



Analysis on the Influence of Athletes' Individual Cognitive Ability on the Acceptance of Coach's Training Instruction

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Research objective: The research shows that there are objective differences in the individual cognitive ability of athletes, which are mainly manifested in the ability of sensory perception, training attention concentration, exercise memory and the ability to execute the training commands of the coach. The athletes' normal sensory perception can make them receive the training commands from the coach, integrate the information, and give the training meaning. To explore the impact of athletes' individual cognitive ability on the acceptance of coach's training instructions, and to explore the specific methods of psychological skills training or psychological stress recovery intervention training for athletes, in order to promote the improvement and development of athletes' competitive performance.

Research methods: This study adopts the literature method and logical analysis method.

Research results (1) The individual cognitive normal is reasonable for athletes to express their emotion, excitement or rejection of embodiment in training, reasonable cognitive training can transfer the athletes training, positive emotions is vital to success, athletes, after all, in daily training and competitions, both the joy of success, also have the pain of failure. (2) Training thinking ability is an important manifestation of athletes' individual cognitive ability in competitive training, and it is the advanced stage of cognitive activities, which affects the improvement of training effect and competitive performance. However, the impairment of athletes' individual cognitive ability will lead to the impairment of perception in athletes' individual cognitive ability, thus affecting the execution of training instructions.

Research conclusions: From the point of the current psychological function training and treatment, the cognitive ability of each individual player to accept coaches training instruction exist objectively, cognitive training it may be said is a good way to adjust the athletes emotions, not to the short-term negative emotions or habitual negative emotions, has good adjustment and treatment effect. From individual cognitive ability, the understanding of athletes to participate in athletic game development regularity and characteristics of psychological activity, is helpful for psychological skill training for athletes scientifically or psychological stress recovery training, so that athletes get maximum play to the subjective initiative of, more conducive to the improvement of athletes' performance and development progress.



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