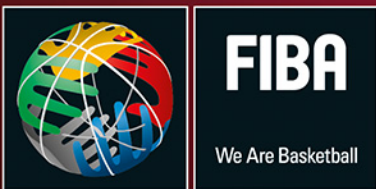




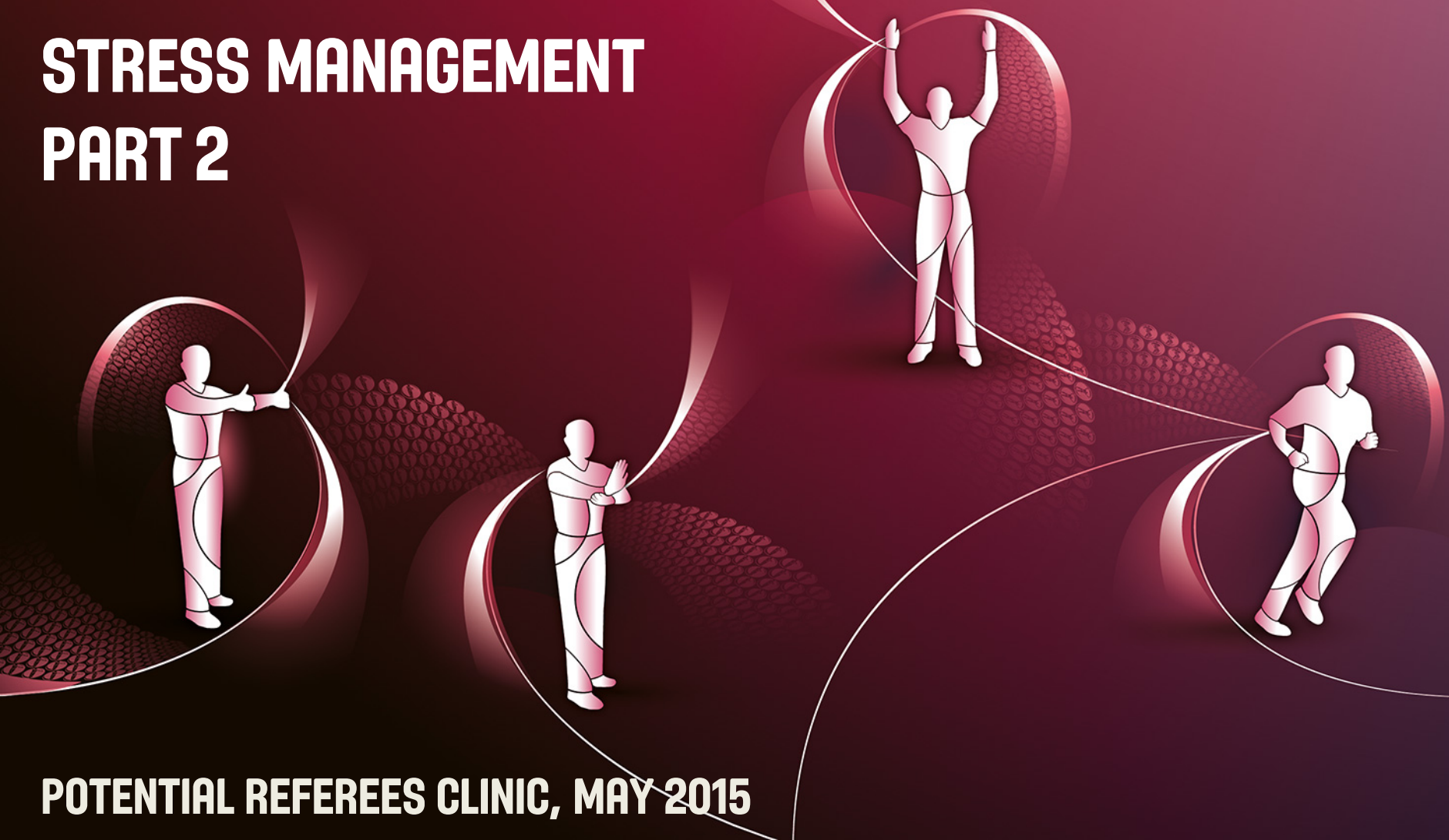
STANDARD QUALITY

GLOBAL CONNECTION





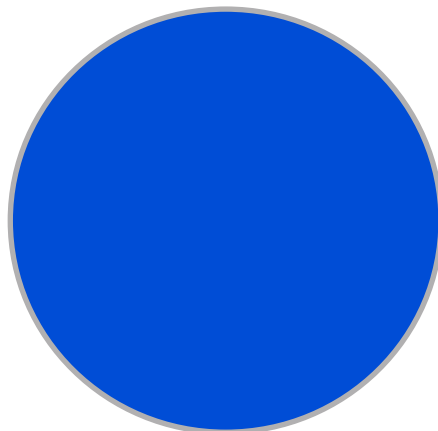
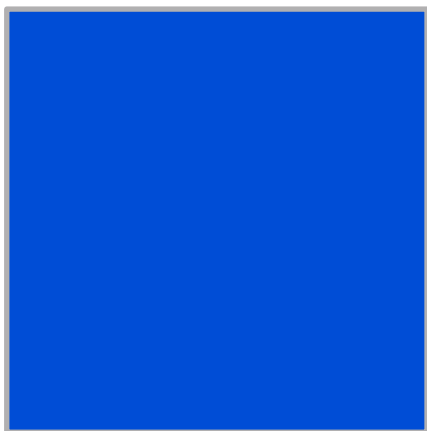
STRESS MANAGEMENT PART 2

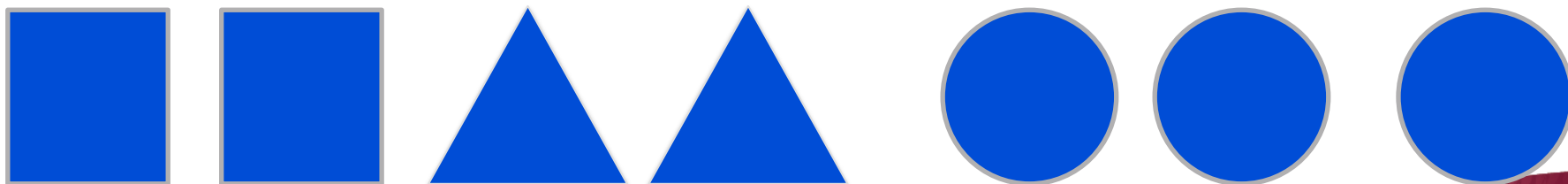
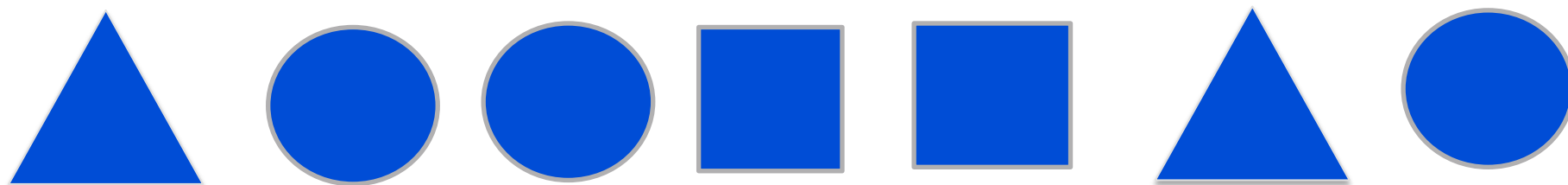
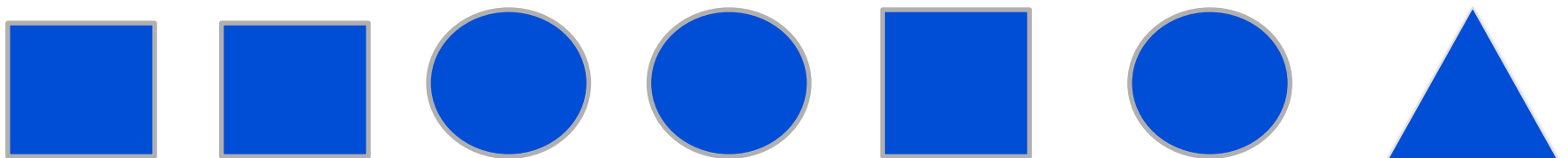


