



PERFORMANCE TRAINING: “LET YOUR BODY TALK!” true story

by referees

Emina Kosteckí Radic & Helena Crnojević
Croatian IHF/EHF referee couple



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women's 17
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Referees

Vs Coaches

Vs Players

Vs Spectators



Are we opponents on the field?

Or CAN we communicate in the same language?



HOW???



What did we do?

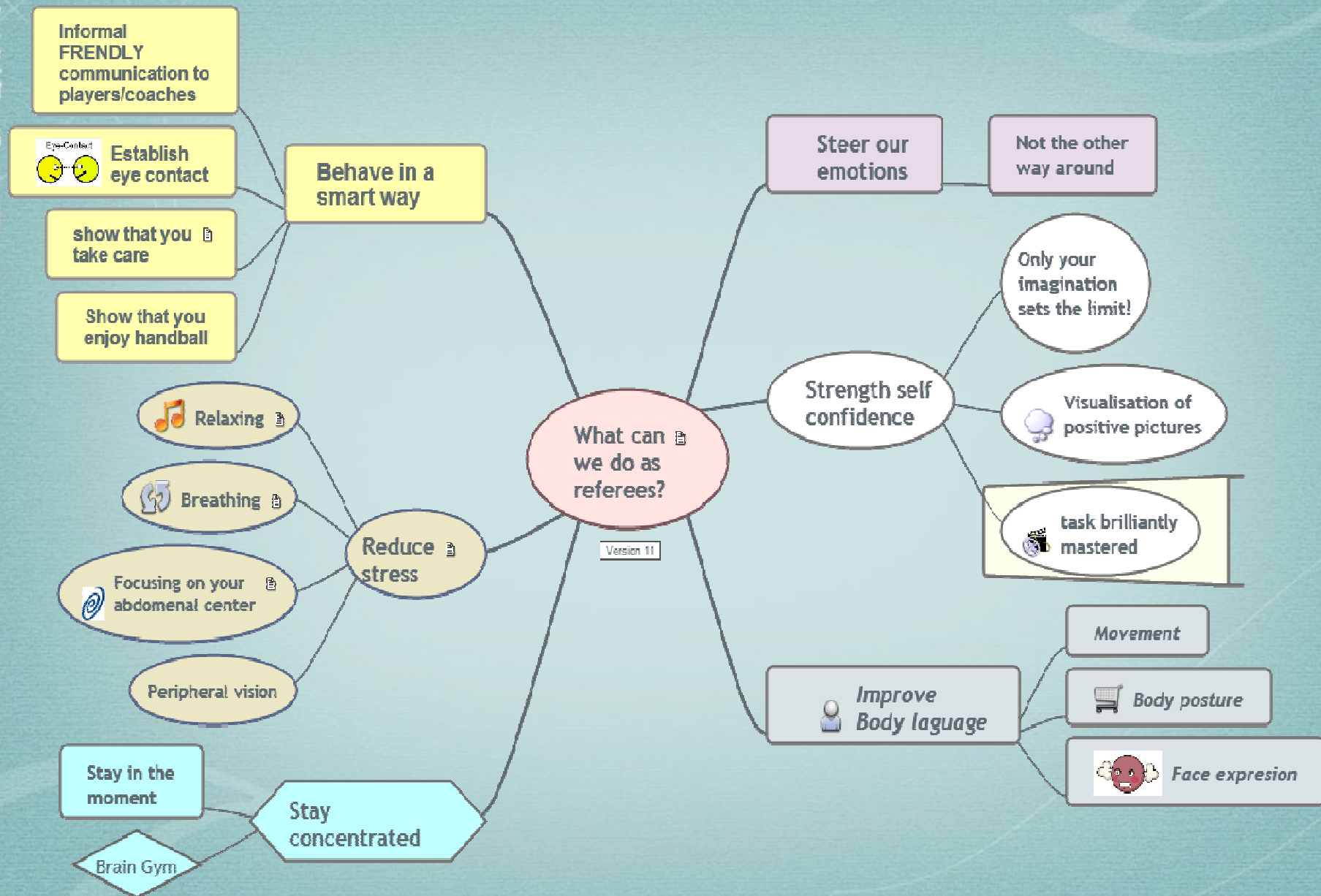
Training with **S**ports **P**erformance **C**oach, Mr. Jürgen Boos
(www.projekt-dialog.com)

Start from:

