

GSM International Coaching Education Articles for Developing Your Players

GOAL SETTING REQUIRED TO COACH AND DEVELOP YOUR PLAYERS ATTITUDES

CAN SPORTS PSYCHOLOGY HELP YOU TO GET MENTALLY TOUGH?

Getting Your Players Mentally Tough

Some questions below to read:

As coaches in this beautiful game of soccer, you need to think about this. *"When it comes down to dealing with your players and maybe ourselves, we need to understand that the concepts below are general but extremely valuable to make clear to your players as a team, playing group and the team they must achieve this concept in training and be used to win matches."*

1. Are your head and the lack of mental and emotional capacity you allow to be developed preventing you from becoming a winner?
2. Do you perform better in practice than in match conditions when it counts the most?
3. Do you consistently underachieve in your match performance?
4. Do you suffer from slumps, choking, psych-outs, runaway emotions, negativity or a lack of confidence?

CONCENTRATION and MENTAL CONTROL

TRUE: Very few players actually practice concentration as a real skill.

BUILDING A TEAM (PSYCHOLOGICAL POINT OF VIEW)

Coaches must take into account the personality along with their tactical and technical balls skills of each player in their playing role when building their team.

TEAM COMMUNICATION

Excellent communication skills are vital for any coach and player. This happens or begins in training. Sometimes coaches talk too much and take the players completely out of the communication during practices and the create "Silent Players" during the match conditions. In practice, players should be providing verbal feedback to each other and coaching staff to problem solve with words. There will be key players able to communicate better than other or groups of players like four backs defending. Team information sharing is a must.

TEAM SPIRIT

Many times, what determines your player's team spirit or one with each other in each players attitude, discipline to play their role in attack and defense, as well as understanding the role of other players in front, behind and the side of them. Their behavior on the field with regarding the Law of the game and following instruction all play a significant role in deciding team spirit.

Sport Psychology in Football or Soccer - Peak Performance

Peak performance in football and other sports completes or pages on sports psychology and mental training. Peak performance means playing at the very best of one's ability, being "on a roll" or "in the groove." Think back to your greatest achievement on the sports field or even in life as a whole. What was it that caused you to play so well? Unfortunately, most of us will have trouble answering that question, and such events are rare. The idea of peak performance is to turn these unique performances into regular good matches performances. Peak performance started as a concept in track and field, but now it is well recognized in soccer and other sports as well as in the business world.

What Characteristics Does a State of Peak Performance Require for Players to Possess?

- **Feeling Relaxed** - It is a common mistake that we should be "psyched up" to play at our best, but research shows that this is not true. The best state of arousal is slightly above normal, that is relaxed, but with a feeling of energy.
- **Confident** - There is a sense of expecting to succeed, not hoping or wishing for success, but expecting it. There is no fear and a trust in instincts and intuition.
- **Complete Mental & Emotional Focus to Perform Physically** - There is a feeling of being in the present, of being absorbed at the moment, with no sense of time.
- **A Feeling of that Most Everything is Effortless or Not a Struggle.** Movements are smooth, even graceful, with the mind and body in perfect harmony. The game feels as if it requires little or no effort.
- **Automatic Actions and Reactions are Prevalent.** In other words, there is a feeling of being on autopilot with no interference from thoughts or emotions. Athletes perform better when apparently no conscious thoughts are involved. A footballer needs to be able to think about tactics, and who is around him, but the idea of not being distracted by emotions applies.
- **Being in the State of Control.** You feel in control so that what you think will happen does happen.
- **The Game of Soccer Become Allot of Fun.** This is a sense of enjoyment out of training and match time. Peak performance is not obtained when we are bored. This is one reason why it's important for coaches to make training as creative as possible for the player to develop their game.