

1) PSYCHOLOGY AS AN EFFICIENT TOOL FOR SPORT ADMINISTRATORS

Why did Petter win...?

Because he was all the time focused on the sprint and ready to be in front when he needed. He knew that the others were afraid of his sprint and he used it to get in the right position at the right time.

After nearly two hours of skiing and 50 kilometers he still had the focus on the gold medal, while a lot of the others were more than satisfied just to stay in the group.

For reigning Olympic champion Giorgio Di Centa it was a failure to miss the medals and end in 4th place.

But for Finnish skier Teemu Kattilakoski in 8th place it was a great achievement, because it was his first top-10-finish of the season.

2) SPORTS AND PERSONALITY

What gives the "motor"?

The final "motor" is made of all your thoughts, feelings and energy together.

Are sportsmen different?

Sportsmen and women are very often goal-focused and used to pressure and competitions. That's something they very often can use after their career.

Sport's effect on children

Investigations tell us that children are learning to control their feelings and to take negative influences better than other kids. It has also shown that children through sport can increase their tolerance for stress and are getting more stable on the emotional level.

Top athletes = big ego?

Top athletes = dominant?

Top athletes are often very focused on themselves and they have often a big need of attention and are sometimes more dominant in groups than others.

3) FEELINGS – NERVOUS BEHAVIOUR

Stress and pressure related to competitions

Can be stress caused by yourself, by media, by trainers, by family or by fans. Very often it's caused by yourself and we see athletes who are not satisfied even if the people around are very impressed.

Attitud: Fight or run...

How do you attack the situation...? Do you want to fight and win or do you just want to get out of there...? This will effect the outcome of your achievement.

What kind of leader are you...?`

Do you know how you are as a leader. You are as important as the athlet(s).

Are you the dominant leader demanding this and this.

Or are you the talking one, talking all the time with you athletes.

Do you feel tat you have a good balance with the athletes...?

Think positve – have the right picture in your head

How to you see yourself in the competiton–situation...? Do you see your self in a positive way or do you see yourself in a negative way...? That will of course have an impact on the outcome of your effort.

4) SELF-KNOWLEDGE

Do you know yourself...?

Have you made an analyze of your strong and week sides...? Have you got a clear goal of what you want to achieve. Have you got a clear way how to get there...?

Do you know your athletes...?

Same questions to the trainer as for the athletes in the previous question.

Do the athletes know each others...?

If you are a team, it's important that all the athletes know as much as possible about each others. This will help them to understand how they react in different situations.

How do you train mentally...?

Are you using your plans for the training or have you already forgotten what you decided when you made your plan...? Do you have somebody to talk to or to get help from...? Do you believe in yourself...?

Does everybody know their role...?

Extremely important in teamsports. Also important between athletes, coaches and other involved. If somebody misunderstand their role in the team, it can destroy for the whole team.

5) CONCENTRATION – FOCUS

Do you have focus on what you are actually doing...?

There is no use to train only what you are good at. The result will never be

better than the weekends lenk of the chain.

Can you focuse on the things you have been training on when the pressure is on with spectators, trainers, press and TV around...?

Are you too concentrated...?

Not unusally. Many athlets are thinking about their sport and their performances "24 hours" and that will take unnecessary energi and make it more difficult to reach the goals.

Everybody needs time to relax and think about something else.

How well prepared are you mentally for the competition...?

Do you have the feeling of controlling the situation, that you now all the difficulties and that you are ready to tackle them. Are you sure there is nothing that can surprise you in the last moment.

If you have done your preparations right, there shouldn't be anything that can get you out of control.

Do you want to get succes or avoid losing...?

This is a little bit the same question we had before: Are you running or staying to fight?

6) THE WAY TO GO – PSYCHOLOGICAL "TOOL-BOX"

Find you goal, define it

Analyze yourself, who are you?

What do you need to improve?

The trainers observation

Have a dialogue

Use a third part if necessary

Make a plan how to reach your goal

- 7) We win (not right, you exclude the possibility of losing – big pressure)
We lose (not right, you don't see the possibility of winning)
We CAN win, but (right, here you have all options open)

THINK POSITIVE

MAKE THINGS EASY...!!!