

THE FACTORS THAT DETERMINES FEATURES OF SELF-REGULATION MENTAL STATES OF THE BASKETBALL PLAYERS

Main attention in this article paid to the review and systematization the features of training-game activity of basketball-players that can provoke the appearance of a particular mental state, hinders the achievement of the highest possible positive result. Mention the following 4 groups of basketball features: features related to the variable nature of the game; particularly intellectual nature; features of game actions; other features.

The article also analyzed the various interpretations of the concept of self-regulation and identify the main characteristics of this concept in terms of the application in relation to the sport.

In the article justified the features of psycho-pedagogical states of basketball players, which must be considered in the preparation and in the course of the competition in order to reduce their negative impact on athletes using the techniques of self-regulation aimed at improving athletic performance.

Keywords: *self-regulation, basketball player, especially, basketball, mental state, the player.*