

THE ROLE OF THE COACH IN THE DEVELOPMENT OF WILLPOWER IN ATHLETES

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Abstract

This paper explores the role, significance, and methodological approaches of the coach in developing volitional qualities in athletes. Willpower is considered a core psychological trait underpinning an athlete's goal orientation, patience, self-control, and resilience to challenges. The study analyzes pedagogical, psychological, and practical methods used by coaches, including visualization, stress resistance training, competitive exercises, motivation, and discipline. It is demonstrated that these methods effectively help in forming strong willpower in

Keywords Athletes. Furthermore, the coach's leading role in shaping the athlete's volitional development through personal example, encouragement, and individualized approach is emphasized.

Introduction

Physical qualities are characteristics related to the human body and its movements. They play an important role in sports, work, and everyday life activities. Physical qualities help maintain a healthy lifestyle, perform actions effectively, and successfully carry out physical activities. The components of physical qualities include the following:

1. **Strength** — the ability of muscles to contract with maximum force. For example, it is necessary when lifting weights or pushing.
2. **Speed** — the ability to perform movements at maximum velocity. For example, running or reacting quickly.
3. **Endurance** — the ability to withstand physical or mental stress. It is essential for activities that last a long time.
4. **Flexibility** — the ability of joints to move freely and widely. It is important in gymnastics or dancing.
5. **Balance** — the ability to maintain stable body posture during movement or while standing still.

Importance of developing physical qualities:

- Maintaining a healthy life
- Preventing illnesses
- Increasing work efficiency
- Achieving success in sports
- Making everyday tasks easier



Based on these qualities, athletes can also develop willpower traits.

Physical qualities — such as strength, endurance, speed, flexibility, and balance — not only improve bodily functions but also help develop a person's willpower qualities (that is, mental strength, perseverance, and determination).

- Physical exercises and activities require patience, perseverance, and resilience from a person. For example, to increase endurance, regular and consistent training is necessary, which strengthens willpower.
- Overcoming difficulties and pushing oneself develops willpower qualities. Despite physical fatigue during activity, continuing exercises often increases mental strength.
- The desire to strive toward a goal and to overcome challenges shapes willpower. To succeed in sports and physical activities, a person must continually improve their physical capabilities, which in turn develops determination and willpower.

Thus, physical qualities are closely connected with willpower qualities, complementing and strengthening each other in the process of development.

The term "willpower" originates from Arabic, meaning "desire," "wish," or "decision." Generally, willpower is the human ability to act in a certain direction, strive toward goals, and control and regulate one's actions. Philosophically, willpower is often linked to human freedom and decision-making capacity. From a religious perspective, willpower is considered a gift from God and is crucial in shaping one's destiny.

Strengthening willpower is directly connected to internal desires and intentions, decision-making, the energy to act, independence, and self-control.

Developing volitional qualities is a crucial process for increasing self-confidence, acting with determination toward goals, and enhancing self-regulation.

The development of volitional qualities is based on:

- **Volitional ability** — the capacity to make decisions and fulfill one's desires.
- **Willpower strength** — perseverance and patience on the path to goals.
- **Free will** — the ability to make independent choices.
- **Volitional qualities** — characteristics and abilities to realize one's desires, decisions, and goals.
- **Fortitude (resilience, endurance)** — acting with patience and persistence despite difficulties.
- **Goal striving** — firm determination and consistent action toward objectives.
- **Self-control** — managing inner emotions and desires, resisting excessive impulses.
- **Independence** — making and adhering to decisions regardless of external influences.
- **Volitional strength** — mental and physical power required to implement decisions.
- **Responsibility** — accepting accountability for one's decisions and actions.
- **Patience** — pursuing goals persistently without expecting immediate results, despite time and effort needed.

To develop volitional qualities, athletes must:

- Write down daily, weekly, or monthly small tasks to achieve.
- Follow plans to self-regulate and increase discipline.
- Deeply reflect on the reasons behind their goals — understand why they want to achieve them.



- Use positive affirmations like “I can do this,” “I am strong.”
- Manage time daily and create a work schedule.
- Avoid wasting time and reduce distractions.
- Start with small tests — completing simple tasks and gradually handling complex ones.
- Face difficulties without fear and learn from them.
- Learn to overcome problems step by step.
- See failures as temporary and try again.
- Keep a journal of actions and results daily or weekly.
- Identify which skills have improved and what needs work.
- Practice constructive self-criticism and learn from mistakes.
- Use support from friends, family, or mentors to boost motivation.
- Participate in groups or training sessions to develop willpower.
- Create a positive environment.

The coach is the most important figure in shaping athletes’ volitional qualities. The coach teaches not only physical but also mental strength, commitment to goals, self-improvement, and patience required to achieve success.

Coach’s tasks in developing volitional qualities in athletes:

1. Set clear, step-by-step goals.
2. Conduct mental training and visualization.
3. Foster discipline and time management.
4. Develop decision-making and problem-solving skills.
5. Enhance endurance and patience.
6. Provide social support.
7. Teach self-assessment and analysis.

In conclusion, the role of both the athlete and coach in developing volitional qualities is extremely significant.

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