

The phenomenon of Psychological Momentum in handball



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Outline of lesson #3



- Psychological momentum → define it
- Positive psychological momentum
- Negative psychological momentum
- 3 aspects of PM:
 - Triggers
 - Strategies
 - Characteristics
- Examples given through 3 games

PSYCHOLOGICAL MOMENTUM



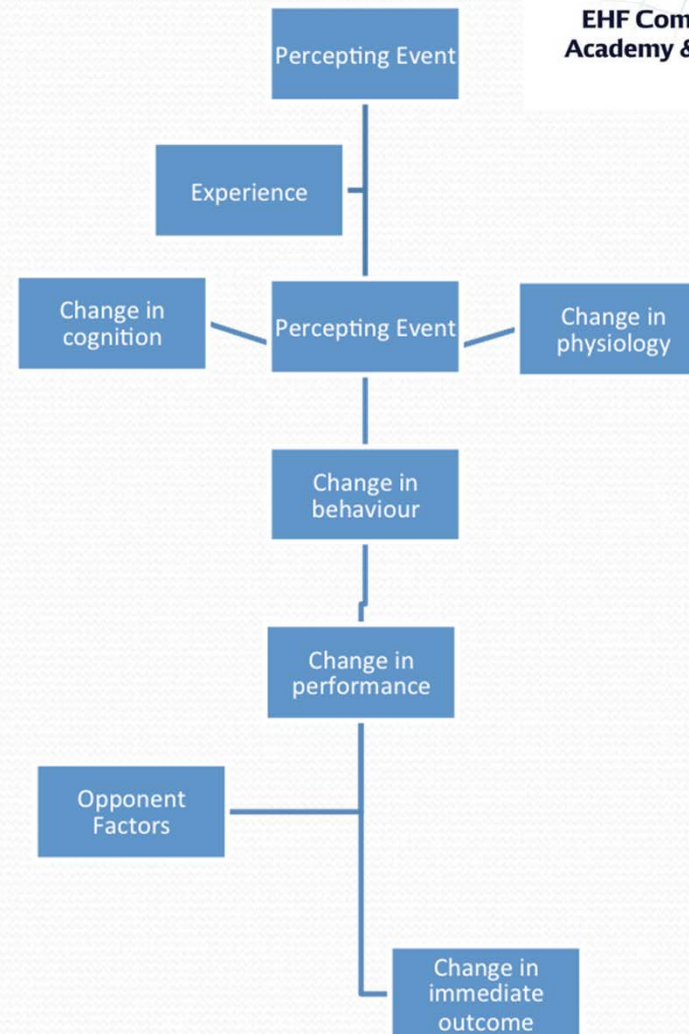
- What is Psychological Momentum (PM)?
- How do we recognize it?
- Does it have an affect on us and our performance? How?
- Can we have an affect on PM and control it?

What is Psychological Momentum?



- **Psychological Momentum (PM):**

- defined as “an added or gained **psychological power** which **changes** interpersonal **perceptions** and **influences** on individual’s *mental* and *physical performance*”



Triggers



- **Triggers** = factors that influence, **initiate** the **beginning** of PM

Strategies



- **Strategies** → **ways to beneficially change the course** of PM during the match

Characteristics

- **Describe** the teams **during** *positive* and *negative* PM by covering following aspects:
 - behavioral factors
 - cognitive factors
 - confidence
 - emotional factors
 - team factors



POSITIVE PM - Triggers



- **Confidence**
 - a **key feature** for working oneself and the team **into a positive PM**
- **Players' individual factors**
 - players with perceived personality characteristics such as:
- **Team factors**
 - importance of a **good team composition**
- **Team-opponent factors** (the level difference between the two teams)

POSITIVE PM - Strategies



= **increase** the chance for positive PM

- A. COACHING strategies
- B. EDUCATE the players about the phenomenon
- C. Good preparation for the match

POSITIVE PM - Characteristics



- Shown through following factors:
 - **behavioral factors**
 - **cognitive factors**
 - **confidence**
 - **emotional factors**
 - **team factors**

NEGATIVE PM - Triggers



- Five categories of triggers that **increase the risk** for a team to get into a negative PM:
 - **Confidence**
 - **External factors**
 - **Players' individual factors**
 - **Team factors**
 - **Coach factors**

NEGATIVE PM – Strategies



- **coach's strategies:**
 - Ex. wrong tactical decisions
- **player's strategies:**
 - Ex. bad match preparation
 - **no mental strategies** for overcoming problem situations during match

NEGATIVE PM – Characteristics



- Shown through following factors:
 - **behavioral factors**
 - **cognitive factors**
 - **confidence**
 - **emotional**
 - **team factors**

- 
- Video material of psychological momentums shown and discussed

You just need to keep being **constructive**



keep your **focus** on the tasks/game



keep being **positive** and **believing**
until the whistle is blown for the END of the game

DISCUSSION





Thank you for your attention

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