POTENTIAL REFEREES CLINIC, MAY 2015

Specific situations – problem solving – European Championship

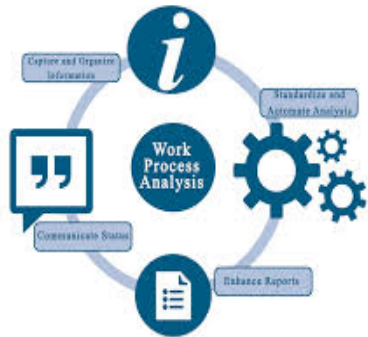
WORKSHOP





RE-FOCUSING

(Nideffer, 1976, 1990)

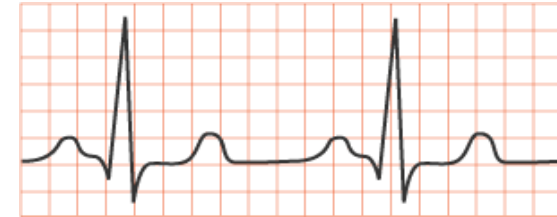


BROAD

INTERNAL

ANALYSIS STRATEGY
Using information gathered for decision making ("here and now")

REHEARSAL
Visualize a specific technique or focusing on specific internal sensations (controlling heart rate, recognizing bodily tension)

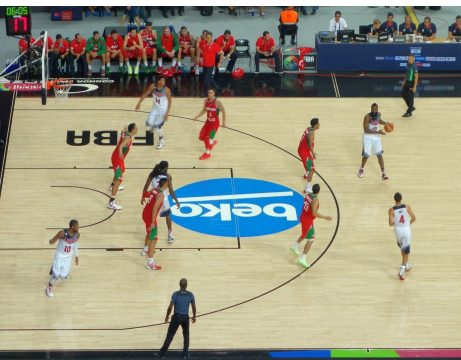


NARROW

SCANNING
Searching the environment for relevant cues (reading situations, anticipating the action)

FOCUSING
Looking closely at a specific object/subject (time, ball, player, coach, ...)

EXTERNAL



HOURGLASS



DURING THE GAME

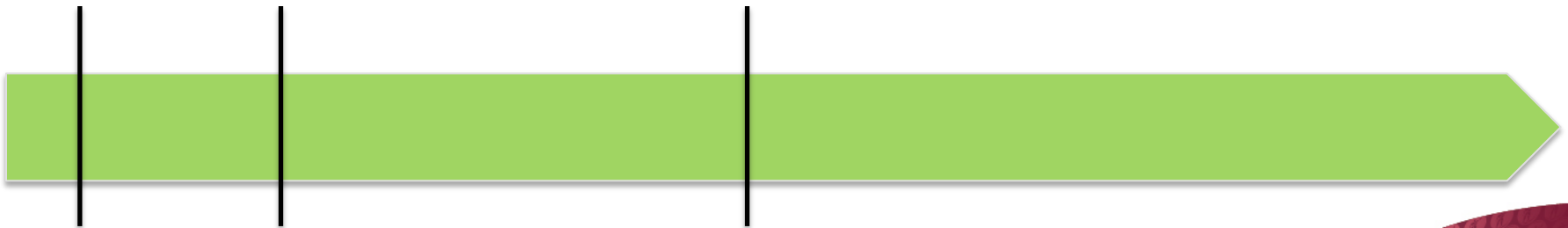


- Focus on performance goals (not outcome goals)
- KEY WORDS! → WHAT TO DO!
- Communication between team (referees)
- Situation re-focusing!

- In any field of performance mistakes* are normative!

**Number , re-focus time*

- Seconds vs Minutes



"Don't make a
permanent decision
for your temporary
emotion."

SELF – EVALUATION



- As a part of a:
 - Preparation for the next game
 - Performance progress
 - Perfecting and development



