

1. Record Nr.	UNINA9910784952303321
Autore	Nesti Mark <1959-, >
Titolo	Psychology in football : working with elite and professional players // by Mark Nesti
Pubbl/distr/stampa	Milton Park, Abingdon, Oxon ; ; New York : , : Routledge, , 2010
ISBN	1-135-28491-1 1-135-28492-X 1-282-65647-3 9786612656477 0-203-87458-7
Descrizione fisica	1 online resource (217 p.)
Disciplina	796.33201
Soggetti	Football - Psychological aspects Sports - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	BOOK COVER; TITLE; COPYRIGHT; CONTENTS; FOREWORD; ACKNOWLEDGEMENTS; INTRODUCTION; 1 KNOWING PROFESSIONAL FOOTBALL; 2 ONE- TO- ONE SPORT PSYCHOLOGY COUNSELLING; 3 SUPPORTING THE COACHING TEAM AND DEVELOPING THE STAFF; 4 SUPPORTING THE MANAGER; 5 CREATING AND MANAGING THE ENVIRONMENT; 6 THE LIAISON OFFICER; 7 TRUST, VALUES, CONFIDENTIALITY AND IDENTITY; 8 FOOTBALL LESSONS; REFERENCES; INDEX
Sommario/riassunto	How can the skills of the sport psychologist be put to best use within a football club?How can a sport psychologist help elite footballers perform at their maximum level?In this groundbreaking guide to the role of the sport psychologist within elite and professional football, leading sport psychologist Mark Nesti argues that working closely with coaches and players to create a receptive environment is vital if psychologists are to add maximum value to team and individual performances. Drawing on a decade's professional experience working at the top l