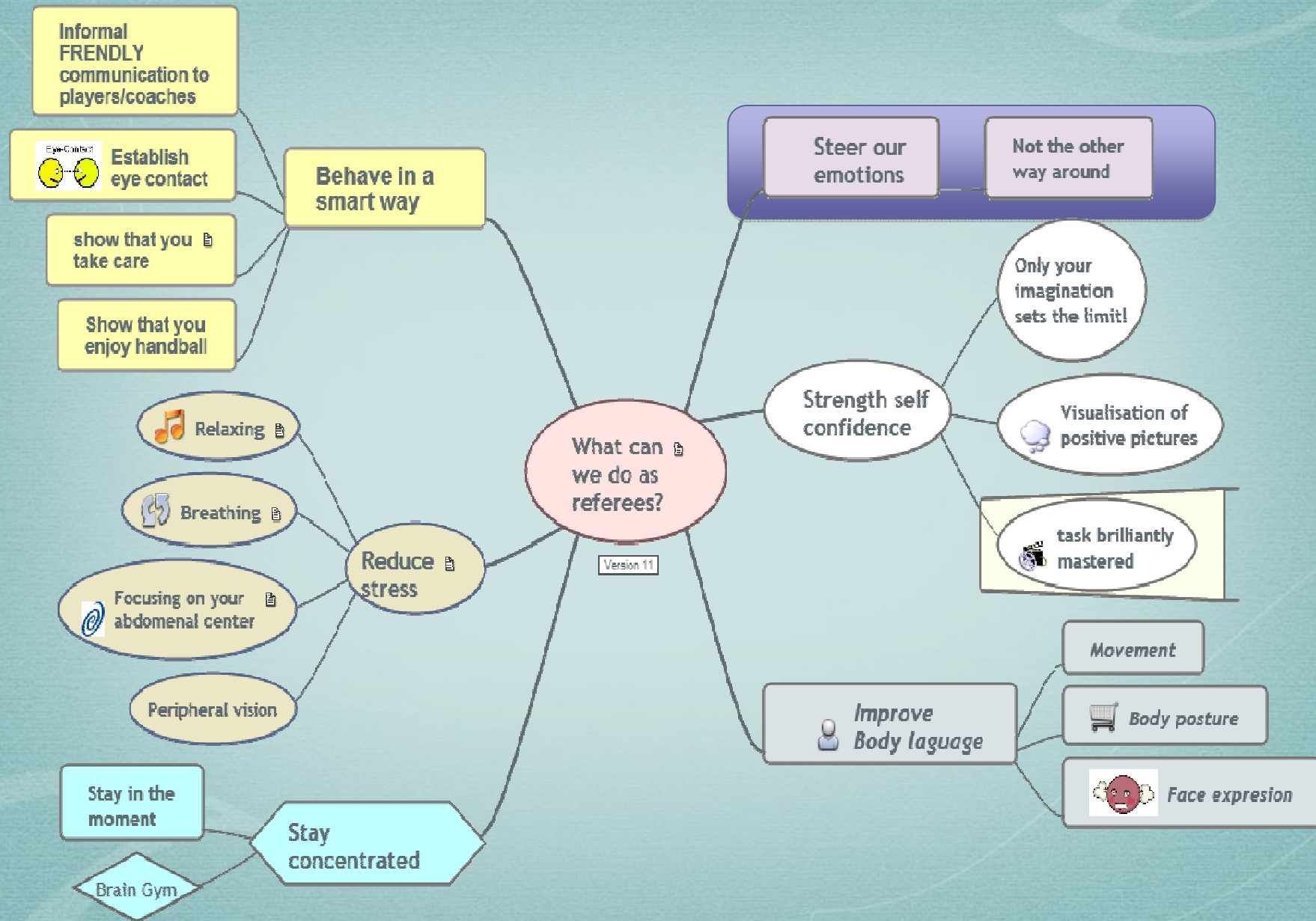
- ❑ Identifying our goals and the steps towards them
- ❑ Determining our strengths and competences
- ❑ Admitting our fears and weaknesses



