



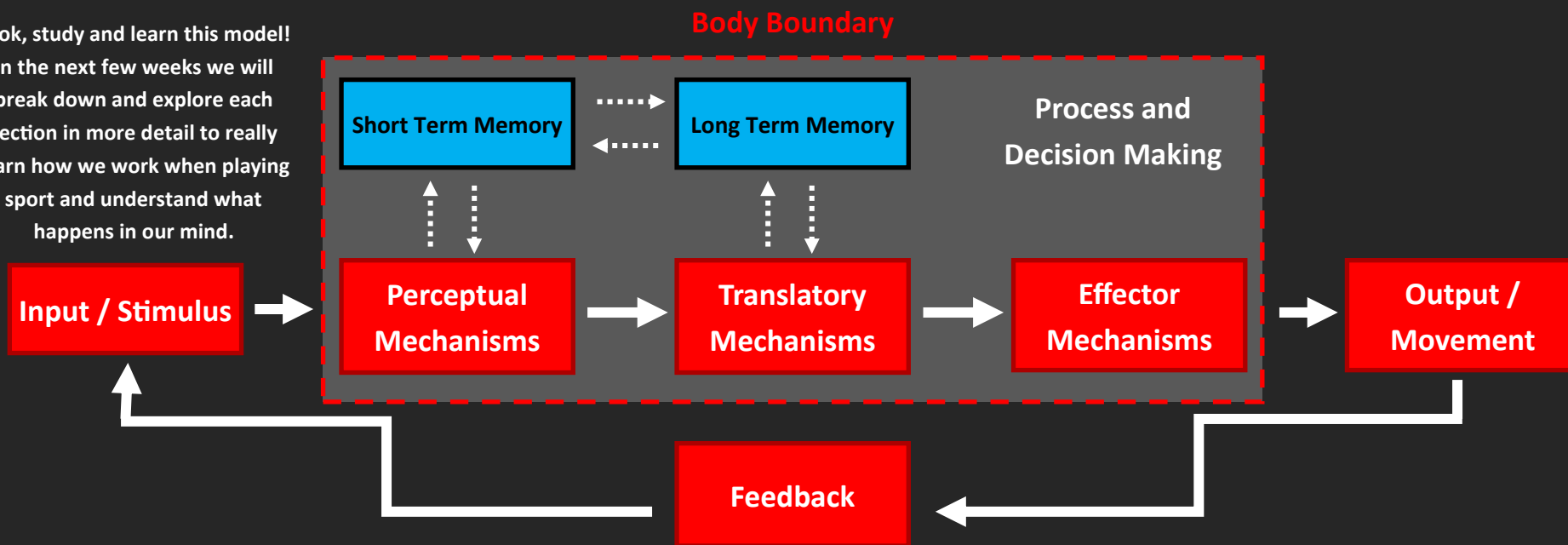
GPS SPORT PSYCHOLOGY: Edition 4 - How do we learn?

Welcome to Season 2 of the GPS Psychology Newsletter! Last week we discussed memory and the role it plays in our learning. Now we understand memories involvement, we can look at the bigger picture and how we learn and process information as we play. This week we will introduce Information Processing.

The Process of Responding to Information

Look, study and learn this model!

In the next few weeks we will break down and explore each section in more detail to really learn how we work when playing sport and understand what happens in our mind.



GPS Players should understand the processes involved when they are playing. The slower it takes information to pass through this process, the slower your overall play. The quickest players with the most time and space in a game have it as a result of quick information processing.

GPS Psychology Tip of The Week

“Understanding how we work as a person is essential in improving as a player. Processing information is key in soccer. If we process efficiently and quickly our speed of play is subsequently higher.”



Quote of the Week

“His speed of play is devastating. His speed of thinking is frightening. He thinks 3 or 4 moves ahead and has planned his scoring before he touches the ball.”
 - Paco: Manager of Rayo Vallecano describing Lionel Messi in Vallecano’s 6-1 loss to Barcelona. Messi scored an 11 minute Hat Trick; the 24th of his career!



Player Task

Following his hat trick at Valleciano, Messi scored twice against Eibar in La Liga before playing Manchester City in the UEFA Champions League... Watch his performance here and pay attention to his speed of thought in play:

<https://www.youtube.com/watch?v=7EWEoNUtFsE>





Sport Psychology Glossary:

Below is a list of terms we have come across so far for you to keep, refer to and hopefully learn! As we go through the weeks this glossary will be updated and provide you with a full and comprehensive list of terms for Sport Psychology in Soccer.

Automatic Learning - Learning by where the player can easily recall information due to past experience, practice or intelligence.

Closed Skill - A skill which is not easily affected by external variables.

Continuous Skill - A skill that has no definitive start or end point.

Discrete Skill - A Skill which has a definitive start and end point.

Effector Mechanisms - Parts of the body that are directly involved in movement e.g. muscles, nerves, tissues.

Externally Paced Skill - A skill where the pace and execution is affected by other participants

Feedback - Any sensory information the body receives in response to a movement or action.

Fine Skill - A skill that requires only small muscle groups and delicate, controlled movement.

Gross Skill - A skill that requires large muscle groups and explosive action or movement.

High Organization Skill - A skill which requires complex movements and must be practiced as a whole to perfect.

Input - Any stimulus or sensory information entering the body from an external source.

Internally Paced Skill - A skill where the pace of the movement and execution is affected only by the performer.

Long Term Memory - Memory where the most important and relevant information is stored. Potentially unlimited.

Low Organization Skill - A skill which has simple movements and can be broken down into smaller parts to aid learning.

Open Skill - A skill that can be affected by the external environment.

Output - The response an individual gives to an input or stimulus. In sport the output is normally movement of some kind.



Sport Psychology Glossary:

Perceptual Mechanisms - Parts of the body and mind that assess and categorize information. E.g. senses and selective attention.

Semantic Learning - Learning by assigning emotional links and meaning to information. Information is categorized to recall easily.

Serial Skill - Several discrete skills linked together to form one new continuous skill.

Short Term Memory - The section of memory where information is held whilst it is given meaning and responses are planned.

Short Term Sensory Store - The first section of memory information enters to be assessed. Lasts only 1-3 seconds.

Skill Acquisition - The process of learning new skills and improving them through practice.

Skill Continuum - A scale on which skills can be ranked and classified.

Sport Psychology - The exploration of mentality in sport. Sport Psychology looks at how the person can affect the player.

Stimulus - Any sensory information presented that might have relevant meaning to an individual.

Translatory Mechanisms - Part of the mind that gives relevant information meaning so an appropriate response can be selected.

Visual Learning - A learning style in which the player responds best to demonstrations, observation and watching others.