

Self-regulation skills in sport

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Emotional SR, Cognitive SR, Behavioural SR, Motivational SR, SR learning

Acquired through maturation and experience

Psychological processes

- *Identity*
- *Motivation, goals, attitudes, skills...*
- *Emotions, arousal thoughts, learning...*

1. *Well-being and mental health*
2. *Commitment to sport and PA participation*

Self-regulation

The Triangle of Sport Psychology

Manipulation

Psychological skills training

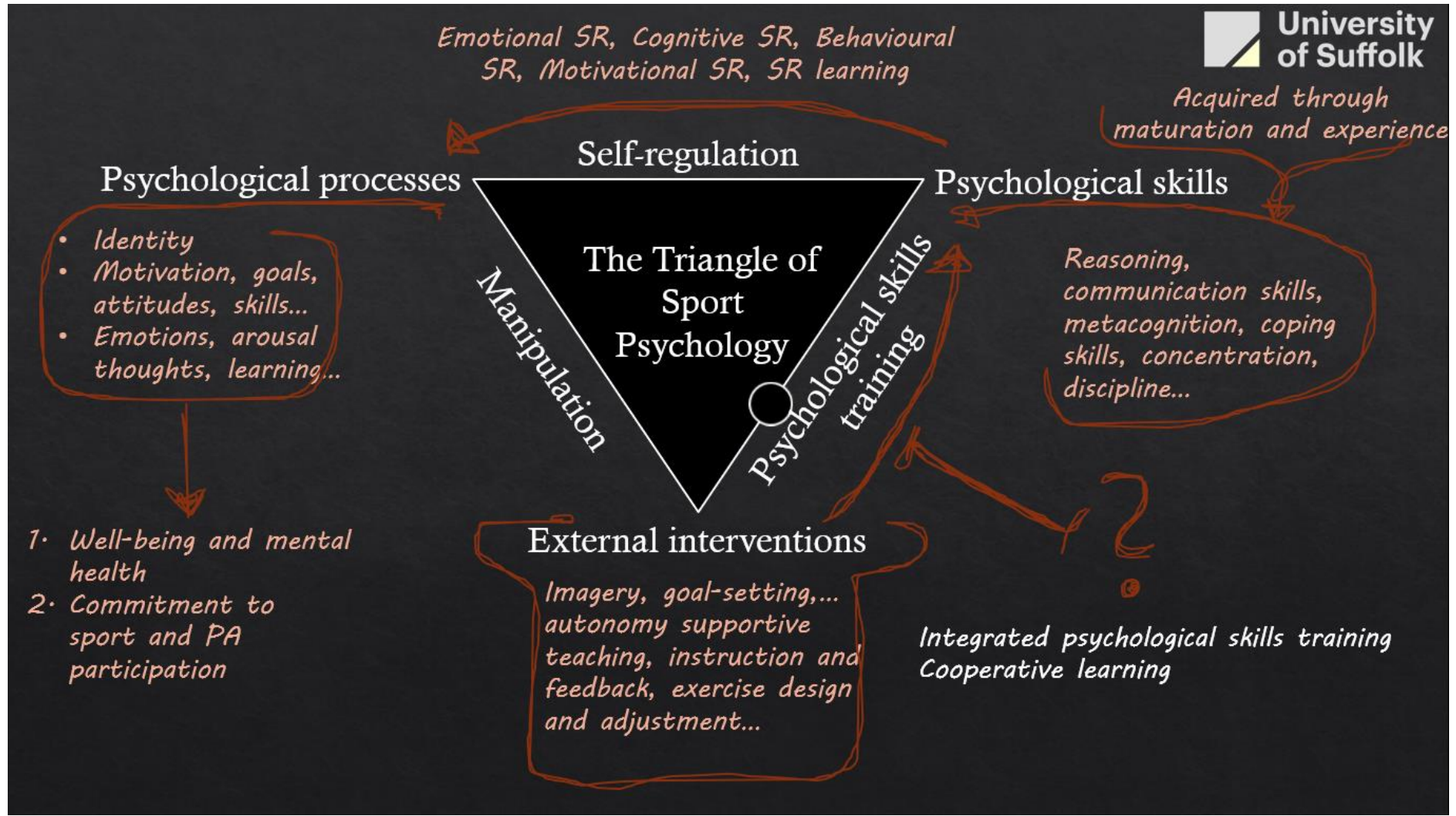
Psychological skills

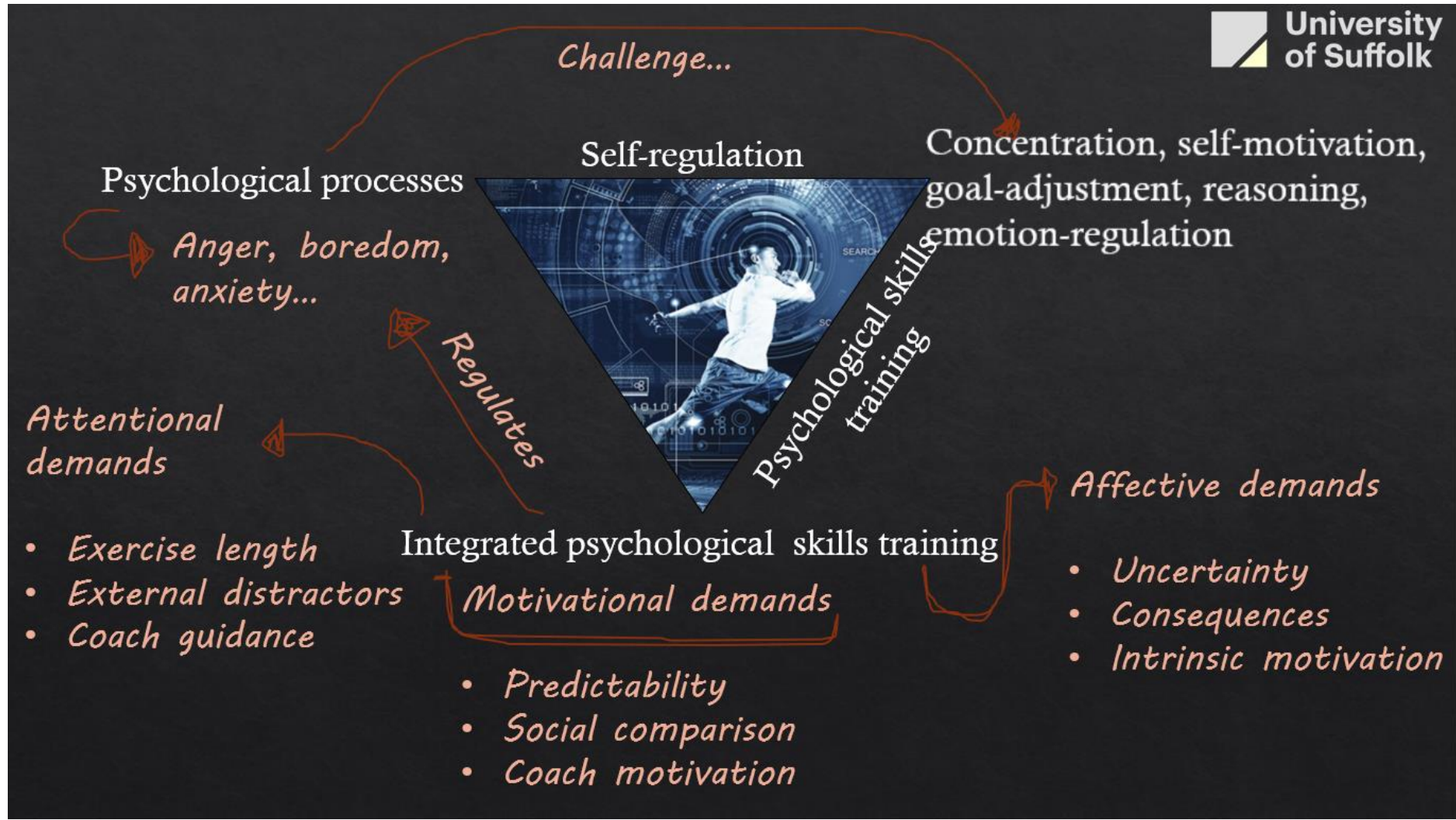
- Reasoning, communication skills, metacognition, coping skills, concentration, discipline...*

External interventions

Imagery, goal-setting, ... autonomy supportive teaching, instruction and feedback, exercise design and adjustment...

*Integrated psychological skills training
Cooperative learning*





Psychological processes

- Psychological processes do not necessarily belong to one individual
 - Sports are hardly ever practiced individually
- Most psychological processes are shared experiences; if one is **Sad**all are **Sad**
- In sports, one of the most important psychological processes is **LEARNING**

Self-regulation



Psychological skills training

Social skills, responsibility, group processing skills, empathy...

