

Short Note

Diptych: Decalogue of Recommendations on Psychology and Youth Sport, Consensus Document

Enrique Maravi-Poma* and Rosa Ramos

Sports Talent Program, Olympic Studies Center, University of Navarra, Spain

***Corresponding author**

Enrique Maravi-Poma, Sports Talent Program, Olympic Studies Center, University of Navarra, C/ Navas de Tolosa, 21 – 3º Izq., CP: 31002, Pamplona, Spain, Tel: 34-679996833

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Abstract

Aim: The objective of this project is to publicize the recommendations for 10 questions (“decalogue”) on Youth Psychology and Sports, aimed at motivating training in values and physical-mental performance. It is an eminently practical decalogue with a scientific basis that allows a better understanding and help to all the people involved in grassroots and youth sports.

TARGET POPULATION

Aimed at Psychologists, Pedagogy students, Psychology, School Coaches, Sports Professionals, Sports Clubs, Managers, fathers / mothers, referees, athletes from various areas, other sports professionals and even fans who want knowledge on this topic.

Consensus Document**Ten questions with 27 Recommendations (R):****Level of Scientific Evidence:**

A “high”; B “moderate”; C “low”.

Grade of Recommendation:

1 “strong”; 2 “weak”; “No grade” that there is no recommendation.

Ten questions, 27 recommendations**First question****What is sports psychology?**

R1. Sports Psychology is a specialty that studies the skills of the grassroots or elite athlete, which teaches them to recognize and manage them in each of the players. It should be understood as a sports project, both individual and group. **(A, 1)**

R2. The athlete has to be psychologically strong and be prepared to feel (“I think I’m going to be able to”), think (“I’m going to be able to”) and do (“I’m going to do it”), reconciling

sport with his personal life, whatever which involves great psychological skill. **(A, 1)**

R3. Psychology must be used and applied in all phases of training: before, during and after. And not only that, but also “you have to know how to accompany the athlete, also afterward”. **(A, 2)**

Second question**Current state of psychology in sports activity?**

R4. In Psychology and Sports, it is necessary to publish a “decalogue” to be followed by athletes, parents, educators, coaches, federative authorities and sports politicians. **(B, 1)**

R5. The objective of sports psychology is to visualize and raise awareness about the skills that the player puts into motion. However, despite its importance, there is a deficiency in the application of sports psychology, especially in the base population of sports. **(A, 1)**

R6. Sport is health and it is essential not only for a healthy life but also as a tool for improving mental illnesses, addictive disorders, and anxiety, as well as for their prevention. The figure of the sports psychologist is essential for physical and mental health. **(A, 1)**

R7. The sports psychologist also must be sitting on the bench. **(A, 1)**

Third question

Coach or teacher? The environment as the basis of success.

R8. The coaches are the educators / trainers / referents in the development of the athlete. **(B, 1)**

R9. In the child's first contact with sport, the fundamental objective is to provide a comprehensive education. **(A, 1)**

R10. "Training to train". Being trained and understanding the player's environment, identifying family members, colleagues, club, friends, school and training them, pointing them in the right direction. **(A, 1)**

Fourth question

Father coach versus father fan?

R11. In grassroots sport, players must feel respected and supported also from the "stands" (fathers, mothers and the public). **(A, 1)**

R12. Parents do not have to be "fans or coaches" of their children. They must trust the coach because he is the person trained for it. **(A, 1)**

R13. The basic sport is the beginning and foundation of the training in values of the athlete and is one more tool of the educational model. It should be understood as a complement to the training received in the family, school, and free time. **(A, 1)**

R14. Sport is the best tool for social inclusion. Through sport, a disabled person feels and is one more athlete. **(A, 1)**

Fifth question

Father coach versus father fan?

R15. A Sports Club must take care of the child or young person, as a player and as a person in the different work areas. **(A, 2)**

Sixth question

Involvement of professional coaches

R16. It is necessary to instill in the child/youth athlete two plans, a sports plan A and a personal plan B for the future. **(B, 1)**

R17. Develop and train psychological skills. **(A, 1)**

Seventh question

The potential of the mind in sport?

R18. Train the athlete's mind and not just the body, to use it to his advantage, not so that it becomes his worst enemy. **(A, 1)**

R19. Training for personal and sports objectives, predictable, measurable and achievable. **(A, 1)**

Eighth question

Psychological aspects of grassroots and elite refereeing?

R20. In arbitration, the keys to success are: Rules, physical

preparation - medical, placement and psychological potential. **(A, 1)**

R21. In a referee, a match is not only its duration, but also preceded by a pre-match, and a post-match. **(B, 1)**

R22. The psychological balance of the referee is fundamental and is trainable. **(A, 1)**

Ninth question

Business vision of sports psychology?

R23. Sport, in real society, demands new rules, as well as providing global solutions (at the family level, coaches, professionals and educators), and solutions to personal problems. **(B, 1)**

R24. Sports psychology is a valuable tool in all phases of training, and at all ages. **(A, 1)**

Tenth question

Involvement of Youth Sports Policies?

R25. The need for sports policy to know the role of Psychology. **(C, 1)**

R26. A Psychology service is necessary in grassroots, youth and elite sports. **(C, 1)**

R27. Psychology in sport must be institutionalized and endowed with an official, public and/or private budget. **(C, 1)**

