



STANDARD QUALITY

GLOBAL CONNECTION



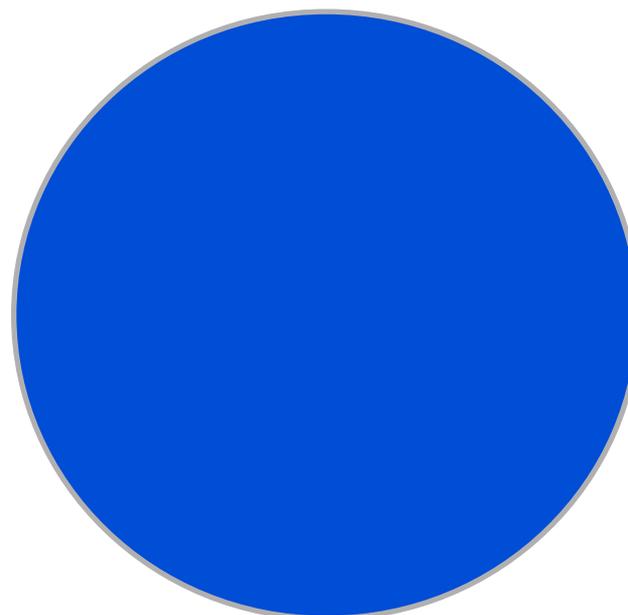


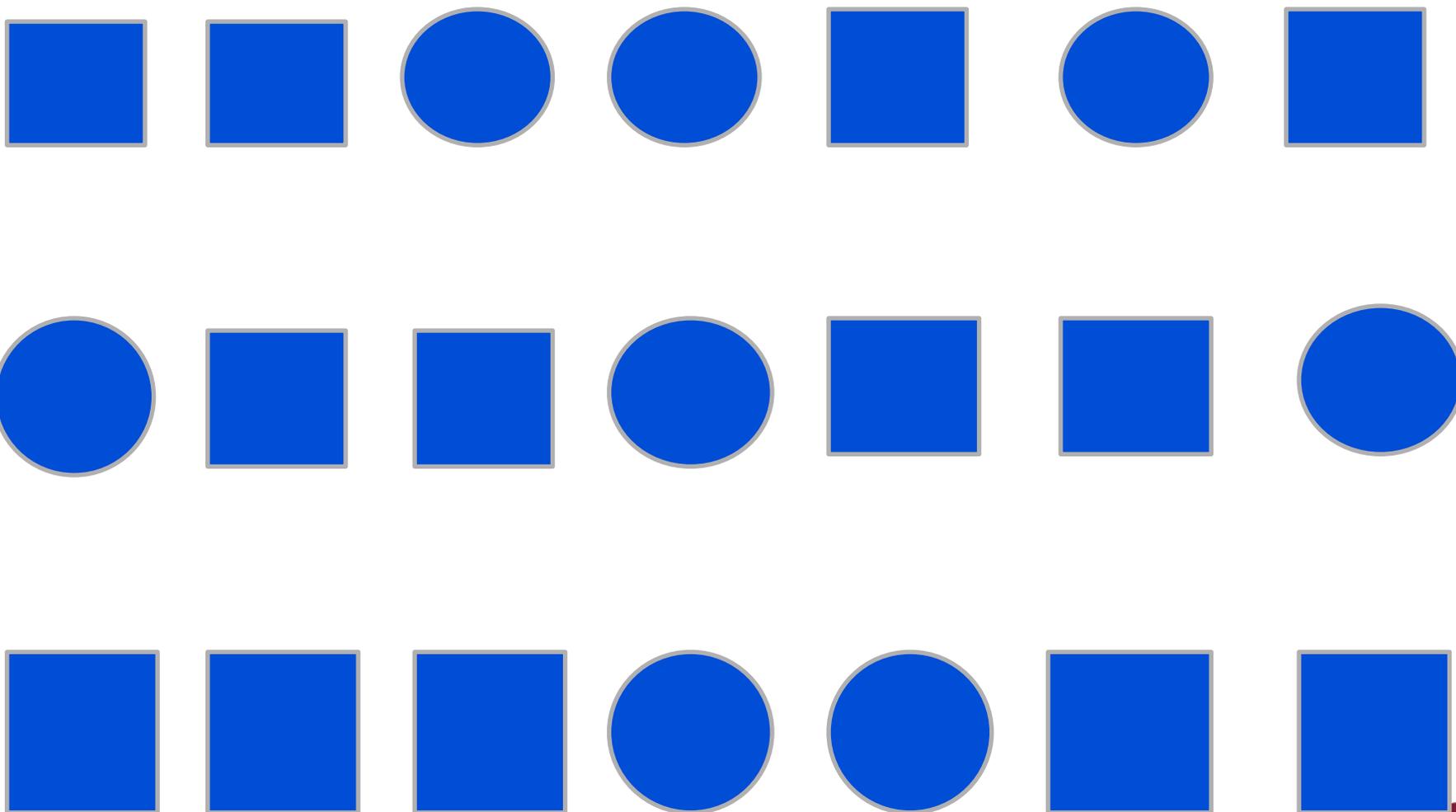
STRESS MANAGEMENT PART 1

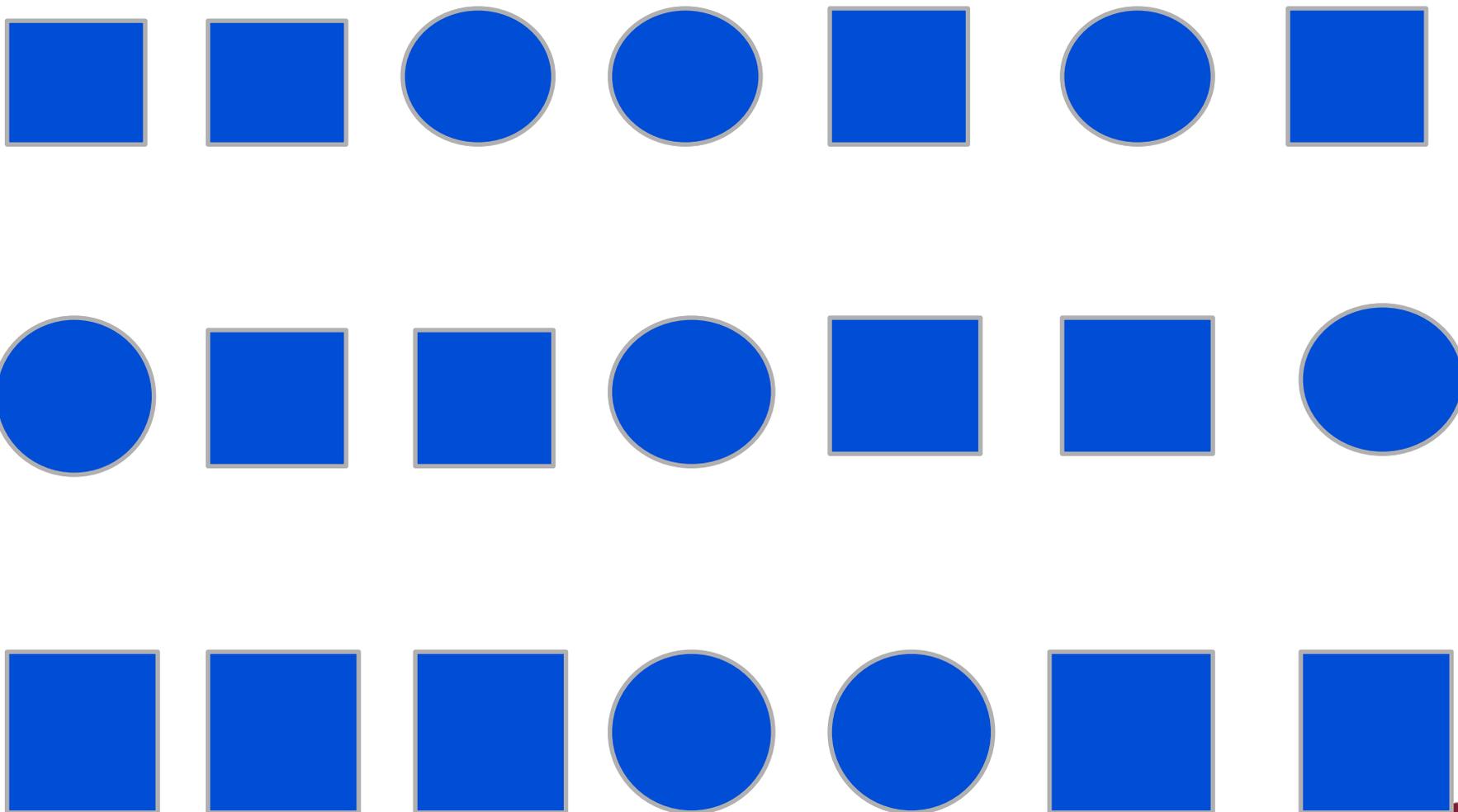


POTENTIAL REFEREES CLINIC, MAY 2015

SPORTS PSYCHOLOGY & MODERN SPORT







KEY DETAILS VS DISTRACTORS

RELEVANT CUES



- **INTERNAL**

- e.g. positive thinking, helpful emotions, kinesthetic feedback, decision making, ...

- **EXTERNAL**

- e.g. players, movements on the court, ball, referees, time, ...

- **PERFORMANCE**

- Sport specific rules

- **INTERFERING**

- e.g. positive thinking, helpful emotions, kinesthetic feedback, decision making, ...

- **IRRELEVANT**

- e.g. players, movements on the court, ball, referees, time, ...

(Wilson & Taylor,
2005)

KEY DETAILS vs DISTRACTORS

Survey results

(Clinic in Dubrovnik, 2014)

N= 87



KEY DETAILS - helps you maintain focused during the game	
