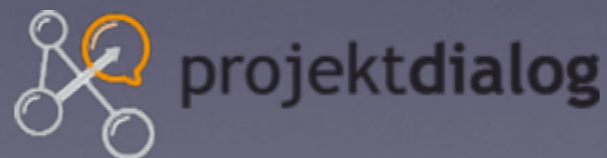


# Referees emotions - personality - body language

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DAIMLER



DURAVIT



Heraeus



MARQUARDT

Fraunhofer  
ICT

Audi  
quattro GmbH

WÜRTH



ZEISS

# Skills and competences of a professional referee



Please go into discussion:

- what means „professional referee“ and how would you describe him/her ?
- what are his/her capabilities and behavior?

preconditions :

knowing rules, physical fitness







Handball is an  
emotional game !

and we have to  
understand and control  
emotions in a  
professional way !

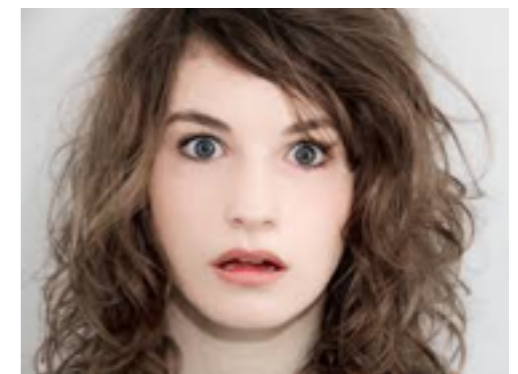
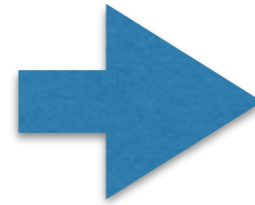
because it's on you to  
control the emotions of  
a match!

# EXPERIMENTS !

1. trigger



2. biochemical reaction (36 ms, adrenalins),

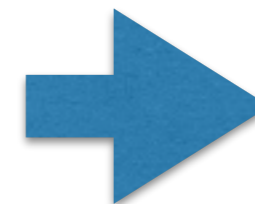
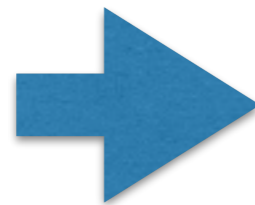
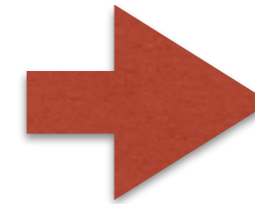
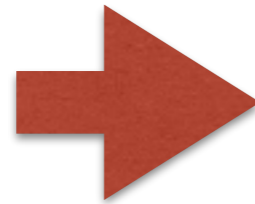


4. feeling (anxious)

**5. cognitive processing**  
(similar situations in past or in subconsciousness, pictures)

**6. changing emotion**  
(caused by my pictures or thoughts)

**7. impact, behavior**





# attitude & body language



# examples for training

## Charisma-Training with horses



# examples for training



# typical challenging situations

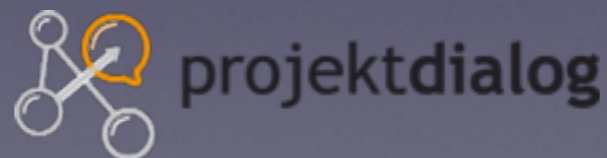
- collect situations and the related emotions

## in groups

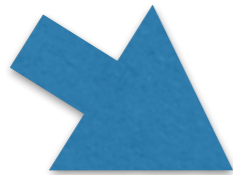
- describe situation and emotions
- what is the impact of the emotion ?
- what are reasons & functions
- what would be a fitting attitude ?
- what would be an appropriate behaviour ?
- presentation of the solution

# Referees emotions - personality - body language Part 2

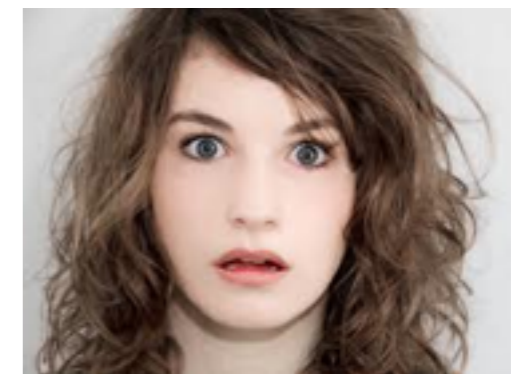
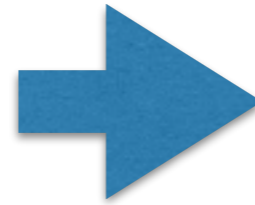
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1. trigger



