

# Communication within the whole team on match-day



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# Outline of lesson #1



- Psychology ↔ Psychiatry
  - Sport psychology
- Communication
  - Good communication skills
- Team
  - Communication within the team
  - Team climate and communication
  - MATCH-DAY
  - PRE match
  - DURING match
  - POST match

# PSYCHOLOGIST

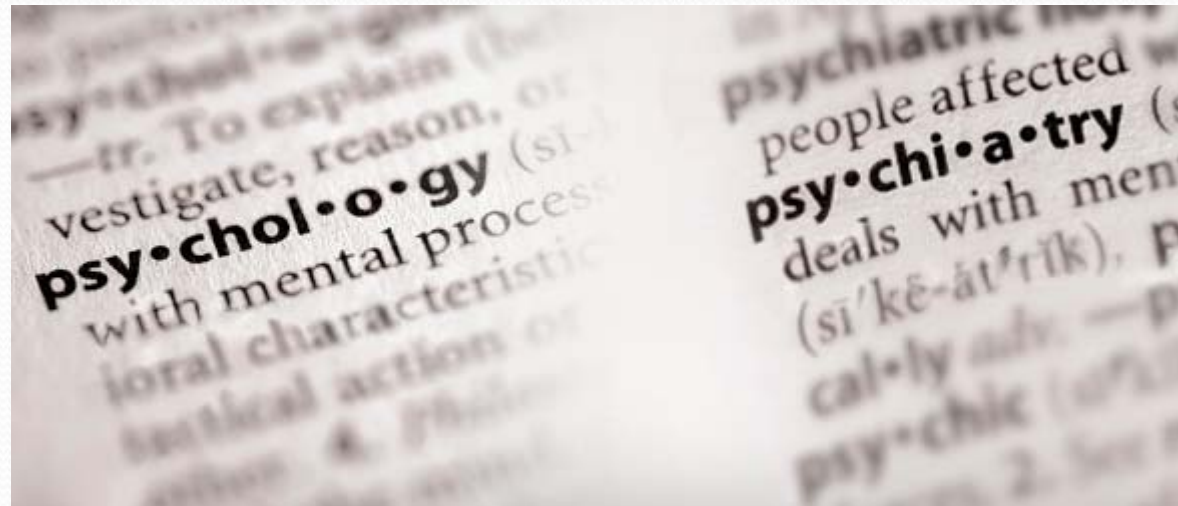
- Who is a psychologist? What does he/she do?
- Psychologist = a professional who studies behavior and mental processes:
  - How we think
  - How we feel
  - How we behave



# One of the most common questions I get?



What is the difference between  
PSYCHOLOGY and PSYCHIATRY?



# Psychology vs. Psychiatry



- A humanity and social science
- No pharmacotherapy
- Healthy population
- Focused on human behavior from environmental point of view
- Focuses on human mind (cognition), emotions and behavior
- Helping clients resolve them in the most effective way

VS

- Medical field – medical doctors specialize in Psychiatry
- Pharmacotherapy
- Pathological population
- Focused on biological basis of human behavior (psychiatric disorders)
- Focused on treating mental illnesses, disorders

mental health professionals  
practice psychotherapy

# SPORT PSYCHOLOGY



What is  
sport  
psychology?



# What does a SPORT PSYCHOLOGIST do?!



- Helps athletes and coaches **focus better** and **break through barriers** to **improve/enhance/maximize** their **performance**
- Works with athletes (individual and team sports) → **preparing their mind for competition**
  - what does that really mean?

# What are some of the specific areas a **SPORTS PSYCHOLOGIST** can help you with



- Deal with stressful and demanding aspects of your profession
- Help you cope with pressure of sport by helping you learn coping and management skills
- Help coaches build team cohesiveness
- Encourage individuals to set goals and assist you towards them



# What are some of the specific areas a **SPORTS PSYCHOLOGIST** can help you with



- Help athletes/team enhance their learning process and motor skills
- Teach them mental strategies to improve focus and concentration
- To manage stress, control anxiety, maintain their composure under pressure
- To manage emotions
- Help athletes deal with cognitive and emotional consequences of injuries

# What is communication?



- A **mixture of verbal** and **non-verbal messages** that can change depending on individual preferences or the circumstances.

# Good communication skills



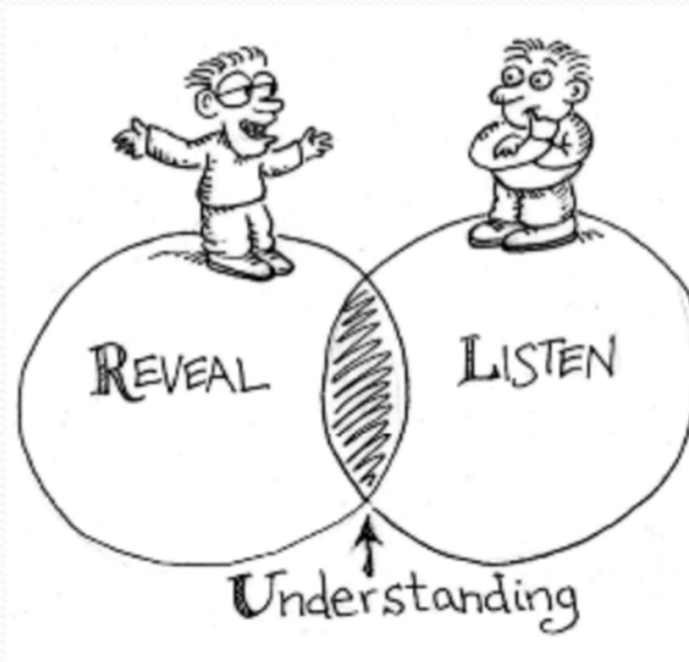
- among the most important ingredients **contributing** to **performance enhancement** and **personal growth** of sport participants

## 1. understand yourself



- What do I want?
- What is my vision?
- Did I define the goals?  
What would they be?

2. **understand others** (talk to your **players** about their preferences)



- As a coach,

**understanding your own style  
and  
the style of **your players** (and staff)**



**makes a great difference to your **coach effectiveness****

# Team



- To understand thoroughly what it is that we communicate on a match-day



What is a team?

What are we a part of..?

What do we represent..?



# Team Climate vs. Communication



- To have a **good team climate** → a team needs to have **good communication!**
- If we were to ask ourselves “Do I have a good Team Climate in my team?”, what would you say?



- What do you look like on match-day?
- What do you sound like on match-day?
- What do you look like when communicating under pressure?





- How do your players cope with your different approach to pressure situations?
- What do you think they need help with?



- What do I have to work on more?  
Which aspect of myself?
- What can I give them more?  
Where do I need to invest time and energy to get more of myself out – for me and for my team?

# What would YOU want the match-day to look like?



- Do you see any problems with the communication within your team?
  - In general, not just on the match-day?
- How are you handling that?
- Imagine yourself as a player: how would you want to be handled by your coach that day?
- How would you, as a coach, want to be handled by your team that day? (players, team staff)

*Think about that for a minute..*



**Thank you for your focus and  
concentration**