

A study on the psychological training methods of swimming for young children

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Abstract. Swimming requires a high level of concentration, especially in competitions, where children must react and make the right decisions quickly. Through mental training, they can improve their ability to concentrate and remain calm and rational, which translates into better performance. In recent years, with the increasing maturity of swimming technology, physical fitness and technical movements are no longer the decisive factors in the course of a competition. When the athletes are between the same physical and technical level, the availability of good physical fitness becomes a key element in determining the outcome of the competition. Therefore, coaches need to pay attention to pre-competition psychological training, have a full understanding of the pre-competition psychology of young swimmers, and on this basis, flexibly use simulation training, self-referral training, recall of technical movements and self-control training, etc., so that the athletes' psychology is in a good state and form a good psychological quality to face the competition better.

Keywords: Swimming; mental training.

1. Introduction

Psychological training methods for young children's swimming are specially designed to address the psychological issues that young children need to face in their swimming training. In addition to technical training, psychological training is equally important for the growth and development of young children. Because the psychological state of young children is different from that of adults, specially designed psychological training methods are needed for their age. Swimming is a physically and psychologically demanding sport and children must overcome some common psychological barriers, such as fear of water, heights and terror. Through mental training, they can slowly eliminate these negative emotions, build up the right attitudes and beliefs, and swim to their full potential and strength. Psychological training for young children's swimming is an integral part of swimming training. The psychological characteristics of young children determine their special needs during the swimming process and therefore the importance of a psychological swimming training method for young children cannot be overstated. Psychological swimming training helps children to develop the right self-esteem and self-confidence, thus building good personality traits and a good state of mental health.

2. A brief description of youth swimming mental training

Youth swimming psychological training refers to the psychological training of young swimmers in order to improve their level of performance and mindset, and thus achieve better results. Psychological training plays an important role in the training of young swimmers, promoting the overall development of the athlete's thinking system, personality, emotions and behaviour. Firstly, young swimmers need to optimise their physical fitness, and the repetition of training and competition often puts great physical and mental pressure on them. Secondly, youth swimming psychological training should include several aspects. First is psychological adjustment and mental balance training, training young athletes to resist negative emotions, think positively and optimistically, and maintain self-confidence. Next is pre-competition mentality training, training young swimmers to adjust themselves before a competition to ensure they are confident when they take the stage. Finally, there

is mental skills training, which teaches young swimmers to use mental skills such as imagery training, stress management, positive dialogue and so on, in order to enhance their physical strengths. Thirdly, junior swimmers face many different pressures such as exams, competition pressure and relationships and often suffer from psychological disorders such as depression and anxiety. Psychological training can not only improve the level of competition of young people, but also prevent or alleviate certain psychological disorders. In summary, psychological training in junior swimming has a very important role to play. Good psychological quality not only improves the competition level and performance of swimmers, but also promotes their overall development, and is an integral part of youth swimming training^[1].

3. The importance of mental training methods in swimming for young children

3.1. Promote overcoming internal struggles with fear and building self-confidence

Young children are often faced with many difficulties and are more likely to develop fear during swimming. This stage fright can often greatly affect swimming skills and performance. Through psychological training, coaches can help young children understand their emotional state and provide some effective countermeasures and solutions to facilitate their inner struggle against fear, reduce stress and build self-confidence and a stable emotional state during training.

3.2. To help improve concentration and decision-making skills.

Concentration and decision-making skills are very important factors in swimming competitions, which can be even more challenging for children. Coaches should teach children how to extend and improve their range of concentration through practice, helping them to better understand the complex situations and factors involved in swimming events and to make quick and appropriate decisions.

3.3. To develop good character and a healthy mind.

A person's character and mental health can directly affect their athletic ability. Swimming is a very active sport that builds heart and lung function, and mental swimming training can help children understand this and develop good character traits and mental health as a result. This will also help them to perform more confidently in their daily lives and to cope more easily with hardships in their future as adults.

4. Exploring the psychological training methods of swimming for young children

4.1. Mindfulness and relaxation training

Young children often feel stressed and nervous when faced with swimming training and competitions. This stress and tension can create fear, which in turn can affect swimming skills and performance. Therefore, mind relaxation training is very important. Through mental training, psychological adjustment and timely verbal guidance, coaches can help children to reduce stress, relax their minds, increase confidence, be mentally agile and responsive, and reduce unnecessary tension and distractions. The training process can be helped by listening to relaxing background music so that the children can complete their training tasks in a relaxed, calm state of mind^[2].

4.2. Concentration enhancement training

Swimming techniques are complex and require rigorous mastery of scientific and effective techniques. To be successful in competition, they also need to improve their concentration and reaction time. Concentration and reaction time are further improved with good training^[3]. Training young children requires clear swimming goals to keep them focused on their goals, enjoyable and focused during the swim, thus improving skill levels. Different swimming disciplines are assigned to

different young children and the training is focused on different disciplines to adapt them to the various challenges in competition and improve performance^[4].

Practising different tasks at the same time will enable children to better cope with tricky problems in competitions and thus improve their level of concentration during the race.

4.3. Enhanced training in rational decision-making

There are a number of complex situations that young children may encounter during a match that require sound decision making. The coach can provide a 'knowledgeable introduction' to the game situation so that the children are more aware of what is possible in the game and can guide them to make more rational decisions. In decision-making, for example, children can practise making more scientific decisions about the next step through independent training.

4.4. Recall of technical movement method to maintain a smooth mood

In the process of mastering swimming techniques for young swimmers, it is important to train not only the athletes' movements but also their intelligence and thinking. In fact, for young swimmers, some movements are not impossible to do and are not caused by problems with physical function, but are influenced by thinking and not forming a good sports mentality. For example, before a race, due to high mood swings, there is an inability to think calmly and it is easier to make mistakes in the movements during the race. In order to improve this problem and enable athletes to develop a good sporting mind, the method of recalling technical movements can be used in pre-competition mental training^[5]. The main function of this training method is to recall the technical movements learned, especially for key technical movements, and the application of the recall of technical movements method can play a good role in deepening the athletes' understanding and mastery of technical movements, so as to achieve coordination between body and mind and improve the athletes' sports skills as a whole.

5. Conclusions

In summary, the mental training approach to swimming for young children is very important. It enables young children to become more confident and focused, improves their swimming skills and performance, builds their physical fitness, allows children to develop good character and mental health, and ultimately promotes them to become more confident and healthy individuals and achieve good overall development. Mental training for young children is one of the most important aspects of swimming training. Through effective training methods such as mental relaxation training, concentration enhancement training, rational decision-making enhancement training, competitive belief strengthening training and anticipation of success training, we can effectively improve the psychological quality of young children and help them to achieve better results in swimming training and competition, and to have stronger psychological tolerance and resistance in later life, so that they can better perform their tasks.

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