** the last memory effect*

*** perfectionism in sport*

S-E MODEL +/-/?*



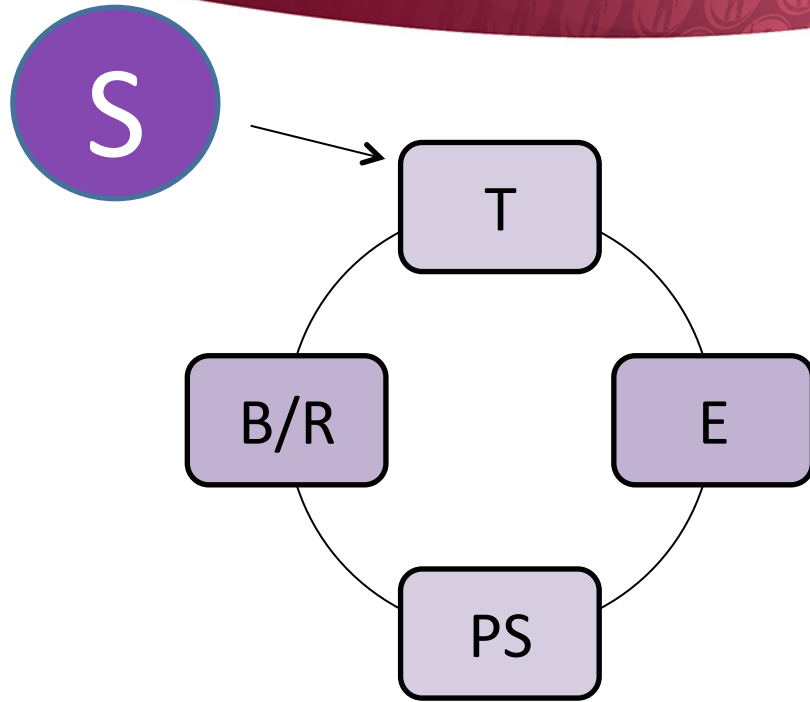
- STRUCTURE:

- + What I did well?

- What I did wrong?

- ?* What I can do better for preventing that mistakes again?

SITUATION PERCEPTION



PREVIOUS EXPERIENCE



CORE BELIEFS
(I am..., I'm not...)



PERSONAL RULES
(If ..., than...)



SITUATION
(trigger)



AUTOMATIC THOUGHT

BEHAVIOUR / REACTION

PHYSICAL
SYMPTOMS

EMOTIONS

SITUATION READING



Threatening Challenging

= *IN THE ZONE*

- ✓ OPTIMAL ACTIVATION
- ✓ CONFIDENT
- ✓ DECISION-MAKING without re-thinking
- ✓ RE-FOCUSING on each situation
- ✓ EMOTIONAL & BEHAVIOURAL CONTROL

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



- ✓ SIMULATION TRAINING
- ✓ PREPARATION

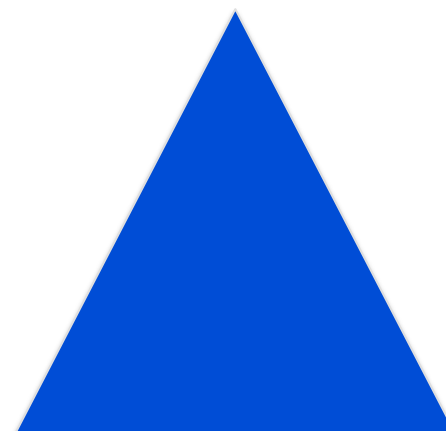
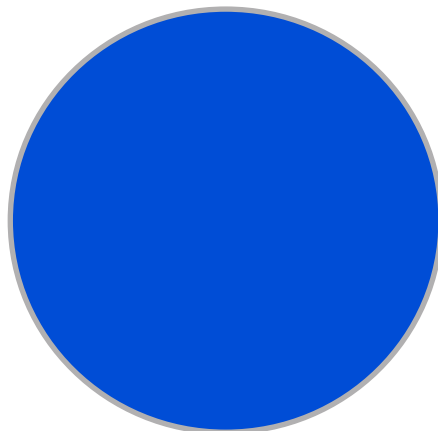
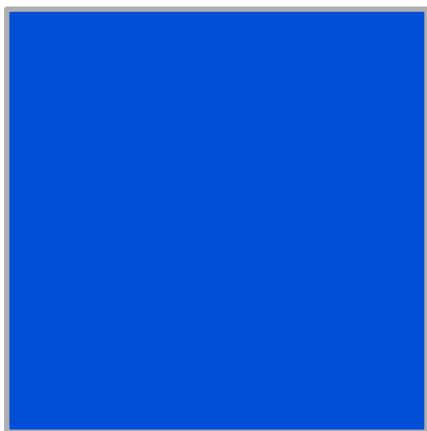
"PERFECT REFEREE"

