

Lectures and a workshop for sports coaches in Zagreb 5-6.09.2011

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Sport Psychology: Optimization of athletic performance

Presentation outline:

1. How could sport psychology help coaching
2. Optimal and non-optimal athletic performance
3. Psychological preparation for competition
4. Consistent excellence: Winning after winning
5. Working with emotions to optimize athletic performance
6. Action-centered coping in elite sport
7. Implications for coaching

Workshop for coaches:

- Emotion & Action-profiling in coaching
- Emotion-related and action-related issues
- Questions & Answers on the topic

Selected & relevant publications:

Hanin, Y.L. (2010). Coping with Anxiety in Sport. In: Adam Nicholls (Ed.) *Coping in Sport: Theory, Methods, and Related Constructs* Nova Science Publishers, Inc. (pp. 159-175).

Hanina, M. & Hanin, J. (2010). Optimization of technique in elite athletes: An Application of the ICC program. In: K. Thomson & A. Watt (Eds.). *Connecting paradigms of motor behaviour to sport and physical education*. (pp. 131-145). TLU Press, Tallinn

Hanin, J, & Hanina, M., (2009). Optimization of performance in top-level athletes: An Action-Focused Coping. *International Journal of Sport Sciences & Coaching*, 4 (1), pp. 47-91.

Hanin Y. (2007). Emotions in Sport: Current issues and perspectives. In G. Tenenbaum & R.C. Eklund (Eds.). *Handbook of Sport Psychology* 3rd ed. (pp. 31-58). Hoboken, NJ: John Wiley & Sons.