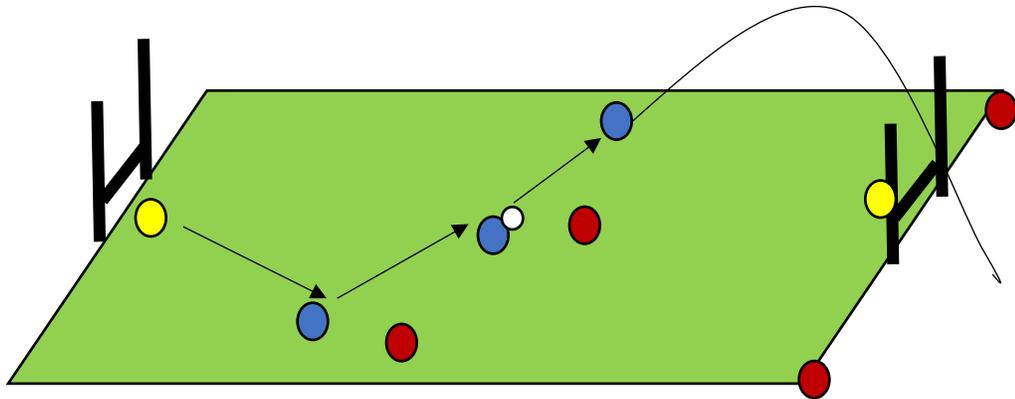


Sport Psychology Exercise Plan

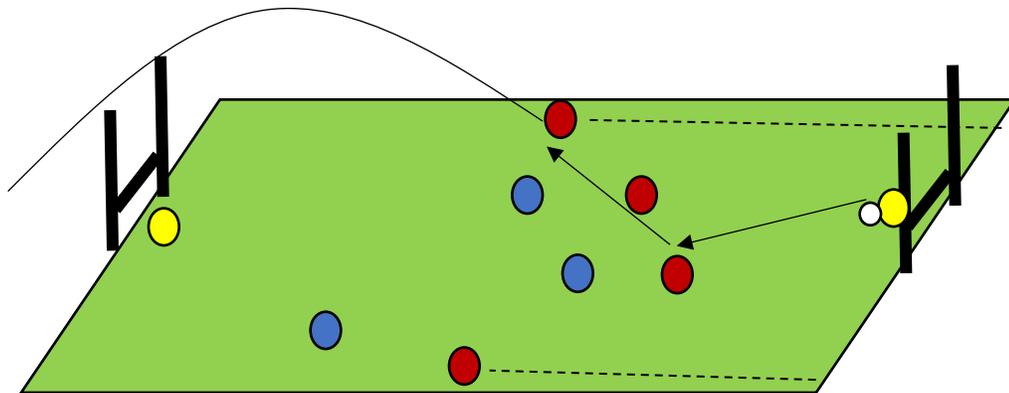
Step 1: Pre-Practice Preparation:

- **Identify the developmental needs of the athlete:** Adults 19-34 years of age. They are independent thinkers and can solve problems.
- **List the activity to be used:** 3v2 into 4v3 overload shooting game.
 - Step 1: The 3 players in possession attack the 2 defenders.
 - Step 2: When they get a shot away, the goalkeeper for the opposition team plays a kick pass out to a player on the side and they attack 4 against 3 in the opposite goal.
- **List the time allocated:** 20 minutes

Part 1:



Part 2:



Step 2: Develop the Practice Plan

- **Identify and define the mental skill:** Communication.
- **Pair with a preparatory mental skill:** Ask the players before training about the different types of communication they use in a match? What communication is useful in specific moments of the game?
- **Explain the activity:** When you get a shot or lost possession as a team, the opposition then attack you with an overload. Whether you score, lose the ball, or hit a wide you need to refocus quickly on what is happening now.
- **Rules of the game:**
 - **Game 1:** Team 1 are not allowed to speak. This promotes the players focusing on their non-verbal communication.
 - **Game 2:** Team 2 are not allowed to speak. The team that can speak can work on their verbal communication.
 - **Game 3:** 1 player on each team can speak
 - **Game 4:** All players can speak
- **Describe the connection between the mental strategy and activity:** When we lose possession we need to reorganise quickly. This means we need to communicate verbally and non-verbally to stop the opposition attack. When we are attacking, we also need to communicate verbally and through our body language how we are going to attack the opposition.

Step 3: Reinforce the Mental Strategy

- **Instruction to promote the action:**
 - Instruction to promote verbal communication “Give the player information in possession... Turn, Player on, Call for the ball”
 - Instruction to promote non-verbal communication “focus on your body language”
- **Reinforce for the athlete to repeat the action:**
 - In possession: “You gave quick clear information that helped your teammate see he had space on the outside to get the last score”
 - Out of possession: “You sent a clear message by the way you closed the player on the ball down”
- **Question to engage:**
 - What have you learned about the importance of communication between games 1 and 2?
 - How important is verbal communication and how important is your non-verbal communication?

Step 4: Extend the Mental Strategy

- **Relate the mental skill to other settings:** Where else on the pitch does communication become important?

- **Follow up questions:** How can we take the learning into the training match?
- **Remind and reinforce the skill in future practices and competitions:** At half time in a match the players can be reminded “we worked on our communication during the week. What is one thing we learned about communication that we can put into practice in the second half?”.

References:

Zakrajsek, R.A., Lauer, E.E. and Bodey, K.J. (2017) Integrating mental skills and strategies into youth sport training: A tool for coaches. *International Sport Coaching Journal*, 4(1), pp.76-89.