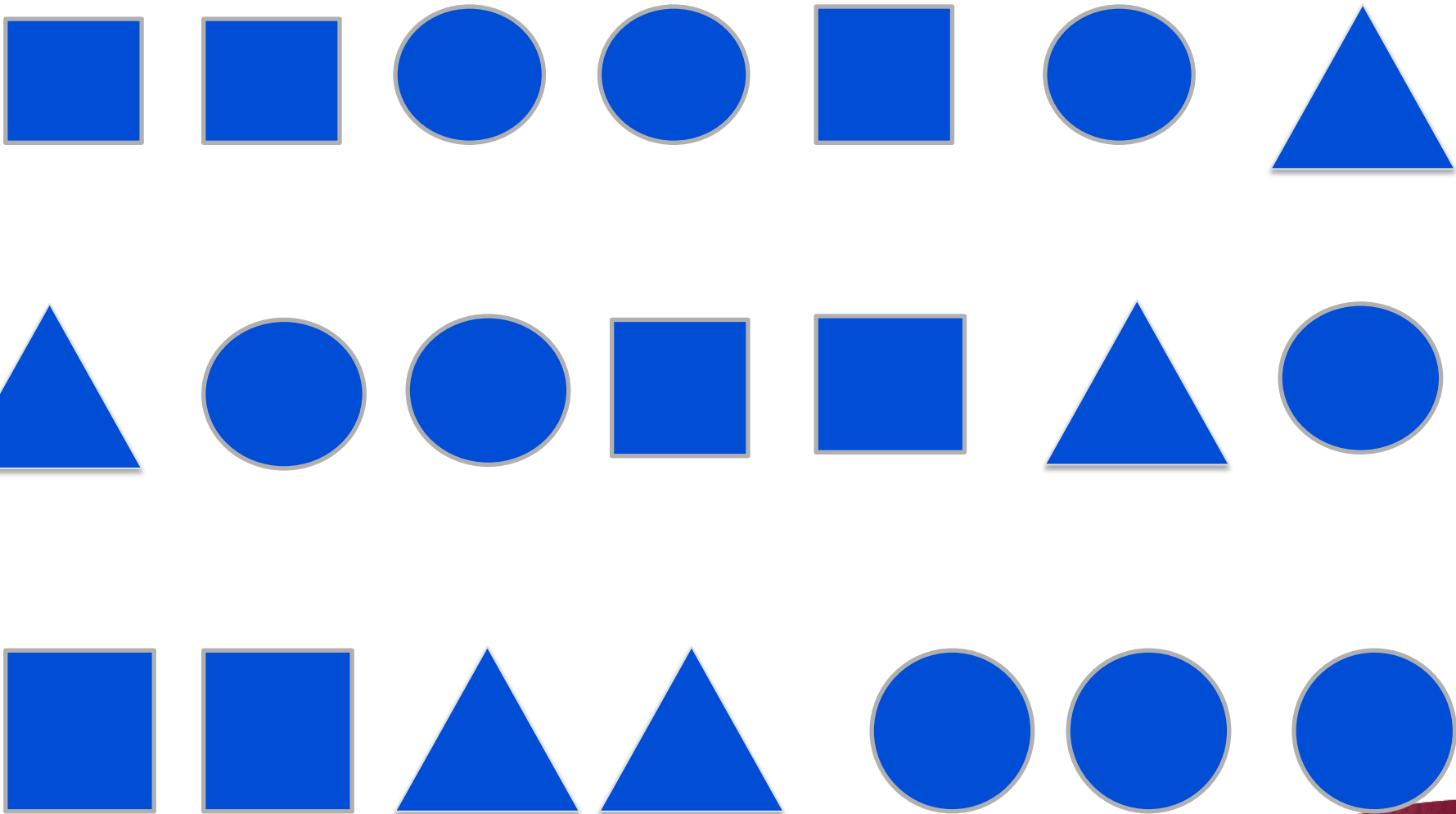


"The perfect official should have a speed of a sprinter, the endurance of a marathon runner, the tact of a diplomat, the mind of a professor, and the unruffled demeanour of a supreme court judge.

It would also help if he has 20-20 vision and is stone deaf"

(Hockey Canada, n.d.)





STANDARD QUALITY

GLOBAL CONNECTION

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