A RETROSPECT ON THE SELECTION AND LONG-TERM SYSTEMATIC TRAINING FOR TAO LUNA AND STRESSED THE IMPORTANCE OF LAYING EMPHASIS ON BASIC TECHNICAL AND PSYCHOLOGICAL TRAINING OF THE ELITE SHOOTERS IN ORDER TO IMPROVE THEIR COMPREHENSIVE COMPETITIVE CAPABILITY.


1. STRESSING SHOOTER'S PSYCHOLOGICAL QUALITY DURING THE SELECTION

A shooter who wants to obtain good results during shooting events must have good psychological qualities, thus stressing psychological factors during the selection of TAO LUNA. In 2001, I started a collective training course in women's sport pistol and air pistol for the Shanghai shooting team at the shooting range of Luwan District. I found that TAO LUNA was a potential shooter and later on I chose her to take part in the training camp organized by the Shanghai shooting team. She proved to be a professional athlete at the end of 1999. In June 2000, I went to Beijing middle school to locate the school where I selected her as a team member. I was the following psychological qualities.

1.1 GOOD PERSONALITY

In the course of the selection training for the athletics, I organized the athletes to go to Shanghai Sport Science Institute to take part in a personality test through Cattell's Sixteen Personality Factors Questionnaire(1956). TAO LUNA got ten scores at faster C, E, F and H which suggested that she had an ideal temperament. She was good-tempered and did not show negative emotions. She was good at understanding the actual situation. In general, her performance was good and she was not the kind of people who were easily frustrated.
2.3 THE STAGE FOR IMPROVING TECHNICAL SKILLS

Since Wagner training in 1994, under the scientific instruction of "starting from discussion, starting from strictness, standardizing training content and increasing training amount," I have stressed the improvement of shooting scores while enhancing the basic technical training. I built a motivation system according to the skill requirement of each stage. After Wagner training, Tao Lunz made great improvement in two team tests, so that way, Weaver Tests first got good scores of 587 points and 588 points in Sport PISTOL. Wang's achievement inspired all the athletes to increase their training intensity. The Coast Guard (Tao Lunz) team then took the gold medal in the International Open Cup in April. She added "the International Cup" held in Beijing in May, participating in the Shooting Tournament of the Asian Armed Forces, the best of the East of China held in Nanjing City. "There's no substitute for practice" was also added to the national training plan. Within a year, she joined the national training team and participated in the National Shooting Tournament held in Shenyang Province in November. All her achievements in the events of the national training team were reflected, convincing herself that her training was effective. The training also set a new goal for her to be a perfect shooter.

2.4 INTEGRATING COMPREHENSIVE TECHNICAL TRAINING WITH COMPETITIVE EMOTIONAL TRAINING

The problem is psychology. When the pressure of the competition, the anxiety of shooting, the nervousness of the people, the pressure of the people, the pressure of the doctors, etc. All these factors can make your mind and body out of order.

3. IN THE SYDNEY OLYMPIC GAMES, TAO LUNZ FINELY PERFORMED COMPREHENSIVE CAPABILITY

In December of 1994, I took Wang Yuwei and Tao Lunz to attend the 26th Olympic Games in Australia. The team went to the training camp for one month to improve their comprehensive capability. Within a year, Tao Lunz participated in two tryouts for the Olympic Games, which included 20 shots on the gun, 20 shots on the rifle, and 20 shots on the pistol. The results were not very good, and I was very dissatisfied.

Insurance and invest in the future. The main reason is to investment in the future. The main reason is to investment in the future. The main reason is to investment in the future.