**Mental Training in Sports: Summary and Perspectives**

**Автор:**[Valeriy, M](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=AU&value=Valeriy,%20M) (Valeriy, Malkin)**[ 1 ]** ; [Lyudmila, R](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=AU&value=Lyudmila,%20R) (Lyudmila, Rogaleva)**[ 1 ]** ; [Alla, K](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=AU&value=Alla,%20K) (Alla, Kim)**[ 2 ]** ; [Zhanerke, A](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=AU&value=Zhanerke,%20A) (Zhanerke, Aidossova)**[ 2 ]** ; [Natalya, K](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=AU&value=Natalya,%20K) (Natalya, Khon)**[ 3 ]**

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**Аннотация**

Psychological stability of an athlete is an important factor of achievement high results in sports. To solve this problem the mental training has been used. Its weakness consists of limitation of the regulation process by mechanisms of physiological level only. The perspectives for the development of mental training in sport will be dependent from the result of implementation of psychological mechanisms of motivational-emotional level of athletes. Methodology of psychoforming training based on the development of system of attitudes has been elaborated. The results revealed rather high effectiveness of the psychoforming training as a mean of stabilizing the psychic state of an athlete in competitions.

**Ключевые слова**

**Ключевые слова автора:**[mental training](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=TS&value=mental+training&uncondQuotes=true); [psychoforming training](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=TS&value=psychoforming+training&uncondQuotes=true); [attitudes change](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=TS&value=attitudes+change&uncondQuotes=true); [self-confidence](https://apps.webofknowledge.com/OneClickSearch.do?product=WOS&search_mode=OneClickSearch&excludeEventConfig=ExcludeIfFromFullRecPage&colName=WOS&SID=N1QQ8aPq48OshI9drBp&field=TS&value=self-confidence&uncondQuotes=true)

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