

Feasibility Study on Swimming Training Camp for Chinese Youth Based on Psychological Training

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Abstract: Competitive sports powers attach great importance to the development of their own superior events. With the continuous development of domestic market economy, more and more attention is paid to sports competition. Nowadays, the competition in sports field is not only the competition of athletes' physical quality, technology and tactics, but also the competition of psychological ability. At present, psychological training is paid more and more attention in adult training, and the level of athletes' psychological training has a more and more significant impact on competition results, while the training in adolescence is the basic training stage of athletes, which plays an important role in future success. Under the guidance of state administration, how to encourage social forces to participate, integrate social resources, cooperate with the construction of swimming training bases, establish youth swimming training camps with Chinese characteristics, and strengthen the physical and psychological training of young athletes has become an urgent problem to be solved in amateur swimming training in China..

1. Introduction

Teenagers are in the middle of school age, which is the golden stage of learning and training swimming. For coaches, it is extremely important to formulate a systematic and full-cycle training plan in order to grasp the results at this stage [1]. Modern sports training is inseparable from the theoretical guidance of psychology and pedagogy. A qualified coach must be good at using psychological education, using this method to understand the athlete's psychology, closely follow the athlete's psychological situation, correctly guide, educate and train them to overcome psychological obstacles, and maintain a good psychological state for a long time [2]. At this stage, psychological training is receiving more and more attention in adult training, and the level of psychological training of athletes has become more and more significant. The training of the youth is the basic training stage for athletes, and plays an important role in the future. The young swimmers are in a period of rapid development and great changes in terms of physiological functions, physical qualities, psychological qualities, etc., and the development of their psychological processes has its particularity, so the training of the young swimmers' psychological qualities is necessary [3]. The establishment of youth swimming training camps can expand the training channels for domestic swimming talents, improve the quality and quantity of talents, and maintain the sustainable development of swimming projects in China [4].

The success of young swimmers is not only because they have some extraordinary physical skills, great physiological potential and genetic advantages, they also have the ability to exert the above advantages and extraordinary psychological advantages [5]. Swimming is an individual-based sport. It is extremely competitive. It requires athletes to maximize their physical potential and technical level. It requires a high level of will. It is a sport that challenges the physical and psychological limits of athletes [6]. Practice has shown that the training of athletes is in line with human psychological and physiological laws. The growth of excellent swimming talents must be cultivated from an early age and depends on years of scientific system training. Each athlete has a fairly long period from the beginning to the appearance of his highest score. Adolescents are also the most

immature period for athletes. The psychological training of swimming has both her commonality and her personality. Mastering the psychological training features of adolescent swimming training is the ability that a coach must have [7]. How to encourage the participation of social forces, integrate social resources, cooperate with the construction of swimming training bases, establish a swimming training camp for young people with Chinese characteristics, and strengthen the physical and psychological training for young athletes at the national administrative guidance has become the current amateur swimming training in China Urgent problems.

2. The Practical Needs of Establishing Youth Swimming Training Camp

In order to discover and train talents in domestic swimming competitions, the State Sports General Administration organizes amateur swimming training for young people every year, and carries out high-level training through relevant training. To cultivate excellent reserve talents in swimming events, it is necessary to have professional coaches, comprehensive field equipment and proper training time. Nowadays, the swimming training market has a very broad prospect, and the beginners' teaching classes or amateur level training classes run by the state or individuals in the society will be full to varying degrees. When athletes encounter setbacks or unfavorable factors before the competition, which affect their confidence in the competition, cognitive training can help athletes fully see their advantages, give encouragement and mobilization, and use various positive means to help athletes restore their confidence in the competition. The opening of youth swimming training camp can not only reduce the economic burden of the country, but also fully rely on the strength of the country, society and individuals to solve the problem of popularization and improvement, so as to benefit more athletes and train more competitive swimming reserve talents for the country. Usually, most teenagers use their spare time to train in their spare time, and the training time and conditions are not perfect. They hope to take part in swimming training camp and improve their skills by spending enough time during holidays. In sports psychology, athletes can't successfully complete the training task without the required psychological quality and corresponding preparation state. The improvement of domestic swimming competition level will drive people to learn swimming, and the number of people participating in swimming training will increase continuously, which will also increase the number of people participating in competitive swimming training, providing good conditions for the selection and reserve of talents in domestic swimming competitions.

Appropriate emotions can give full play to the regulating and controlling function of the cerebral cortex nervous system, so as to ensure athletes to participate in the competition smoothly. Therefore, when the athlete's pre-competition mood is too high or too low, it is necessary to adopt the method of reducing or increasing the feeling in psychological training in time, and make targeted adjustment to make the athlete's mood tend to be optimized. The establishment of youth swimming training camp can provide high-level training for amateur swimmers and maximize their potential. Young swimmers who participate in amateur swimming training can carry out intensive training by participating in swimming training camps held during holidays, choose training camps suitable for themselves according to their age and level, and receive guidance from high-level coaches. The domestic socialist market economy is constantly improving, and the resource allocation system is also developing towards diversification. The development of education in China has stimulated the market macro-control policy and promoted the perfect combination of education and sports.