Goal-oriented training with Mr. Jürgen Boss



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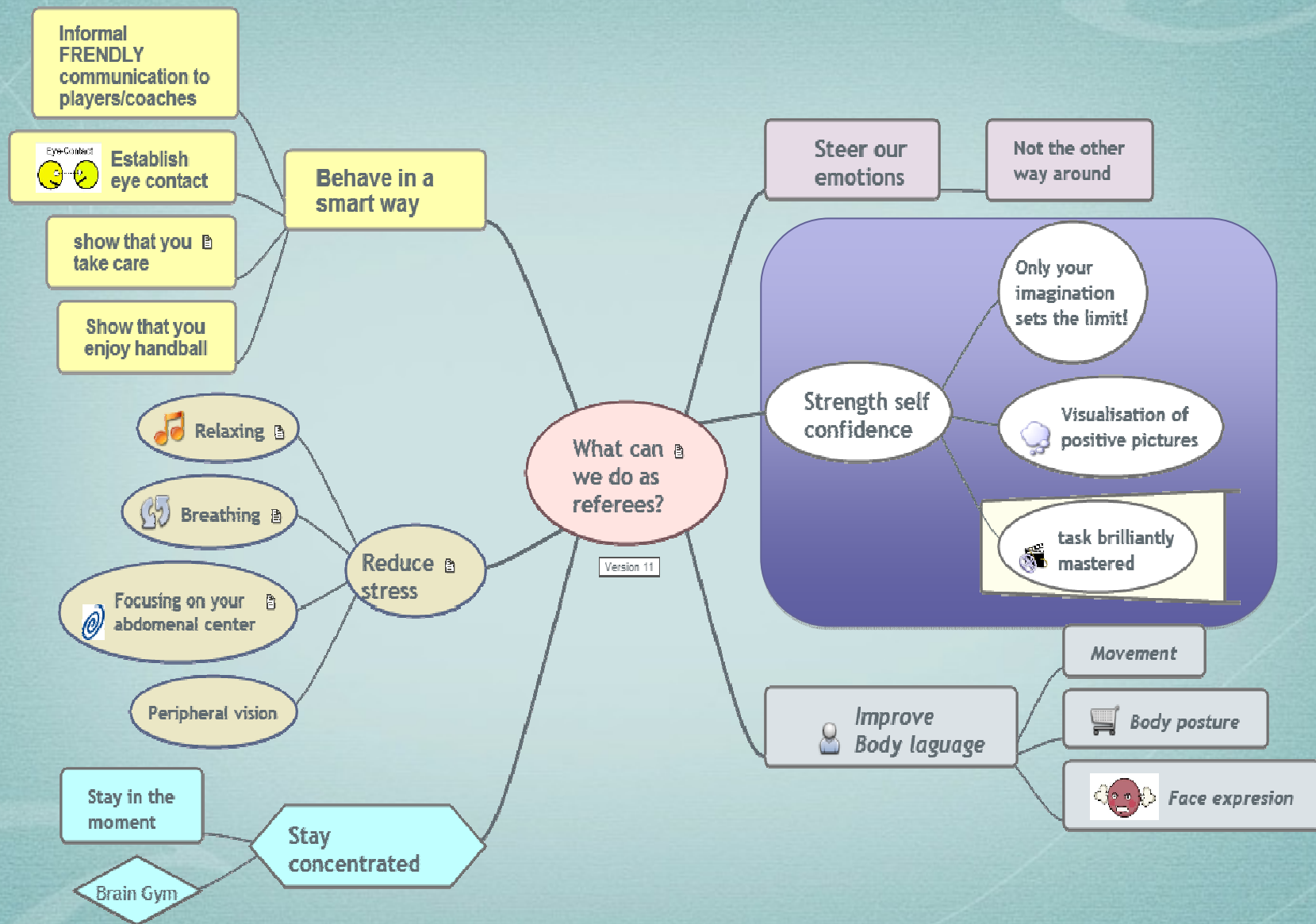


Steering emotions

- ✓ Emotional competence is necessary for every referee
- ✓ Steering your emotions - anger, sadness, fear & even compassion – is of great importance
- ✓ **Example 1** – catalogue of questions:
Question No.100 – A8 receives a 2-min suspension for pushing. After that he insults the referee saying: “You are stupid, you are idiot” and then he spits in the referee face. *Correct decision???* – *not S.F.*, real incident; referee also spat back
- ✓ You can control the situation only if you can control your emotions!!!
- ✓ Answer: take 3 deep breaths, clean the spit from your face and give a player the punishment that he deserves according to the Rules of the Game – no emotional reaction