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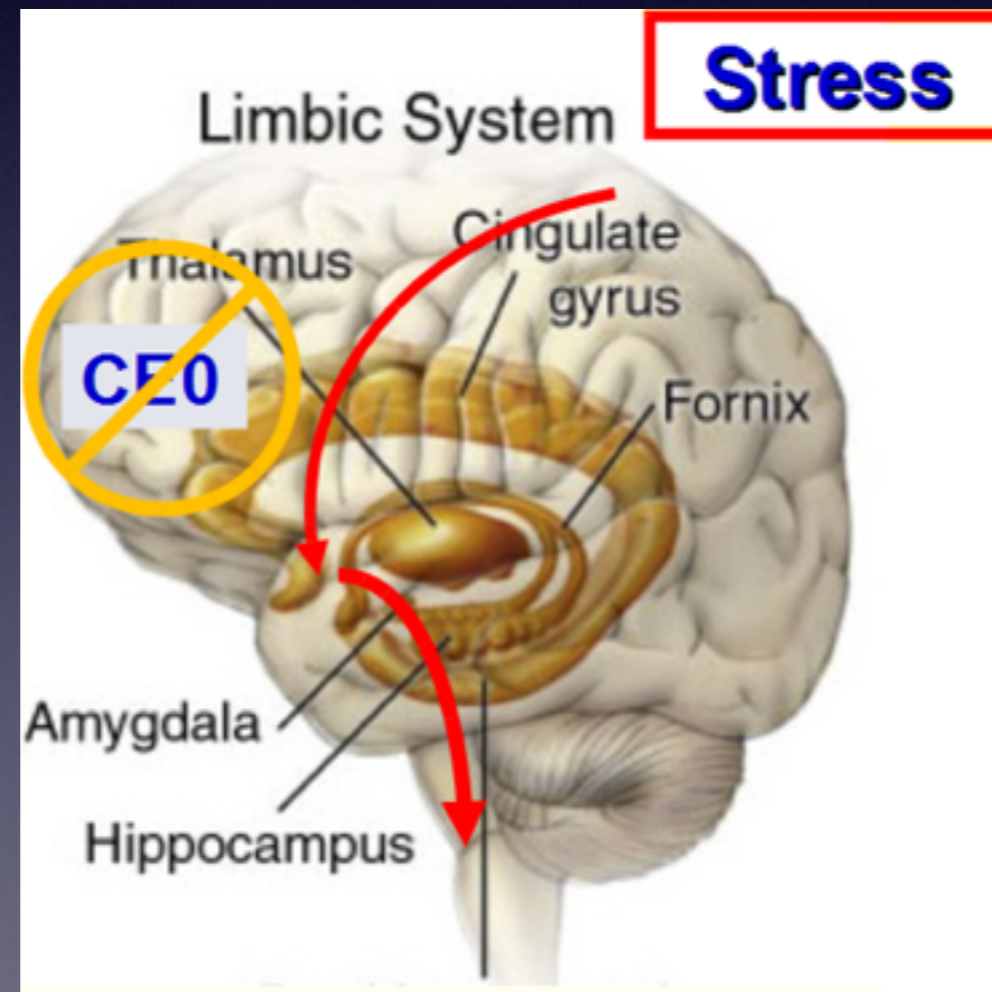


4. feeling (anxious)

3. feeling (heart rate, pressure, breath )



# definition of „concentration and presence“



# exercises for „concentration and presence“

1. exercise for breath
2. tree
3. archer
4. warrior
5. arc

# I. exercise for breath

## 2. tree



# 3. archer



# 4. warrior



# 5. arc



# the effect of internalized goals





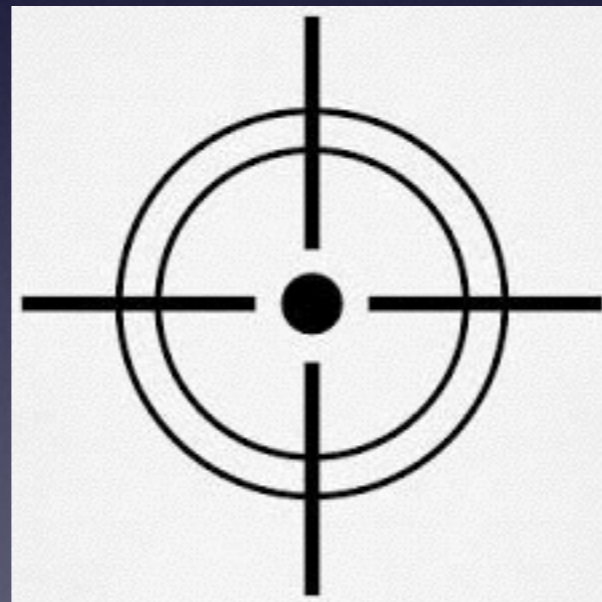
# 5 factors of motivation (Ben Furman)

Successful coaching requires an understanding of the components that form the basis for motivation.

- You choose your own goal
- You see and feel the benefit
- You have confidence
- You experience that you make progress
- You are prepared to handle with possible setbacks

# Imagination and self-motivation

Exercise focusing a goal (Igor Adoris)



# the impact of internalized goals



# Exercise:

## defining and internalize your goals for Euro 2016

go together in couples:

- discuss and describe in a precise way your individual or common goal
- imagine your goals and internalize them

Thank you for your attention and achieve  
maximum success

see you in Sweden