

Mental Warmup for Youth Soccer

Judy L. Van Raalte & Britton W. Brewer
Springfield College, Springfield, MA

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USYOUTHSOCCER.ORG

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 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?

Judy L. Van Raalte jvanraal@springfieldcollege.edu

Britton W. Brewer bbrewer@springfieldcollege.edu