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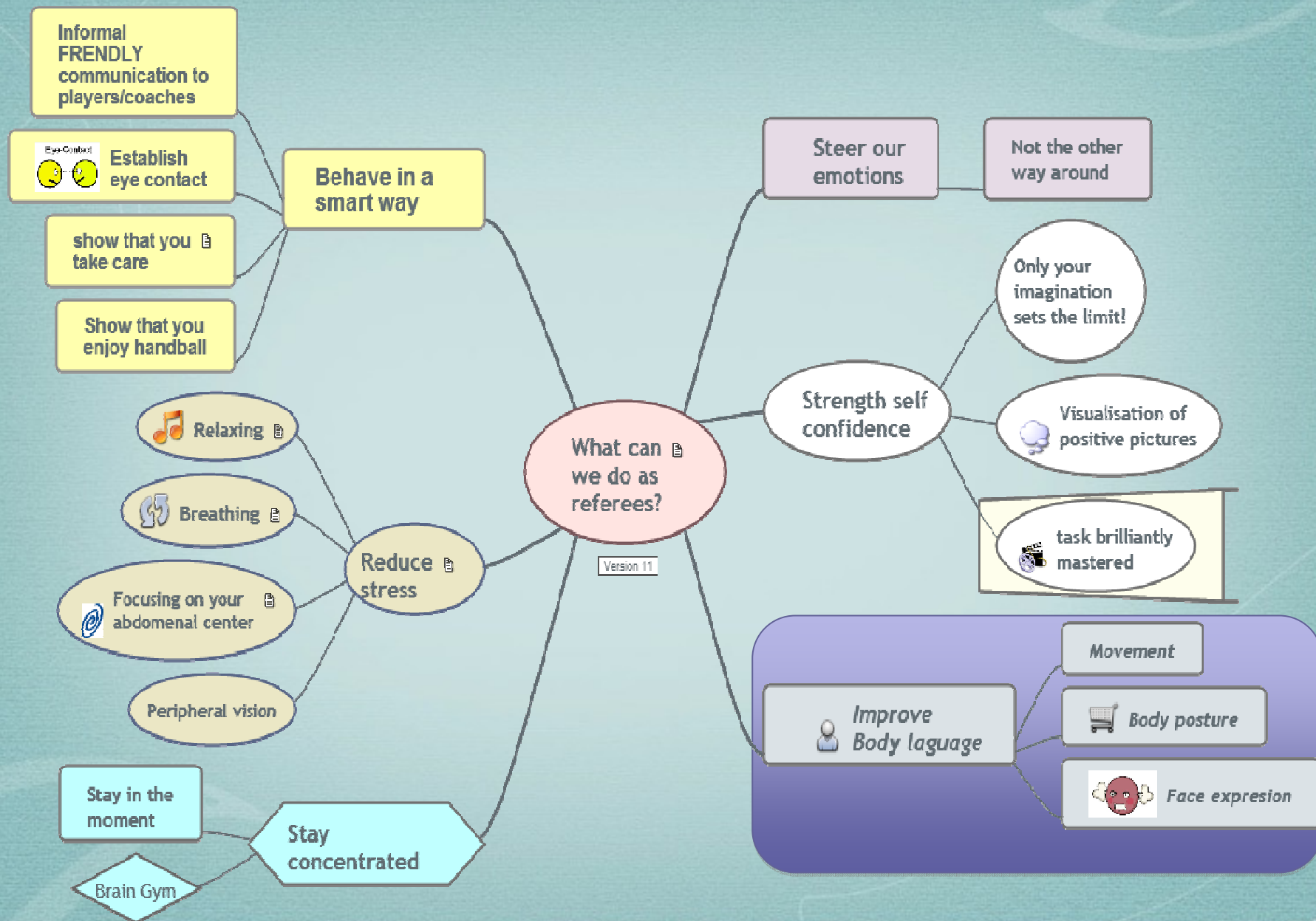


Strength & self-confidence

- ✓ Fiction, past and reality can trigger similar reactions
- ✓ Just the thought of a particular unpleasant situation or worst-case-scenario of a future assignment can make you sweaty, sad, angry or really nervous.
- ✓ Recalling successful experiences of the past or creating a mental projection of a task brilliantly mastered, can considerably raise your spirits and notably increase your self-confidence.
- ✓ **Example 2:**

Jürgen was leading us with suggestive voice from successful past experiences /matches through to the future steps, which we indentified as the path to our goal. We had to imagine and capture all the pictures, colours, feelings, smells... live in this visualisation. Unbelievably good feeling; makes you truly believe that you can do whatever you imagine!
- ✓ Having a thought: “I’m a failure!” or “I’m proud of myself!” makes a big difference in your appearance and self-confidence

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Improve body language

➤ Jürgen took over 300 photos in 3 matches so that he could show us what is correct and what we still have to work on regarding our body language.

