

MENTAL AND PHYSICAL PREPARATION



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European Handball Federation

Mental and physical preparation



- All the matches are important
- The „easy games“ are often the most difficult matches
- Focus on the playing ground
- Don't focus on the final, but on the next match
- In the first matches everybody are ready, but the third match is often difficult
- If you have a bad performance - don't lock you in your room, please be open to speak. We are here as coaches - not to kill you

Mental and physical preparation



During the tournament

- Watch the teams you will whistle next, if possible
- Observe other referees - positive things and decisions you could solve better
- Be a part of the team, ten days is a long time without the help from the team
- Be active during the meetings and during the evaluation speeches after the game, the delegates are not always right!

Mental and physical preparation



- You will do mistakes for sure - but the most important is to look forward
- Rest before the game
- But most important find your own rhythm, don't try to do anything „special“



Thank you for your
attention !