

 Psycho-pedagogical  
support

# PSYCHO-CHALLENGES

For all the athletes that don't know how to keep working the mental side and wants to use this situation to improve and work deeper their performance, here are some suggestion.

## **What do you need?**

- 1 Material: Paper + pen + music (optional).**
- 2 To feel like growing and improving.**
- 3 To share it with your team and coaches.**

# Goals

Write 2 or 3 football goals.

**1**

These can be individual or team goals.

**2**

They can be technical, physical, tactical or psychological.

**3**

They can be short term or medium-long term.

**4**

The goals can be achieved during these days at home or when you come back.

**5**

When you achieve them, make a register of the process and improvement and create new ones.

*Example:*

GOAL	WHY	HOW	WHAT
	<i>Why this goal</i>	<i>How am I going to work to get it</i>	<i>What I will do to get it (specific things)</i>

# Self-learning

Write the following points at a sports level.

## 1. Things that you like:

Of you, of your team, of your sport, of your coach, of your teammates, etc. (focus on the strong points, on your identity and the identity of your team).

## 2. Things that you would improve:

Always in a constructive way and arguing and proposing valid and viable alternatives.

Of you, your team, your sport, your coaches, your teammates, etc.

## 3. What do you contribute

The most important question is: to what do YOU commit to!

What are you ready to give, to do, to change to improve.

*Example:*

THINGS TO IMPROVE	WHY	HOW	WHAT
		<i>How am I going to improve it</i>	<i>What I will do (things and specifics acts)</i>

# Self-learning

Design a training for your sports modality:

## 1. Players

Work on empathy and creativity. Put yourself in the position of your coach and design a training following the next steps.

## 2. Coaches

Focus on the psychological components. What do you want to work on in a mental way and which tools and technical/tactical resources will you use to increase that components.

*Example:*

	EXERCISES	GOALS
Warm-up		
Initial part		
Main part		
Final part		
Cool-down + feedback		

# Self-talk

Learn to work corrections.

## 1. Keywords

Use this time to work on the corrections that the coach usually gives to you. Focus on the correction and then choose one word that defines that correction. The key of the exercise is that when you have worked on some corrections, just remembering 4 or 5 words you will know what to do in those moments that you were usually failing.

*Example:*

CORRECTION/WHAT DO I HAVE TO REMEMBER	TECHNICAL/TACTICAL/ PHYSICAL/MENTAL	KEY WORD
<i>I need to bend my legs every time i want to shoot.</i>	<i>Technical</i>	<i>FLEX or DOWN or BEND</i>



Rafa Nadal, tennis player, with his keywords on the hand during a match.

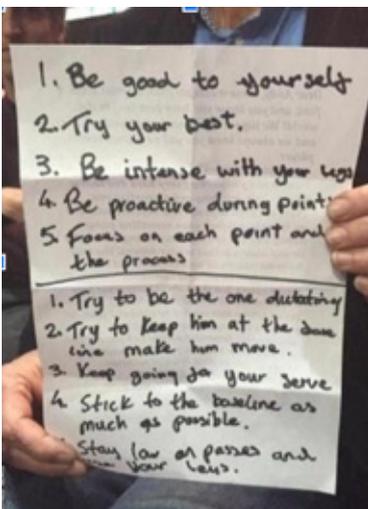
# Competition

Create your guide to focus in pre-competition moments:

## 1. Your guide

Use these days of relax to brainstorm about the things that will help you before a match in order to refresh the most important things in a mental, technical and tactical way.

**How?** Divide a paper in two equal pieces, on the top part write 5 things in a mental way and on the bottom 5 things in a technical and tactical way. You can take this paper afterwards in competition and keep it in your football bag to check anytime you need it.



Andy Murray, tennis player, checking his paper during a tennis match.

# Create your competition plan

Create your own competition plan:

## 1. Your plan

Plan how will you organize a competition, taking care of everything that can affect you before, during and after the competition.

*Example:*

SITUATION	WHAT I NEED TO DO
Night before	
Wake up	
Trip to the competition	
Arrival to the club	
Generic warm-up	
Specific warm-up	
Last minute before the match starts	
The opponent scores a goal	
We score a goal	
Penalti	
Half time	
Final of the match	

# Visualize

Visualize yourself doing a game or visualize your team:

## 1. Your mind

Even if you can't train or play on the field you can do it in your mind! To visualize is a really important technic that will help you to keep your feelings and sensations to make the coming back to the field easier. Visualize in real time, using self-talk and mentally reproducing each detail and movement. As more real you visualize it, better trained you will be.

### Note:

You can use "two types of camera":

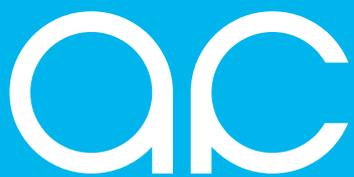
The frontal one (as if you are wearing a go-pro camera on your head) or a drone camera (as if you record yourself from the sky).

<https://www.youtube.com/watch?v=wB59Z3NFTrw>

Robert Lewandowski, football player

<https://www.youtube.com/watch?v=iydl7nbF4wM>

Fernando Alonso, F1 driver



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We will try to answer any questions and / or comments in this regard