3. Feasibility and Strategy of Establishing Youth Swimming Training Camp

Juvenile swimming training camps have developed in swimming powers such as the United States and Australia for many years and have accumulated many successful experiences. When starting a youth swimming training camp in my country, in addition to being good at reference and learning, we must also fully consider my country's national conditions and the needs and characteristics of young athletes, and make breakthroughs in content and operation methods. To study the establishment of a swimming training camp for young people in my country, it is

necessary to have a deep understanding of the motives and needs of the people participating in the swimming training camp to meet their consumption needs. When establishing a youth swimming training camp in China, we need to draw on and learn from successful experiences abroad, combine national conditions with the characteristics and needs of young people, and make breakthroughs in training content and methods. The sponsors of China's youth swimming training camps can make full use of the existing conditions and conduct joint testing and evaluation with provincial and municipal scientific research institutes and sports institutes. With the help of the personnel and equipment of these units, through centralized testing and evaluation during the training camp, the Coaches and parents have an overall grasp of all aspects of athletes [9]. The coach's every move, words and deeds, and even changes in mood affect the athletes subtly. Only the people they trust can listen to them, and they are only willing to carry out the training arranged by the people they trust. Therefore, the coach must lead by example. In training, you can create an atmosphere of competition, enhance the degree of confrontation in training or teaching competitions, and arrange more factors that are not conducive to athletes' technical performance in training competitions, and exercise the ability of athletes to withstand stress.

Psychological training is the basis for ensuring correct and efficient movements, and is an important part of the exercise training process. Reasonably arrange the content of preparation activities, and reasonably link general preparation activities and special preparation activities. The preparation activities are similar to the requirements of special technical movements to prevent the occurrence of sports injuries in special training. The architecture of the special sports injury prevention method is shown in Figure 1.



Figure 1 Special sports psychological prevention method architecture

Due to intense competition, the athlete's entire body and mind are in a state of extreme tension. Therefore, the accompanying strong and vivid emotional experience is also colorful. Figure 2 shows the coordination phase of the cross-project team.

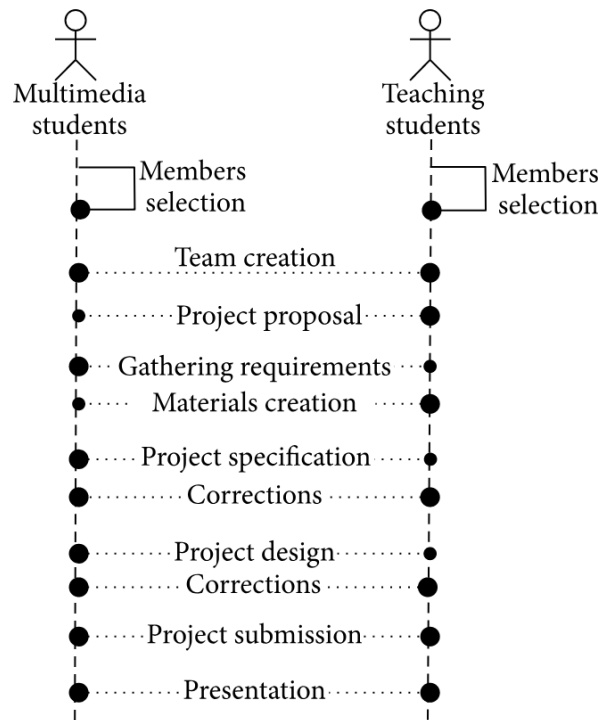


Figure 2 Coordination stage of cross-project teams

With the help of the equipment and personnel of relevant state departments, the athletes' performance in every aspect of training is tested and evaluated, so that coaches and parents can clearly understand the skill mastery of young athletes, and can be well targeted for training and improve the scientific nature of training. Psychological education is only an external cause. Through external causes, athletes can change their internal causes and present a good mentality, thus generating self-consciousness and enthusiasm. In the process of training, there is a big difference in physical strength and technical level between athletes. Therefore, coaches should pay special attention to those novices who are weak in physical strength and unfamiliar in technology, so as to avoid their easy injury due to their poor ability to adapt to high-intensity training. Simulating some difficult conditions that may appear in the competition during the training can skillfully combine the will training with the technical training. Give students confidence in the teaching process. Only when they have enough confidence can they have more motivation to train. Athletes have different temperament and personality, and each person's mood is different, so psychological education must be treated differently. Uniform methods may lead to athletes' resistance, and teaching students in accordance with their aptitude will achieve twice the result with half the effort.

4. Conclusions

Whether from the perspective of training or competition, athletes' psychological activities play a decisive role. Young swimmers should pay attention to grooming to practice if they want to achieve excellent results in the fierce competition. Only by mastering the means and methods of psychological training as soon as possible can athletes' potential be brought into full play. To establish youth swimming training camp, it is necessary to combine the national conditions with the needs of youth development, effectively train more outstanding youth swimmers, and enable the reserve talents of domestic swimming competitions to develop stably and sustainably. The combination of psychology and pedagogy in training can improve athletes' level faster. Coaches should know more about athletes' personality in their usual training, form a certain psychological tacit understanding, and lay a good foundation for psychological training. It is necessary to establish a youth swimming training camp with Chinese characteristics to strengthen the physical and

psychological training of young athletes. Safety issues in swimming training should be fully considered, and relevant safety management systems should be formulated to avoid accidents and ensure personnel training.

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