

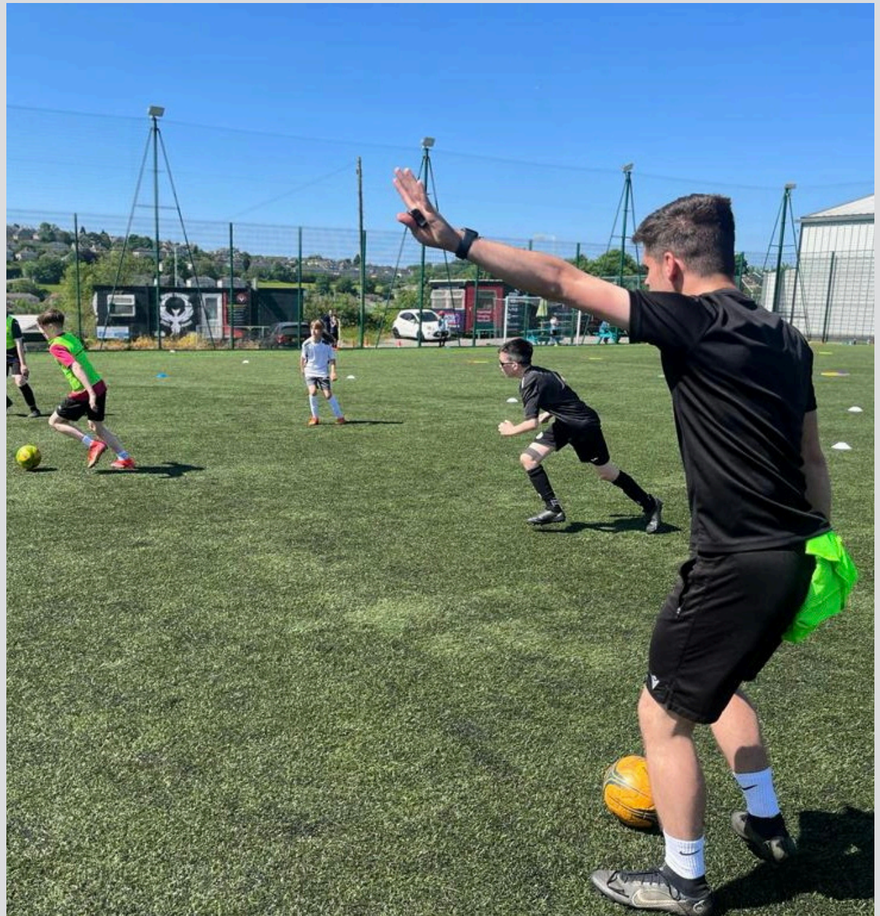
PSYCHOLOGY IN ACTION - ELITE FOOTBALL TO GRASSROOTS DEVELOPMENT

BY
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2025

PRESENTATION

WHO AM I?



- BSc (Hons) Psychology
- UEFA A Licence / Elite Youth Licence Candiate
- UEFA B Goalkeeper Licence
- FA Youth Award
- Newport County FC Academy Coach
- Welsh International u14's Coach
- Former Swansea City AFC Academy Coach
- Academy Manager of Swansea’s Largest Football Centre
- Elite Coach Education Track Record

WHY THIS PATHWAY?

STARTED WITH A PASSION FOR FOOTBALL

SEEN THE DEMAND FOR AND IMPACT OF PSYCHOLOGY IN FOOTBALL





UNDERSTANDING ELITE PERFORMANCE

MANAGING PRESSURE

USING PSYCHOLOGICAL THEORIES SUCH AS THE YEARKS-DODSON LAW

PERSONAL GROWTH

USING SMALL STRATAGIES SUCH AS GAOL-SETTING AND VISUALISATION TO DEVELOP

EXAMPLES

KIBAN RAI VS JAC NORRIS





ENHANCING TEAM DYNAMICS

OBSERVEING TEAM DYNAMICS IN ACTION

PRACTICAL LESSONS FROM LEADERSHIP AND GROUP PSYCHOLOGY

HOW TEAM DYNAMICS SHAPED MY APPROACH

PSYCHOLOGY IN GRASSROOTS FOOTBALL

UNDERSTANDING MOTIVATION IN YOUNG PLAYERS

ADAPTING TO DIFFERENT LEARNING STYLES

BUILDING RESILIENCE IN A FUN ENVIRONMENT



MENTAL HEALTH & WELLBEING



THE IMPACT OF PRESSURE ON PLAYERS

TOOLS IVE USED TO SUPPORT MENTAL HEALTH

CREATING A CULTURE OF OPENNESS

LEADERSHIP, BUSSINESS & STAFF MANAGMENT







DEVELOPING A VISION

MANAGING AND MOTIVATIONG STAFF

BALANCING GROWTH AND QUALITY

CASE STUDIES & SUCCESS STORIES

01 SUPPORTING A PLAYER THROUGH ANXIETY





02

BUILDING CONFIDENCE IN A YOUNG PLAYER



03

Mentoring staff to reach their potential

PART 2

CHALLENGES & LESSONS

OVERCOMING SKEPTICS



BALANCING INDIVIDUAL & TEAM NEEDS



MANAGING TIME & RESOURCES



THANK YOU

2025

GET INVOLVED?

CALL 07361801547



PRESENTATION