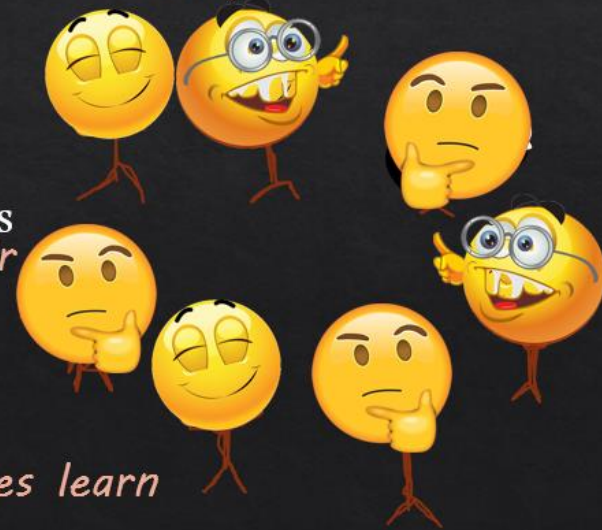
- Coaches can use this fact, and coordinate cooperative learning

Cooperative learning methods

- Coaches believe that their role is to teach



- Yet, not all athletes learn at the same pace



Social Self-regulation

Psychological processes

In cooperative learning

- Coaches create learning tasks
- Players assume roles to solve the task
- Players play their part for the group to advance
- Players recognize their peers struggles
- Players help each other overcome challenges, in terms of skills, motivation and emotions

Cooperative learning methods

- Coaches help athletes to help each other, adjust the task to control challenges and provide final feedback on learning



Psychological skills training

Social skills, responsibility, group processing skills, empathy...



Self-regulation

1 Sport elicits
psychological
processes which
stimulate
psychological skills

2 Control the psychological
challenges of athletes,
but do not solve their
problems or psychological
skills will languish

3 Foster awareness of psychological processes
and psychological skills to create
metacognitive knowledge

4 Strong psychological skills make
an autonomous athlete who
faces challenges looking for
solutions, instead of help

5 A group of athlete, in
team and individual
sports, can learn to self-
regulate socially

