

sportpsychologie  
münchen  
*Lösung gesucht entwickelt*

# DEB- Schiedsrichterausbildung

Modul Sportpsychologie

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## Ausbildungsmodul

- 1. Energiemanagement & Stress/Druck
- 2. Fokus & Aufmerksamkeit
- 3. Entscheidungen

- 4. Team & Kommunikation und Feedback
- 5. Verletzungen

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### Wie energiegeladen bist du?

slido

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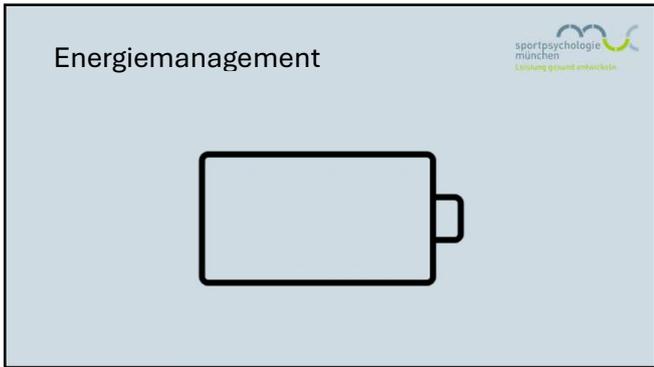
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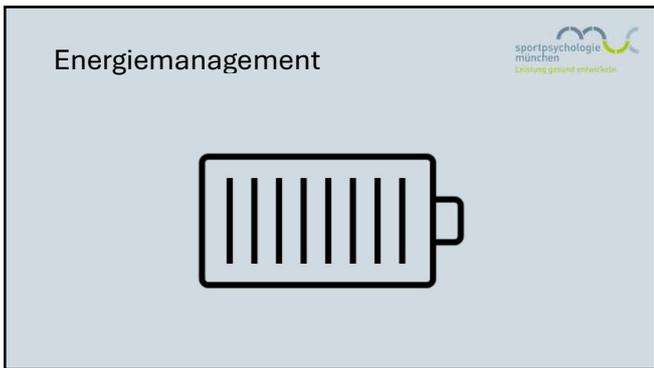
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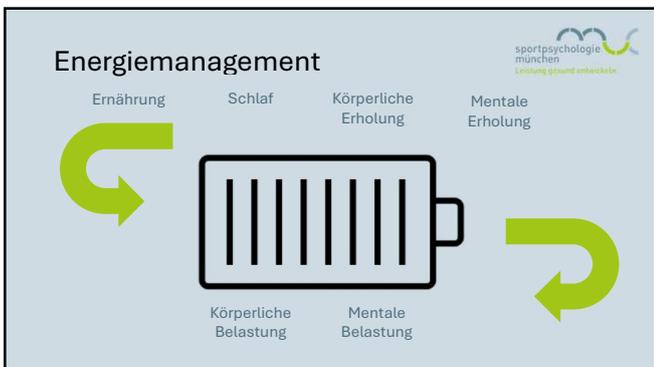
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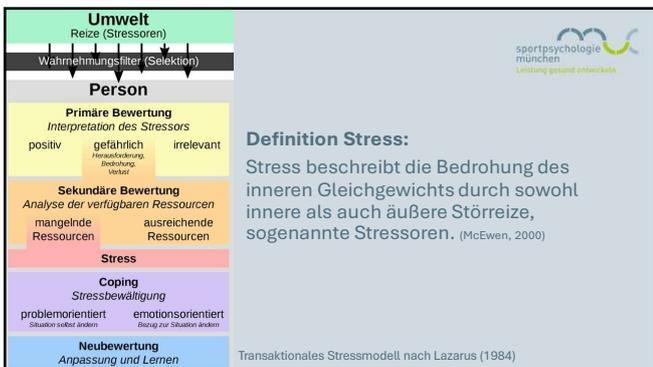
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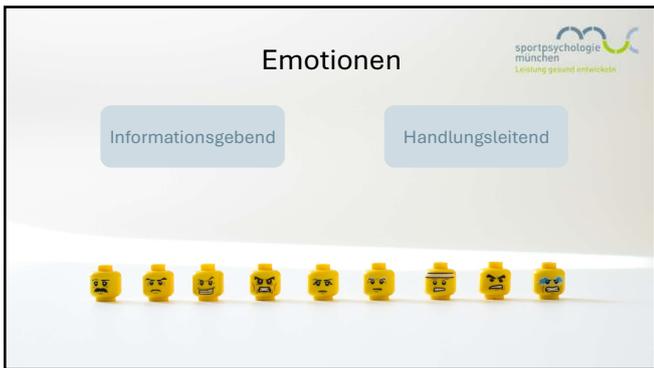
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### Die Sache mit dem rosa Elefanten...

Denke NICHT an den rosa Elefanten

Welche Gedanken fördern mein Handeln?  
Mit welchen Gedanken finde ich Lösungen?

Denke an den grünen Elefanten

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### Fake it until you feel it

„Embodiment“ – Simulation einer Emotion, um sie nachzuempfinden

→ Superhelden-Pose

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**Verhalten**

SOMETIMES, A NAP IS THE BEST WAY TO RESET.

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**Triple-A-Routine**

Abschalten      Analysieren & Planen      Aktivieren

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**Stay in touch...**

**Mentales Training im Leistungssport Teil 2**  
Die Psychologie für SportlerInnen, TrainerInnen & Eltern

von Dr. Karl Haglund & Dr. Tom Kroll

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