

**FORMATION AND DEVELOPMENT OF A
MOTIVATIONAL ENVIRONMENT IN THE
PROCESS OF PREPARING CHILDREN'S YOUTH
SPORTS SCHOOL ATHLETES FOR
COMPETITIONS (RUGBY-7) ON THE EXAMPLE OF
SPORTS**

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Annotation: in this article, the issue of the formation and development of a motivational environment in the process of preparing athletes for competitions in children's and youth sports schools is studied. On the example of rugby-7 sports, motivation factors, their influence on the results of athletes are analyzed. The results of the study are presented in the form of practical recommendations for coaches and educators.

Keywords: motivation, Children-Youth Sports, Rugby-7, competition preparation, motivation environment, sports psychology, team spirit.

Introduction. In recent years, with increasing interest in children's-junior sports, it has become a necessity to develop effective methods aimed at increasing athlete readiness for competitions. The sport of rugby - 7, with its community-based characteristics, creates a favorable field for motivational research. This article will highlight the importance of the motivation environment and the methods of its formation in the process of preparing athletes for competitions. Rugby-7 is a short and fast game that requires team spirit, quick decision making, cooperation and high motivation.

These types of games test the physical and mental state of the athletes. Motivation, in turn, helps athletes achieve the best results in competitions. The link between motivation and teamwork keeps athletes on the road to success. A motivational environment is an important factor in preparing athletes for competitions. Its composition includes psychological training before competitions, interaction of

team members, the leadership role of trainers and motivational methods. Methods used to increase motivation in certain situations: individual approaches, formation of a collective spirit, positive stimulation, analysis of learned experiences.

Purpose of the study: the purpose of this study is to study the factors of the formation of a motivational environment in the process of preparing athletes for competitions in children's and youth sports schools and develop recommendations for their development.

Objectives of the study:

1. Analysis of existing scientific approaches to motivation in children-adolescent sports.
2. Determination of the specifics of motivational factors in the sport of rugby-7.
3. Development of methodological recommendations for the formation and development of a motivational environment.
4. Assessment of the impact of motivation on the results of the competition of athletes.

Research methods:

1. Literature analysis: scientific articles and books on the topic were studied.
2. Poll and interview: polls were organized between coaches and athletes.
3. Observation: observations were made in the process of rugby-7 training and competitions.
4. Experiment: the effectiveness of methods aimed at increasing motivation was tested.

The results of the study and their discussion:

during the study, the main factors affecting motivation in children-adolescent sports were identified as:

- * **Internal motivation:** the interest of athletes to improve their skills.
- **External motivation:** awards, recognition, support from parents and coaches.
- **Social support:** collective spirit and friendly relations.
- * **Psychological factors:** training to build self-confidence and overcome fear.

Motivation is formed through various factors: there are different forms of motivation: internal (its own achievements, personal development) and external (rewards, incentives). In sports such as Rugby-7, internal motivation (such as fighting for team success) is of great importance. External motivation, that is, rewards or incentives, also increases the motivation of athletes in the process of preparing for competitions. The role of teamwork in the formation of a motivational environment: teamwork and mutual cooperation are very important in the sport of Rugby-7. To succeed as a team, athletes must develop mutual respect and trust. In a motivational environment, athletes are trained for higher outcomes through healthy competition, support, and Inter-learning processes. social support, team spirit and friendly relations that affect the motivation and training of athletes important factors are considered. The sport of rugby-7, with its team characteristics, has an important place in the formation of social support and team spirit. These topics can be covered at the following points:

1. Social support and its impact on motivation

Social support is emotional and spiritual support given to athletes by team members, trainers, parents, and other important individuals. Social support increases athlete confidence, reduces pre-competition stress, and increases

motivation. In team sports such as Rugby-7, social support helps to foster interoperability, which strengthens the relationships of athletes.