1. Movement

- ✓ Running paths for referees
- ✓ Movement as field referee – dynamic, in light and fast steps so you can easily react to a situation or be at the right place, at the right time
- ✓ Movement as goal referee – small steps when needed



Pictures: Schiedsrichter Magazin April 2011



Improve body language

2. Body Posture

- ✓ Picture 1 – staggering from one foot to another - reveals discomfort



- ✓ Picture 2 - confident stand on both feet reveals the feeling of superior ease



➔ We can influence our body language by our inner attitude, thoughts, images and breathing!!



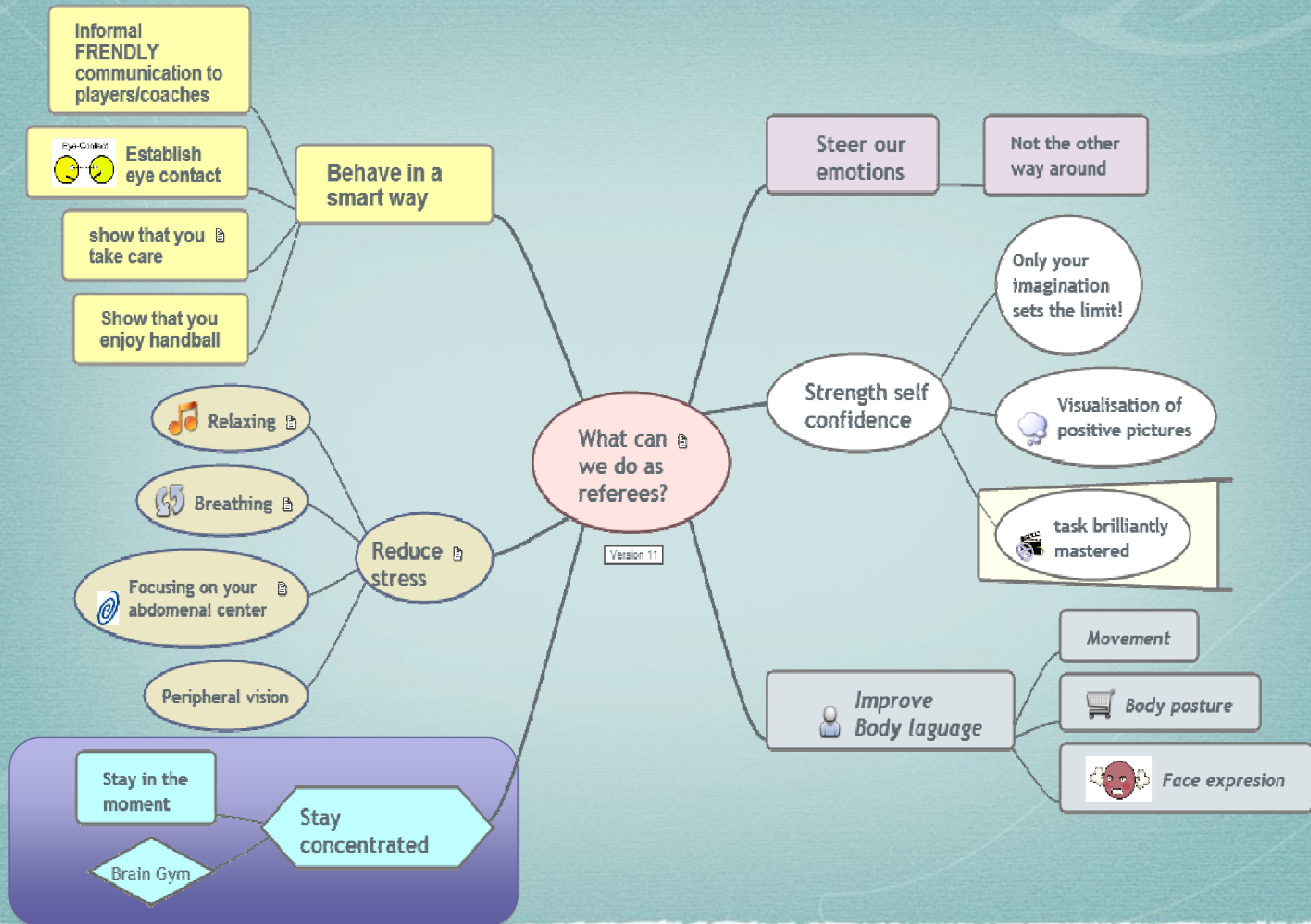
Improve body language

3. Facial expressions

- ✓ take care – our face always reflects what is on our mind and how we feel
- ✓ can do half of the job through facial expressions
- ✓ always appropriate to the situation



