FORMS AND TYPES OF MENTAL TRAINING OF ALPINE SKIERS

UDC: УДК: 796.926. 015.59

(Discussion paper)

Dina Joksimovic1 and Aleksandar Joksimovic2
1The University of Niš, Faculty of Sports and Physical Education, Niš, Serbia,
2The University of Niš, Faculty of Sports and Physical Education, PhD student, Niš, Serbia,

Abstract

In this article we will talk about varieties and types of mental training alpine skiers and we will point out the need, importance, opportunities and requirements of different mental training as follows: Observation training (training through observation); Verbal exercise (through speech); Mental training (training through representation); Training in motor activity implementation (training through performance); Psychoregulation training (training through regulation); Training experience (training through experience) and group dynamics Training (training through group assignments). The issues of this paper are the use of certain kinds and types of mental training for better preparation of the training process, alpine skiers, as well as for successful mastering of the destination from the start to the finish, and realization of forms that occur before and during competition.

Keywords: observation training, verbal exercise, training through representation, Training in motor activity implementation, psychoregulation training, training experience, training through group assignment

INTRODUCTION

Mental training in alpine skiing is, deliberately, systematically and intensely thought-repeated performance of certain tasks (master pitch, turning point, a gateway from start to finish) during training or competition. Namely, when creating a clear picture (visual representation) psychomotor task performance in alpine skiing using the same and similar nerve pathways that are activated during real movement. This thought process allows the skier competitor to create a visual performance about mastering the tasks within the destination. Furthermore, it allows (athletes exercise date skills achieved) a better understanding of the movement, becomes a part of it, and thereby improves its performance. In this way a skier competitor acquires the ability to correct the desired psychomotor speed movement to overcome the destination (a vertical turning point gates, etc.). In this way a skier athlete while reducing the negative effects of psychotic factors such as fear, tension, anxiety and other manifestations of high excitement.

The issues of this paper are the use of certain kinds and types of mental training to better prepare the training process, alpine skiers, as well as for successful mastering of the destination from start to finish, and the realization of forms that occur before and during competition.

It is a known fact that alpine skiers before important competition, and the decisive run experience greater tension, which can have a negative impact on their results, even though they are well prepared. In such situations (emotional explosiveness, positive emotions, positive jitters VNA) skier with help of mental training can make it a bit isolated from environmental factors, calm by breathing and conscious relaxation of short. In this way, the competitor will be able to achieve mental and visual projection of an image in fractions of seconds or and ideal realization of the desired task (successfully solve the destination) and that it is successfully carried out. Trained mental training works almost automatically, as it seems automatic execution of a routine physical activities, a certain well-known exercise or movement. This so-called self training related to the process and self-relaxation. They can be applied individually but the coach can apply in working with small groups. Mental processes can contribute to: a) learning and training of specific abilities, b) overcoming mental blocks, c) reducing the number of errors in the routine-known adopted psychomotor activities and d) a complete and total directing athletes to the
An example of a common procedure in the application of mental training, will allow coaches to easily discover their essence as follows:

α) The skiers need to relax, lying on his back, arms provided to sides, palms placed on the floor in a darkened space. Turn a blind eye (no call), although some people do better visual effects if their eyes are open. This is an individual thing and each athlete will determine the type of personality he belongs. This exercise, athletes can apply at home, but the coach needs to explain how and when. Often lying in his own bed before sleep, athletes will think of how a routine movement performance in sport that is engaged.

β) The coach will then advise skiers to cross the deep slow breathing, to achieve a fully conscious physical relaxation and mental relaxation, but not be allowed to sleep. The coach at this stage can help by monitoring the breathing rhythm and direction of this rhythm verbal suggestions.

γ) The coach requires that skiers and Share online trying to maintain this state of relaxation and relaxed. Sometimes the coach at this stage require the skier to experience strong tensions as may be required ski specific situation.