Emotional support: Coaches and team members support athletes mentally. This, in turn, helps athletes to more positively and sincerely perceive the preparation for competitions. For example, in team trainings, positive feedback, stimulation and joint celebration of achievements increase motivation.

Informative support: The advice and experience of coaches and team members will help athletes develop their strategic and technical knowledge. This type of support increases motivation because athletes feel they have the resources they need to achieve their goals.

External support: parents and friends provide social and emotional support to athletes. Parents can support athletes before competitions, appreciate the achievements of their children and encourage them to succeed. This type of external support helps to increase the self-confidence of athletes.

2. Collective spirit and its impact on motivation.

- Team spirit is important in team sports such as Rugby-7. Team Spirit teaches athletes mutual trust, cooperation and mutual support. Team spirit guides athletes to one goal and forces them to support each other in the preparation for competitions.
- **Achieving team success:** In rugby-7, athletes must work together and succeed as a team. Team spirit is an important factor in motivation, as each athlete wants to benefit the team, and this effort increases their motivation.
- **Support each other:** Collective spirit means mutual support and support. To win competitions, athletes encourage and help each other. The team spirit enhances interaction and creates a positive psychological atmosphere between athletes.

- **Competitiveness and support:** It is important to develop healthy competition in the team, but to work together when athletes help each other and prepare for competitions. The collective spirit is necessary for mutual assistance, work distribution and joint success.

3. Friendly relations and their impact on motivation

- Friendly relationships help strengthen trust, respect and cooperation in the team. This provides athletes with mutual support and increases motivation to achieve a common goal. Friendly relations make athletes stronger, especially during the period of preparation for competitions.
- **Trust and respect:** Friendly relationships form trust and respect among athletes. This, in turn, increases motivation, because athletes rely on each other and provide mutual assistance.
- **Meetings and joint activities:** Athletes prepare for trainings, meetings and competitions together. In these processes, friendly relations are established, which increase their readiness and keep their motivations high.
- **4. Methods for developing friendly relations**

To promote friendly relations, the following practical methods can be used in sports schools:

- **Interoperability in trainings:** Teaching athletes to understand each other and work together, developing teamwork.
- **Goal setting:** As a team, work together to set common goals and implement them.
- **Positive stimulation:** By encouraging athletes to develop friendly relationships, positive thoughts, encouragement, and support.

Social support, team spirit, and friendly relations play an important role in increasing athlete motivation and improving the process of preparing for

competitions in children's-junior sports schools. In sports such as Rugby-7, these factors help to strengthen the interaction of athletes and strengthen motivation to succeed as a team.

Motivation specificity in rugby-7: The sport of rugby-7 requires a high level of teamwork from players. In this sport, motivation methods are important, aimed at increasing the sense of belonging of athletes to the team and achieving common goals. The role of trainers in increasing motivation: trainers play an important role in controlling the motivation of athletes in the preparation process. Trainers must use psychological techniques in their work to increase athletes' self-confidence to help them achieve their best results. The goals set by the trainers, the formation of positive thoughts and the support of athletes strengthen the motivation process.

Practical recommendations:

1. Encourage athletes in training and give them the opportunity to demonstrate their abilities.
2. Increase team spirit by organizing team events and trips.
3. Conduct training on motivation methodologies for coaches.
4. Development of individual development plans for each athlete.

1. Setting and monitoring specific goals for athletes

- **Goal setting:** It is important for athletes to set current and long-term goals and determine the specific goals of each athlete. Goals must be clear and measurable (e.g. improving rugby technique in a given period of time or achieving success in team play).
- **Orderly monitoring:** Regular monitoring of athletes' achievements and developments, evaluation of the material studied, and showing results increase motivation.

2. Teamwork and community spirit development

- **Team training:** To develop the spirit of the team, it is necessary to organize team trainings, competitions and training. The unity and cooperation of the team increases the motivation of athletes. In the sport of rugby-7, each athlete must have a sense of connection and responsibility to their team.
- **Teamwork:** Directing trainings to teamwork, mutual assistance and celebrating achievements together. Through team training, athletes help each other and increase mutual trust.

