



BE YOUR BEST



## ADVISING THE COACH

PSYCHOLOGICAL ADVICE TO THE COACH IS ONE OF THE MAIN TASKS THAT SPORTS PSYCHOLOGISTS PERFORM IN OUR DAILY WORK. WE WILL INFORM YOU ON THE BASICS OF HOW ELSE THEY WORK WITH COACHES

JANUARY 2021 | ISSUE 41

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INTRODUCTION

KEY ASPECTS IN THE  
ADVICE PSICOLOGIC TO  
THE COACH

### INTRODUCTION

The figure of the coach has an enormous responsibility associated with it. Whether you're a base, technology, or high-performance trainer, it comes with a number of situations that are not easy to handle. To do this, a useful help is to have the advice of a sports psychologist.

It should be noted that the advice in a training category will not be the same as a senior category (professional or not), even if there are aspects that are common. Each team and coach has a different starting point, needs and context.

### KEY ASPECTS IN THE ADVICE PSICOLOGIC TO THE COACH

Alconsumes of the important aspects in which the coach can benefit from such advice is

- **CREATING AND CARING FOR THE LINK:** The link with your collaborators and players is essential when working with people. It's a complex task to spend the time needed and to be able to adapt to each person on the team. Investing time in knowing and caring for people is a need for a leader if they want to influence them. Dealing with the player can decide the well-being and performance of the team.
- **UNDERSTAND HOW THE COACH WORKS:** To advise the coach we spend time understanding his methodology, without judging. It is about looking at how it works the aspects that most influence mental preparation and its own performance (as it tries to motivate, strategies it uses to communicate, as it relates to other professionals in the club,...)
- **WORK/REINFORCE THE STRENGTHS OF THE COACH:** Advising involves first detecting and strengthening what is already doing well. The figure of the coach is in itself is usually criticized, often without constructive encouragement about his daily work. It is advisable to start working on the strengths and virtues of the coach.

- **DECISION-MAKING:** The day-to-day trainer involves managing "problems" and making decisions. In that decision-making, the coach needs to hear other opinions, other views from his associates or trusted people. In the case of the psychologist, it is not appropriate to comment on aspects outside his discipline, but he is in charge of helping the coach to do so in an appropriate perspective. The loneliness of the coach is reflected in many times in this decision-making. Analyze the advantages and disadvantages of possible alternatives, anticipate the short, medium and long-term consequences for both the individual and the group.

One of the most widely used tools to make a decision on a number of alternatives you are unsure about is the Decision Matrix.

ALTERNATIVES	SHORT TERM		LONG TERM	
	Advantages	Inconventions	Advantages	Inconventions
OPTION A				
OPTION B				
OPTION C				

- **COMMUNICATION WITH THE GROUP:** One of the trainer's main work tools. It is about helping to improve communication with the group. Communication must be prepared, and it is often left to improvisation. Reinforcements, instructions and corrections in training exercises, pre-game talk, rest, how to communicate with those who play less,... Knowing very well when it is best to give one type of message or another, or whether giving more or less content are necessary qualities to develop.
- **CONTROLLED SUCCESS AND FAILURE:** In the newsletter #22 (August) dedicated to the mental preparation for the competition we discuss how the coach can use with the team the experiences that are given in the competition to grow as a team, to improve performance through a work of analysis on the actions that have been done (or not done) to achieve success and be able to repeat them.
- **BASIC PSYCHOLOGICAL SKILLS OF THE COACH:** First, the coach must know the fundamental variables that influence sport practice and sports performance the most and how he can apply them in the day to day, both at the level of his own performance and with the players/team. In the newsletter #17 and #34 we address some useful aspects in this mental preparation of the coach such as his motivation and how to evaluate his own behavior. At the collective level, the coach has to know the basic variables and how to work them from his role and contribute to the mental preparation of his players both in training and in competitions.
- **USE OF VIDEOS:** Advise on the type of videos. There are some basic rules that you should know not to abuse and not overload the use of videos. It is one of the resources that the worst use is given to it by the coaches. In the January newsletter we will discuss this tool (types of videos, when and how to use them, etc.)

In this newsletter we mention just some of the aspects that psychological counseling can contribute to and help the coach in his/her work. There are other aspects that are equally important and related to those we have mentioned, such as the type of leadership it applies, such as evaluating the group, etc.

**YOUR SOCCER MANAGEMENT PLATFORM**



**35\$**  
/ YEAR  
PER TEAM



**DRAFT**

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