



Psychology

Fremont YSC



Why is Psychological and Social development important for youth players?

- Having a mind strong enough to help you cope with the many challenges you face on and off the pitch can help you get the most from your soccer potential.
- This is true whether you are a world class player in the Barcelona squad, whether you are striving to be a professional, whether you enjoy competing every weekend for your local team or whether you just enjoy a kick about with mates in an after work five-a-side league.

• **Dan Abrahams**

PSYCHO-SOCIAL



TECHNICAL

TACTICAL

PHYSICAL

- The inter-connectivity of the psychosocial pillar of development amongst the 3 other pillars shows the importance of psycho-social skill development in modern day soccer.
- Research shows that psychological, social and cultural circumstances play an important role in youth talent development.

How are they connected?

Psychosocial behaviors and how they work together with coaches, teammates and referees. They can include:

- Decision making and discipline to understand and execute your tactical role within the team environment during all 3 parts of the game.
- Dedication and ability to work hard, show commitment, and resiliency, through the many ups and downs of the entirety of the game.
- Players with a strong psychosocial skill set will view themselves in a positive manner and deal with stressful situations more efficiently. These players have a heightened ability to control their emotions, analyze situations and deal with adversity.



TACTICAL



PHYSICAL



TECHNICAL



Interpersonal Skills

- Show respect
- Utilize team skills
- Appreciate family and school as resources
- Social skills

Internal Skills

- Self-awareness
- Goal setting
- Motivation
- Self organization
- Work ethic

Psycho-social skills can be divided into interpersonal and internal skills



Understanding
of how good
you are

Understanding
of how to
develop your
ability

Dealing with
unknowns

**Self-
awareness**

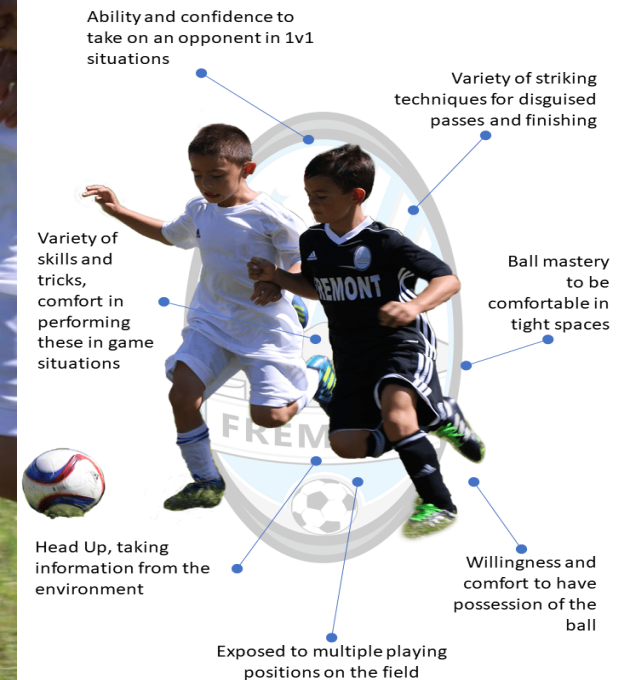
Ambition to
improve

Maturation

Patience

Understanding of how good you are

- Self-confidence, belief in one's own skills and abilities.
- Understand the demands of your environment.
- Have a clear understanding of what is important in your current stage of development. This can be achieved by finding clear reference points.
- At Fremont YSC, players have a reference from the player elements to recognize the important skills for their age group.



Understanding of how to develop your ability

In addition to the reference point of our playing identity, players can use the Player Profile to self-reflect to see how their current ability matches up with our playing identity. They can find their strengths and recognize areas for improvement.

This allows the player to formulate a plan to improve the areas they desire in accordance to the long-term development pathway at Fremont YSC

<u>Name:</u>	<u>Team:</u>	<u>Season:</u>
<u>Player Profile</u> Personality: Ambition: Values: Relationship with Teammates: Athletic Ability:	<u>Self Reflection</u> Strengths: Areas to improve: What you would like to see corrected: Commitment to Improving: Goals to Achieve:	<u>Action Plan</u> What will be practiced: How will you practice: Reflection (to be completed at end of season) Results: What Could Have Been Done Differently:



- This is intrinsic initially, in which players must have the desire to improve come from within themselves. This is also extrinsic, as this can be influenced by a variety of factors – environment, pressure, finances, society, culture etc.
- This is reflected in the players:

Body language

Learning from mistakes

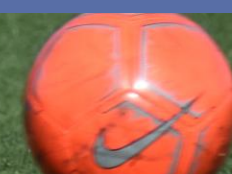
Work Ethic

Asking questions

Communication

Practicing away from structured activities

Ambition to Improve



Patience and Maturation

- The soccer journey is a long one, it takes time.
- Players must have the patience to face challenges, to take the time to understand the problem, look for a solution that works for them and then execute the action.
- Possessing the maturity to understand that trophies and medals are temporary, they should be celebrated in the short term but used as fuel to improve in the long term and the understanding with progress comes setbacks and that we must take accountability and responsibility in overcoming those setbacks.

Dealing with Unknowns

- In the professional arena, the biggest unknown is the question of making the first team for your club. Players must be prepared for this and have the options in place for that situation.
- One of the unknowns for youth soccer in America is college soccer. Young players often dream about playing college soccer and attaining the elusive D-I scholarship to a prestigious school. What if that does not work out? Players must educate themselves on the great options they have to continue their soccer pathway that is outside of D-I schools to see what the best fit for them is based on their current situation.

References

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