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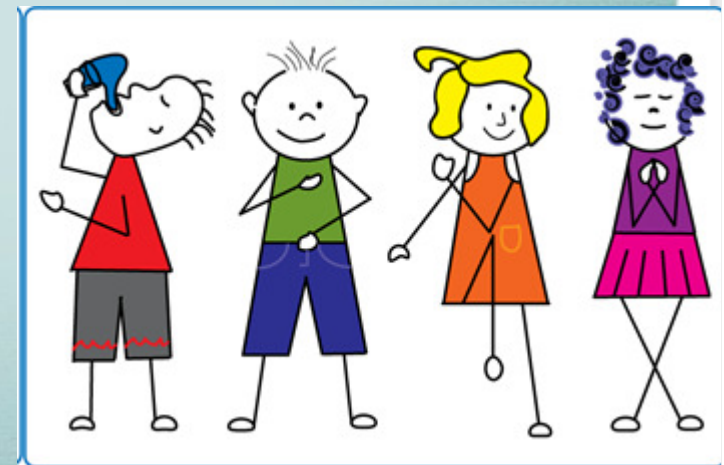
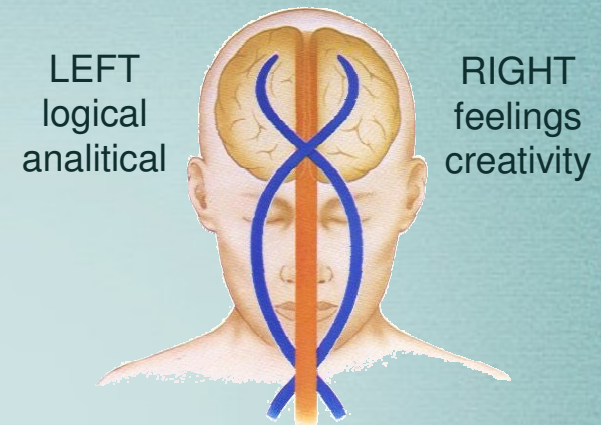




