

STATE MENTAL READINESS IN CONDITIONS OF COMPETITIVE ACTIVITY ATHLETE BASKETBALL PLAYER

In article is observed the process of training of athlete for competitive activity through achievement of its optimum mental state by means of self-control mechanism. Process of self-control of mental states is considered as bilateral character: elimination of mental states, negative for competitive activity, and achievement of an optimum mental state. Authors describe indicators of optimum mental condition of athlete-basketball player.

Complexity of achievement of optimum mental state depends on several moments. In article the 3rd component structure of optimum mental state is observed. At the same time, taking into consideration optimum mental state in applied plan and its connection with features of basketball player's game activity the idea of necessity of its components specification is proposed. Also regarding to aims of research is offered to replace physical, cogitative and emotional components of optimum mental condition of athlete respectively on: active, cogitative-analytical and emotional-collaborative ones.

Keywords: *condition of mental readiness of athlete for competitions, optimum mental condition of athlete-basketball player, self-control of personality, structure of mental states self-control process, competitive activity, structural components and indicators of optimum mental state, efficiency of athlete's activity.*

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