

**THE COMPATIBILITY OF THE TEACHER-STUDENT RELATIONSHIP IN THE
SYSTEM OF PREPARING YOUNG ATHLETES FOR COMPETITIONS**

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Annotation: This article describes the activities of skilled coaches in the upbringing of young athletes, innovative approaches to teacher-student relations, and pedagogical cooperation. It also presents recommendations on the professional and special requirements for the activities of each young specialist-coach in the systematic and consistent training of young athletes, as well as on taking into account the individual characteristics of athletes during training.

Key words: physical education, sport, healthy generation, physical and voluntary qualities, teacher-student relationship, competition, mass sport, coach's activities, sports competition, emotional strength, physical-psychological preparation.

In recent years, sports and physical education have become an integral part of people's lifestyles. Raising a healthy generation in our country, selecting young talents and talents from among them requires a serious approach from specialists in this area. Sports have a special place in educating our future youth. The fact that in recent years, Uzbek sports have been glorifying our country before the world community with their high results, thousands of sports complexes that meet international standards are being built, and the most prestigious competitions are being held in various regions of our country is a practical result of this area. Physical education and sports are an important tool not only for training talented athletes, but also for ensuring a healthy gene pool and raising a harmonious generation. Our achievements in the world arena are a vivid example of this.

Today, we live in a very intense and complex time that is changing at a rapid pace, radically different from the times that humanity has experienced so far. In such a difficult and dangerous time, raising a healthy generation in society, forming it as a fully developed person is one of our most important tasks. Therefore, forming a healthy person through physical education and sports should be the task of the entire society. Every person, family, and parent, along with raising physical education and sports to the level of a habit, as well as respecting it as a value, will lead to continuous physical education and sports engagement in society [1]. Physical education is a pedagogical process aimed at forming physical and volitional qualities in students, preparing them mentally and physically for labor and defense of the Motherland, and is one of the important components of the social education system. The issue of ensuring that young people grow up healthy is inextricably linked to the interaction of teacher-student relations in our national pedagogy.

The current era itself shows that it is necessary to form a healthy lifestyle in our society, create conditions that meet the requirements of the times for the population, especially the younger generation, to regularly engage in physical education and mass sports, strengthen the will,

strength and confidence in their abilities through sports competitions, develop feelings of courage and patriotism, loyalty to the Motherland, further develop physical education and mass sports, attract all segments of the population, especially young people, to regularly engage in physical education and sports, and effectively use the conditions created in our country in this regard. In our country, strong athletes are growing up in the world arenas from among young people based on the attention paid to physical education and sports, and the created conditions. It is precisely the activities of experienced and skilled teachers and coaches, their tireless work, and innovative approaches to cooperation with their students that are the basis for such results [2]. Achieving high results in this area, systematic and consistent training of young athletes depends on the consistent behavior of teachers, pre-competition preparation tactics and a modern approach. The peculiarity of the formation of physical education and sports in this area is that it is important to use the principle of democratization and humanization of physical education and sports in the joint activities of the teacher-coach and the student as fully as possible. The importance of this approach is due to the fact that the technologies of physical education and sports activities are focused on the personality of the athlete in order to satisfy his needs and motives for this sport before the competition. Thus, the person-based approach to physical education and sports activities in modern pedagogy should be aimed at developing the knowledge-oriented and learning aspects of athletes, presenting them as subjects of activity.

Coaching is a person-centered approach, in which each young specialist must master the psychology of athletes, teaching techniques and technologies on the basis of experience in order to achieve his personal goals and create the most convenient and optimal opportunities for the development of physical education and sports. Only then will the need and importance of achieving physical education and sports potential during training be realized on the basis of a school of skills and pedagogical experience. First of all, each specialist, in the process of interacting with a young athlete, begins with choosing a sport - this is done by giving advice on choosing the right type of sport, taking into account the child's physical, functional and psychological characteristics, and taking into account his interests.

Success in sports largely depends on the level of emotional strength of the athlete, his ability to control his state, to direct all his strength and energy to the upcoming competition and to concentrate on himself the influence of all factors that will lead to victory. In this process, the coach must know each member of the team, which is very important for the psychological preparation of the team [4]. Therefore, competitions, in which the athlete overcomes difficulties and achieves the set goal, serve as the ultimate test for willpower. All other things being equal, an athlete with a strong will wins. Competition requires a clear manifestation of all physical and moral forces. The athlete can influence his will in order to achieve the set goal. Competition is the main method of testing spiritual and volitional qualities. The coach is interested in the inner spiritual life of his team. A harmonious, united team easily achieves success in training and competitions. The coach must know many methods and technologies for influencing the inner life of the team. The most important thing in this is his loyalty to his team. When athletes see that the coach spares his time and energy for the team, they develop a sense of respect for him, they believe his every word, and they know that every requirement and instruction of the coach serves the benefit of the team. The coach must not only strengthen the athlete's health and prepare him for high sports results, but also educate him morally.

So, in order to improve the athlete's physical and mental fitness and psychological education, the coach must clearly know the character of each athlete and be a spiritual mentor for his students. He must be an example for young athletes in every way, embodying such qualities as honesty, fairness, nobility, and patriotism. Only then will mutual respect and trust between the coach and the athletes become the most important factor in achieving mastery.

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