Mental Warmup for Youth Soccer

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Introduction

• Why sport psychology?
• Preparation for training and competition
• Mental warmup
• Debrief
Why sport psychology?

- Pillars of success in soccer
- What percentage of training is devoted explicitly to the mental pillar?
- Post-it note activity
Preparation for training and competition

- Physical/technical skills
- Mental state
Preparation for training and competition

• Describe the mental state you want your players to be in for training and competition.
• Write one characteristic per post-it note.
Mental Warmup

• Prepared
• Focused
• Motivated
• Energized
• Calm
• Confident
• Thinking
Mental warmup

- Use after initial physical warmup, but before the main portion of training or a match
- Mental warmup introduction
- Mental warmup activity
  - Go to [www.supportforsport.org/mentalwarmup](http://www.supportforsport.org/mentalwarmup) for a mental warmup mp3 and more information
Debrief

• What are the benefits of the mental warmup?
• What roadblocks exist that would prevent you from using the mental warmup?
• How can you overcome the mental warmup roadblocks?
• How can you use the mental warmup with your teams and athletes?
Questions? Comments?

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