3. Creating an incentive and reward system

- **Positive stimulation:** Positive motivation (e.g. celebrating a team's achievements, recognizing individual achievements) is of great importance in increasing motivation. Coaches and team members must give athletes explanatory incentives for their work and achievements.
- **Reward system:** To create an incentive system for athletes, that is, to reward each achievement or success. The awards increase the internal motivation of athletes and encourage them to improve themselves. Rewards can be not only physical, but also mental (for example, recognition of personal achievements).

4. The role of trainers and their motivational approaches

- **Motivational approaches:** Trainers need to take different motivational approaches to motivate athletes, increase self-confidence in them, and give them motivation before competitions. The support and trust of trainers gives athletes great mental strength.
- **Communication and feedback:** Trainers need to communicate effectively with athletes, talk to them regularly, in addition to training, and exchange ideas about their needs, problems and goals.

- **5. Emotional and psychological support**
- **Psychological support:** Teach athletes how to manage stress and anxiety, behave in competitions, accept team wins or losses. Organization of motivational psychological exercises and trainings with the help of trainers and psychologists.
- **Emotional support:** Emotional support is necessary to increase the self-confidence of athletes. Trainers and parents must provide mental support to athletes, especially before major competitions and when failures occur.
- **6. Celebrating Individual and collective success**
- **Individual recognition of success:** Recognition and award of individual achievements of each athlete. For example, a special celebration of athletes who have achieved individual goals.
- **Celebrating collective success:** Celebrating the successes achieved as a team, it helps to appreciate not only achievements, but also cooperation.
- **7. Application of creative and innovative techniques.**
- **Innovative approaches:** Organization of innovative methods for motivating athletes, for example, various games, challenges, motivational videos and trainings. This gives athletes the opportunity to test themselves, learn new skills and increase their motivation.
- **Competitive matches:** Making it possible for athletes to test themselves through competitive but friendly games and training. This method also helps in the development of team spirit.

8. Harmonization of physical and psychological training

- **Physical fitness:** Physical fitness, physical development and muscle strengthening are important to achieve success in the sport of rugby-7.

Making athletes physically strong and resilient increases their self-confidence.

- **Psychological preparation:** Increase the psychological training of athletes, manage stress before and during competitions, concentrate and develop strategic thinking.
- It is important to apply the above practical recommendations for the formation and development of the motivation of athletes in children's and youth sports schools. It is of great importance in improving team spirit, setting specific goals for athletes, creating an incentive system, providing support for trainers and guiding athletes to success in psychological support processes. In team sports such as Rugby-7, these recommendations are effective in improving athlete training and preparing them for competitions.

Conclusion. The formation of a motivational environment in a children's-youth sports school is important in the preparation of athletes for competitions. Studies using the example of rugby - 7 sport have shown that it is possible to increase the effectiveness of the training process by identifying motivational factors and understanding their impact on sports results. The article highlighted the importance of the formation and development of a motivational environment in the process of preparing athletes for competitions in children's and youth sports schools. On the example of rugby-7 sports, teamwork, quick decision-making and a high level of motivation are required. For the successful implementation of this process, the need to effectively use motivational techniques in the training of athletes was emphasized. In conclusion, the role of trainers in the formation of a motivational environment in the process of preparing athletes for competitions is of great importance. Trainers, in turn, should apply effective techniques to develop the internal motivation of athletes, strengthen team spirit and create a positive psychological environment. In sports such as Rugby-7, a motivational environment can be developed through teamwork, respect for each other and the formation of trust. At the same time, the harmonization of internal and external forms of

motivation helps to improve the physical and mental training of athletes in achieving their goals. In order to increase the level of motivation, there is an important role in mutual communication and stimulation in the training process. In addition, achieving personal achievements of athletes creates opportunities to show high results through team successes.

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