REFERED TO:	FREQUENCY
Players	54
Colleagues (referees in team)	52
Time	44
Positioning / mechanics	35
Criteria and rules	21
DISTRACTORS during the game	
REFERED TO:	FREQUENCY
Coach complaining / behaviour	35
Bad decisions / mistakes	30
Players complaining / behaviour	25
Bad teamwork with partners / poor cooperation with colleagues	25
Ingury/tiredness/fatigue	15

To have influence/ to have effect

VS

To have under control

Known – Unknown

Certain – Uncertain

M: i & e

F : +/-

Accept uncertainty!

Challenge and enjoyment!

**We can not avoid distractors and pressure, but
we can accept them as a part of the game!**



✓ PREPARATION

✓ SIMULATION TRAINING

WHAT DETERMINES INDIVIDUALS' ABILITY TO PERFORM UNDER PRESSURE?

- BIOGENETIC DIFERENCES
- PHYSICAL CONDITION
- PREPARATION (general)
- AUTOMATIC (over-learned) PERFORMANCE
- EXPERIENCE (+/-)
- LEVEL OF CONFIDENCE

PREPARATION



- Rules preparation
- Game knowledge preparation
- Physical preparation
- Mental preparation

- Pre – game preparation



INDIVIDUAL



INDIVIDUAL & TEAMWORK

- Michael Jordan's mental preparation

Routines vs Rituals

- Activation and Relaxation techniques
- Focus and Concentration techniques
- Affirmative thoughts – *key words*
- Visualisation and Imagination techniques

- Specific game (*teams, venue, fans, level, ...*)
- Specific situation solutions

- Pre-game conference
 - Agreement
 - Criteria
- WHAT TO DO!
- Key words! – affirmative states
- Teams characteristics* (*players, coaches, type of play, ...*)
- Venue (*fans, crowd, media, ...*)



* *self fulfilling prophecy*

- Pre-game conference **WORKSHOP (3PO)**



Choose by preference one of the presented games:

1) Male: Partizan vs Real Madrid (Euroleague, group stage)

or

1) Female: Turkey vs Spain (semifinals EBW)



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