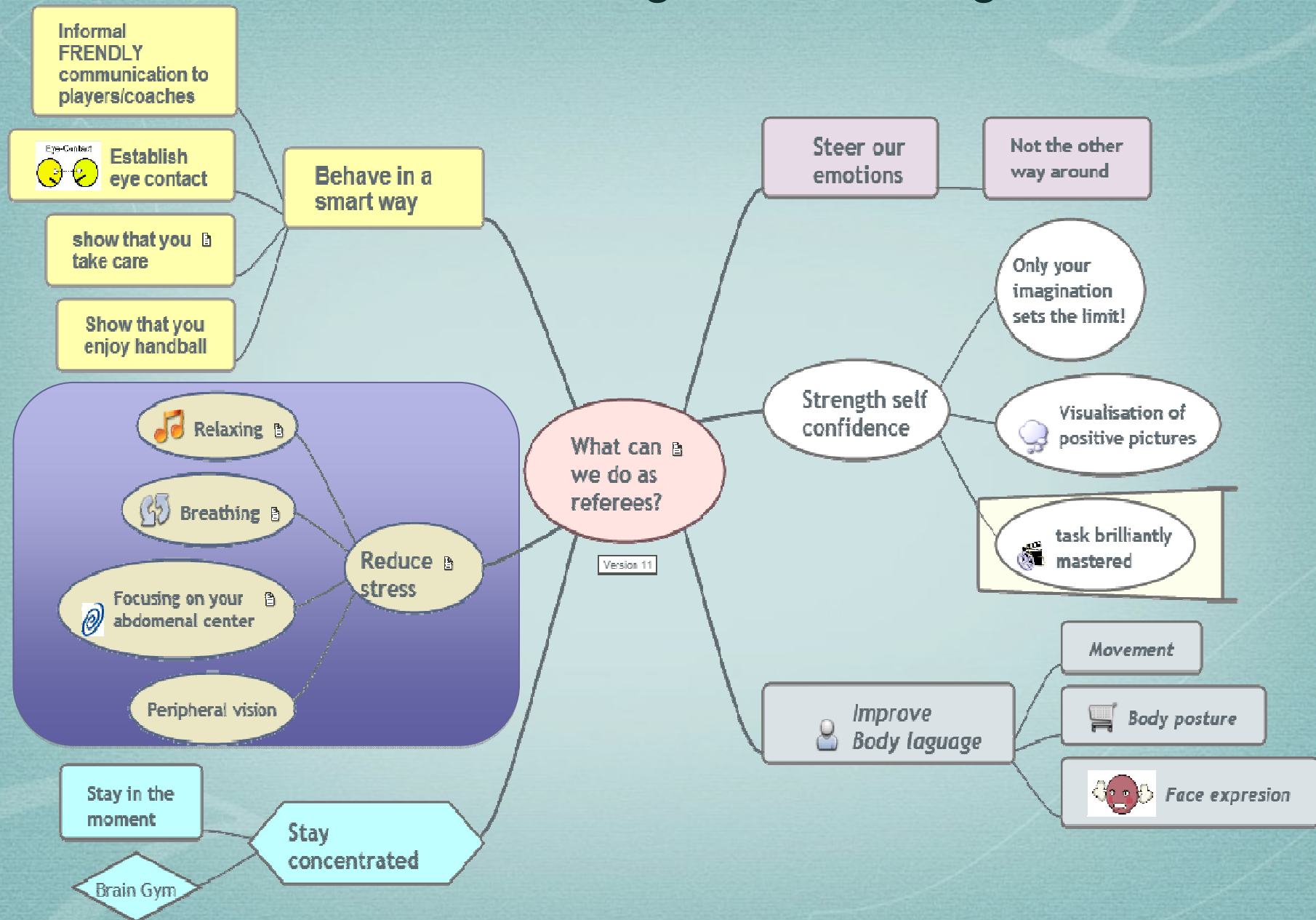
Stay concentrated

Exercises for concentration = BRAIN GYM

- used by top sportsmen during everyday training
 1. ears & nose
 2. cross movements – elbow & knee
 3. writing 8 with thumbs and foot
- ✓ we have incorporated this exercises in our warming up & practise them regularly before each match
- ✓ connect left and right part of the brain
- ✓ improve coordination and the ability to stay concentrated for longer periods of time
- ✓ Focus on the present – don't think about past mistakes or make future scenarios during the match – like tennis player
- ✓ Don't forget to drink enough water before (min. 0,5L) and during the match (at least during half time). Your brain can not function without water



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Reduce stress

Referees are usually under a great amount of stress during the match (more than 100 decisions in 1½ hour). This may also have an impact on the mental and physical fitness.

- If a referee finds himself in a really stressful, “in danger” situation, he will hardly be in position to keep up and make reasonable decisions by using merely 20% of the total capacity of the brain
- Act fast to release stress and unnecessary emotions – breathing and relaxation

Breathing exercises 1 – inhale through nose, 1st fill your abdomen, then chest with air exhale through mouth, 1st empty your abdomen, then chest (laying in bed, or standing near goal post as goal referee)

Peripheral vision exercise 1 – put your fingers together in front of you; spread the arms and follow the fingers till you can see them.

