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The Psychology of football: Psychological factors and football player's performance

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Background: Football psychology can help footballers to train with more focus, play with more confidence. This helps them improving their mind, concentration and leadership skills. Many teams appoint a psychologist to improve team and individual performance. Football psychologists can support footballers to cope with the stress and frustration during the games and to prevent injuries and prepare players who are back from injuries into playing.

Purpose: This study aims to identify:

1. Role of psychologist within a football team.
2. Does a football team require a psychologist or a psychiatrist?
3. What are the most common mental issues among football players?
4. To assess the role of psychologist in football teams.

Methodology: Qualitative study approach was applied specifically in-depth interview with 11 psychologists working with European clubs including Dr. Matser a clinical Neuro- psychologist and has 25 years of experience in clinical Neuro- psychology. He worked as the first team psychologist of Chelsea FC with Coach Jose Mourinho for four years. Thirteen sessions were conducted.

Key findings:

1. The role of the psychologist is relevant in football as a player's mental state can decide a game.
2. Football psychologists can help in creating a winning team.
3. Psychological Skills can help Footballers in Commitment, communication, concentration, control, and confidence.
4. Psychosocial development through targeted intervention can promote youth soccer players behavioral responses associated with skills and decision-making.
5. Mental issues in football have a big role.
6. Football psychologists can improve your emotional control and prevent injuries.
7. A Psychologist support footballers to be at the top of their game recognize and improve on their weaknesses and develops their strengths more.

Biography

Kadhim Alabady is a Fellow of the Faculty of Public Health UK (FFPH) and Fellow of the Royal College of Physicians and Surgeons of Glasgow (FRCP – Glasgow). He holds a Doctorate degree in Public Health and Epidemiology, Master degree in Clinical Epidemiology (MSc), Master degree in Public Health (MPH), all from The Netherlands Universities with broad experience in driving Research and Development (R&D) strategies and operations. He is registered as Epidemiologist Grade A with The Netherlands Epidemiological Society. He has numerous publications in the UK in Mental Illnesses, Cancer, Cardiovascular Diseases, Diabetes, Dementia, Autism, COPD, Population Health, Road Casualties' Infectious Diseases, Vaccination, and others.

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Questions Effect of Psychology on:

