

Sports Psychology: The View in Future

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Abstract : During the last 50-60 years the sports psychology has become firmly established in sports. At the same time, the sport practice brings evidence that it is only beginning to solve some of the most important problems in sports. It is untimely to say that the sports psychology has become a compulsory and efficient part of the sportsman's preparation. It seems that the further development of the sports psychology can be seen, on the one hand, in the re-orientation of the psychologists from the regulation of the sportsman's mentality to the process of forming the subject of the sport activity able to take the overall responsibility for the result of the sport activity, able to independently set objectives and to overcome the psychological difficulties that arise in the process of attaining these objectives. In its turn, it will require the change in the very approach to the psychologist's work. The psychologist and the couch will turn from the specialists in correcting the negative manifestations of the sportsman's mentality to the specialists in forming the subjects of the sport activity. It will require the creation of the technologies that can form the subjects on all the age-specific stages of the sport activity, that can form the most important psychological qualities (psychological stability, mental reliability, etc.). Getting these technologies will enable the couch to change from the consumer of the psychological knowledge to the immediate participant of the psychological process.

Keywords : sports psychology, subject, sportsman's preparation, psychological knowledge

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