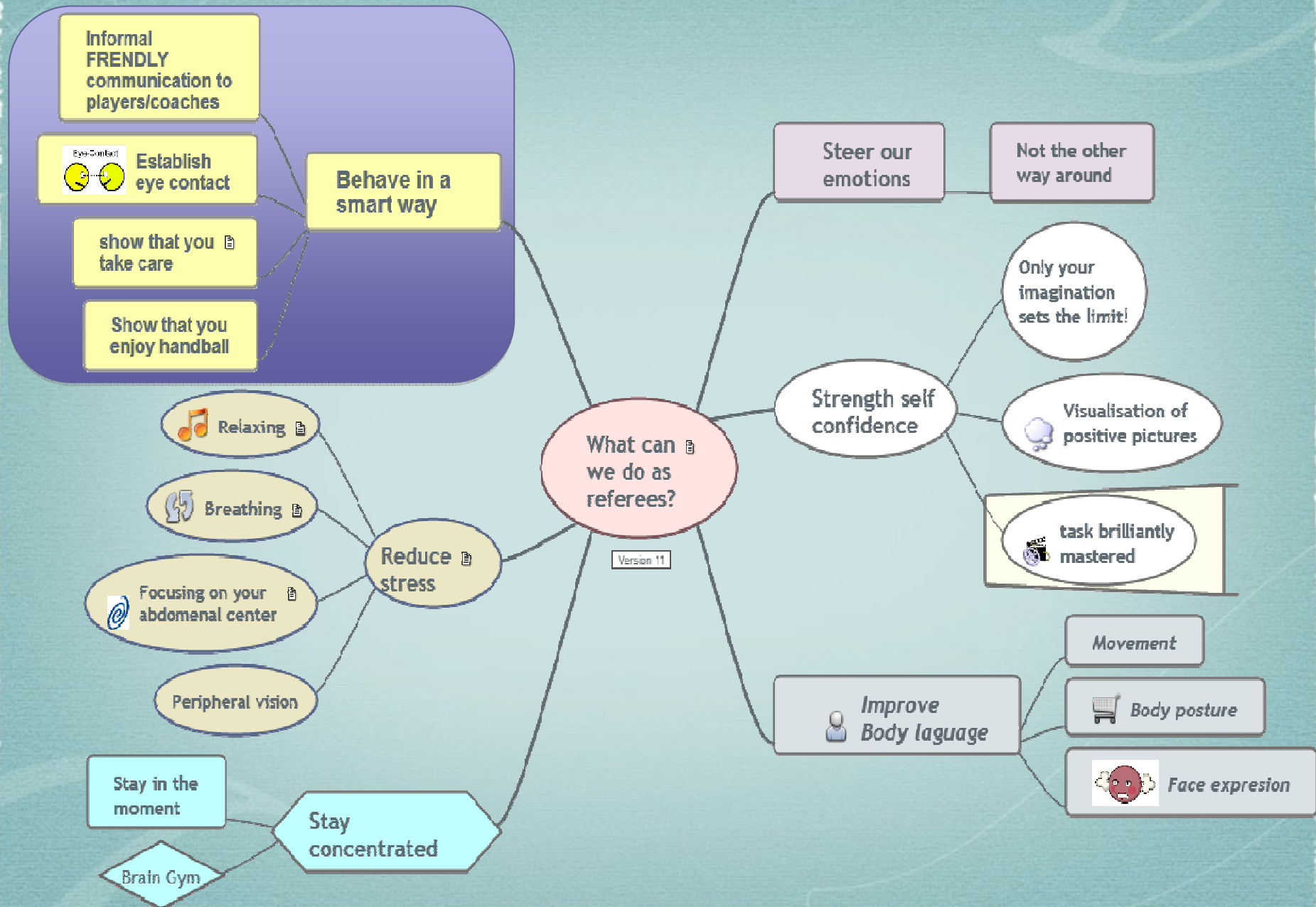
Breathing exercise 2 – inhale through nose, focusing on center of your abdomen – 2 fingers below the navel - let your breath deliberately stream out of your abdomen.

Peripheral vision exercise 2 – look at the one point in front of you; slowly spread our vision field.

This will reduce stress, put you in present moment & correct your posture (straighten your back and open your shoulders)

This calms your breathing, lowers the heart bit rate and reduces the stress.

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Behave in a smart way

- ✓ Give information in a friendly tone to the players/coaches
For Example: “be careful with the pivot”; “do not hold his shirt”; “go back in the field”; “lets finish this match in a way that everyone is satisfied”; “You don’t look nice when you jell”
- ✓ When you give information or make decisions always try to make eye contact –
look into the eyes of the players/coaches to establish relationship (next time they remember that they were warned before)
– if you are not able to look into the eyes of the players/coaches, you reveal insecurity and lack of confidence behind your decision





Behave in a smart way

- ✓ When impossible to act friendly use punishments
- ✓ Apologise when you make an obvious mistake
- ✓ Show that you take care: injured players, pivot struggling, position of executing throws
- ✓ Show that you enjoy handball – facial expression (in appropriate situations)
- ✓ You, as a team, are in position to lead the game in the desired way





Benefits

- ✓ have a feeling of better control over the match
- ✓ more self-confidence
- ✓ improved body language
- ✓ adopted successful methods of reducing stress

Results are:

- ✓ experienced more acceptance from the players and coaches
- ✓ received better comments and grades from the delegates
- ✓ 30% less progressive punishments due to verbal and non-verbal communication
- ✓ More fun

“Ongoing training on the job”

It took us TIME to incorporate these techniques into our system (body & mind) and make them an integral part of our game. As everything else in life, you have to put a lot of effort and practise it in every match in order to enjoy more & more benefits.