δ) At this stage the coach requires skiers to start mentally preparing for the ski situation that they caused problem. Trener requires that skiers start mentally, to contemplate just now entering the gate or eliminates certain inclination or turning point in. Then, give directions, nagnio the causes deflection and thus tries to act suggestively on the athlete, (now you’re ready to overcome the inclination of the gate turning point, etc.).

e) At this stage skier should, in addition to creating a mental situation ski, and try to activate muscles analogous to what happens in real life. Orientation trteba thought to be accurately performed in the cross-task, striving for perfection.

Such training can contribute to: a) focus on the aggravating segments skiers in ski exercising routine tasks, b) focus on achieving consistency in psychomotor activity, as opposed to reality, in which the skier makes the wrong breaks, c) focusing on an integrated performance activities, d) practicing appropriate rhythm in breathing, and e) establish the existence of tranquility in the exercise of ski tasks.

Application of mental training will establish a special relationship between the muscle and general psychological processes in skiers, and it will contribute to: (1) pulse with the rhythm of skiers become evident below, that (2) muscle tension changes with the phase of mental training: in the first phase leads to a fuller opuštanja in the final phase to strengthen muscle tension than in the creation of active exercise and (3) The level of adrenaline is also changing with the phase of training, so a skier can consciously to provide a high level of hormonal preparation in most ski challenges when they occur in reality, and finally that all this provides (4) is much higher level of preparedness of the skiers in the active conduct constituting the goal of mental training.

Mental training in alpine skiing is a conscious, systematic repetition and thoughtful performance of a specific motor task (master gate, turning point, pitch, etc..) Theoretical basis of mental training alpine skiers indicates the need, importance, opportunities and requirements of different mental training and: 1. Observation, 2 verbal, 3 .mentalni, 4 implementation of motor training, 5 psihoregulacioni, 6 training experience and 7 training group dynamics. Such training can contribute to: a) focus on the aggravating skiers segments, b) focusing on consistency in achieving psychomotor activity, as opposed to reality, in which the skier makes pegrešne dropouts, c) focusing on the complete execution of activities, d) practicing proper rhythm of breathing and e) establishing the existence of calmness in overcoming ski tasks (the destination from start to finish).

REFERENCES


Paranosić, V. & Lazarević, LJ. (1975).
ФОРМИ И ТИПОВИ НА МЕНТАЛЕН ТРЕНИНГ КАЈ АЛПСКИТЕ СКИЈАЧИ

УДК: 796.926. 015.59
(Смрчен труд)

Дина Јоксимовиќ1 и Александар Јоксимовиќ2
1Универзитет во Ниш, Факултет за спорти и физичко воспитување,
Ниш, Србија
2Универзитет во Ниш, Факултет за спорти и физичко воспитување,
докторант, Ниш, Србија

Апстракт
Трудот тreta форма и видови на ментален тренинг кaj алпските скиjaчи. Тоj ukazuje на потребите, значењето, можносците и условите за примена на различни ментални тренини, како што се: Опсеврациоен тренинг (тренирање по пат на посматранje); Вербален тренинг (тренирањe по пат на зборуванje); Тренинг на претстави (тренирањe по пат на претставувањe); Тренинг на моторна реализациjа (тренирањe по пат на изведувањe); Тренин на психорегуляция (тренирањe по пат на регулациjа) Тренинг на доживувањe (тренирањe по пат на доживувањe), Тренинг на групна динамика (тренирањe по пат на групни задачи). Проблемот на трудот претставува користeњe на одредени форми и видови на ментален тренинг за можна поквалитетна примена на тренажниот процес на алпските скиjaчи, на поуспешно совладувањe на скиjaцката нататреварувачка патека од стартот до целата, како и реализациjа на поjавните форми во текот на скиjaцките нататревари.

Кluчни зборови: опсеврациоен тренинг, вербален тренинг, тренинг на претстави, тренинг на моторна реализациjа, психорегуляционен тренинг, тренинг на групна динамика

Correspondence:
Aleksandar Joksimović
University of Niš
Faculty of Sport and Physical Education
Čarnojevićeva 10A, 1800 Niš, Serbia
E-mail: joksimovicaleksandar@yahoo.com