalization of practical experience in technical and tactical training in taekwondo; 3) generalization of the obtained results, justification of the methodology.

**Keywords:** taekwondo, psychophysiological characteristics, technical and tactical training.

**Relevance of the research topic.** Among modern varieties of mixed martial arts, Taekwondo occupies a special place and is defined as "the art of physical, mental and moral training practiced through unarmed combat techniques" [1]. It is known that the success of competitive activities in martial arts depends on the psychophysiological state of athletes. General problems of the psychophysiological state of athletes in the process of their training were reflected in the works of O. M. Kokun, V. V. Klymenko, O. M. Korniyak (2021) [2], S. M. Mohylyastoi. (2019) [3]; the issue of the influence of neurodynamic properties of the nervous system on the special performance of highly qualified athletes is covered in the works of G. V. Korobeynikov and co-authors [4, 5].

However, in the modern scientific specialized literature, the issues of methodical aspects of technical and tactical training of young taekwondo players, taking into account their psychophysiological conditions, are very limited and require in-depth research.

**The purpose of the study** is to substantiate the importance of taking into account the psychophysiological indicators of young taekwondo players in the process of their technical and tactical training.

**Research methods.** The following methods were used in the research process: general scientific (logical, abstraction, induction); analysis and synthesis of scientific and methodical literature and Internet sources.

**Research results.** The effectiveness of competitive activity in martial arts is related to the ability to instantly and accurately

respond to duel situations, which, in turn, is determined by the properties of the nervous system of athletes, a high level of attention and short-term visual memory. The specified properties reflect the psychophysiological state of the individual as a reaction to external and internal stimuli aimed at achieving a high result.

In the process of technical and tactical training, taekwondo players acquire the skills to implement specific motor programs of motor activity with the participation of various sensory systems. Therefore, one can agree with the opinion that "training, as a nervous process, is a directed formation of coordinated activity of the central nervous system, which is performed thanks to conditioned and unconditioned reflexes, mainly on the basis of proprioception" [6, p. 9].

Among the key factors determining the success of the technical and tactical training of taekwondo athletes, the central place belongs to the ability to perceive information, realize motor potential and the ability of athletes to think quickly in the process of sports activities in conditions of time shortage and mental stress of the match. In general, the style and manner of fighting depends on the psychophysiological characteristics of taekwondo players and the properties of their nervous system. In our opinion, the above needs to take into account the psychophysiological characteristics of taekwondo players in the process of their technical and tactical training, which is especially important in children's and youth sports.

To achieve the goal set in the research, it is proposed to develop an algorithm consisting of the following steps.

Step 1. Analytical assessment of the current state of technical and tactical training problems, taking into account indicators of the psychophysiological state of athletes, in particular taekwondo players

At this stage, the systematization and generalization of modern scientific approaches based on taking into account the impact of neurodynamic properties of the nervous system of athletes on their technical and tactical skills (modern trends, features, specifics) is expected.

Step 2. Study and generalization of practical experience in technical and tactical training in taekwondo

This stage involves conducting a survey of trainers on the issues of research issues; organization and conducting of ascertaining and formative pedagogical experiments with the aim of obtaining new theoretical and experimental evidence regarding the influence of psychophysiological state indicators on the effectiveness of the competitive activity of young taekwondo players and, on the basis of this, making corrections in their process of technical and tactical

training.

### Step 3. Analysis and generalization of research results

At this stage, it is envisaged to prove and substantiate the relationship between indicators of the psychophysiological state and the effectiveness of technical and tactical actions of young taekwondo players in the process of competitive activity, and to check the effectiveness of the proposed programs of technical and tactical training.

**Conclusions.** Therefore, the effectiveness of competitive activities in martial arts is directly related to the properties of the athletes' nervous system. In our opinion, the proposed approach to taking into account the psychophysiological indicators of young taekwondo players when developing training programs of technical and tactical training will generally contribute to the improvement of their sports results.

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