

FOCUS OF ATTENTION DURING SOCCER PRACTICE

INTERNAL AND EXTERNAL FOCUS TO ENHANCE PERFORMANCE

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THE MENTAL ASPECT OF THE GAME

*"Football is played with your head,
your feet are just the tool"*

Andrea Pirlo

WHAT THE PLAYER HAVE TO FOCUS

- on while practicing a skill
(TRAINING)
- on while performing a skill
(MATCH)

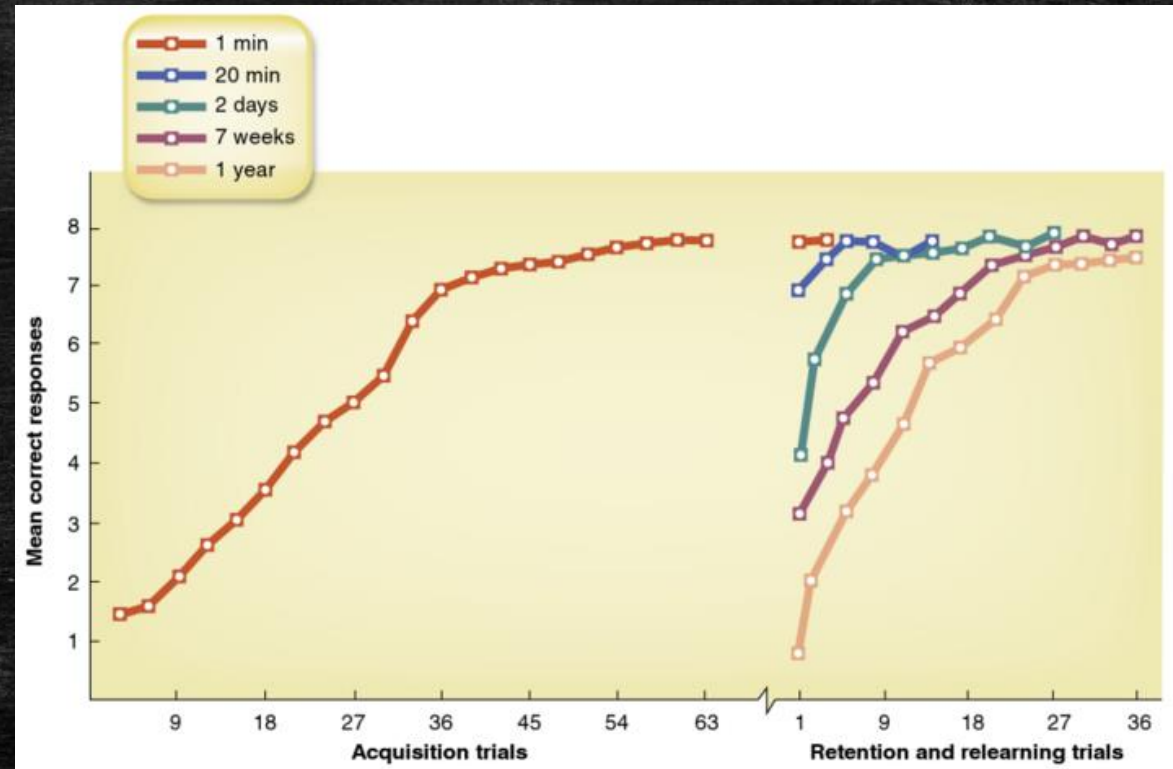


SKILLS AUTOMATICITY

nonconscious attention to the act itself while executing, and not being vulnerable to external and internal distractors.

It is usually the result of learning, repetition, and practice.

- TOTAL TIME (10,000 hours over 10 years)
- NUMBER OF TRIALS PER PRACTICE
- INTERVALL TIME BETWEEN PRACTICES
- ATTENTIONAL FOCUS AND COACHING FEEDBACK



HOW TO DIRECT FOCUS DURING SOCCER PRACTICE

TO INCREASE PLAYER'S AWARENESS BY USING VERBAL AND VISUAL CUES

INTERNAL FOCUS

Directing attention to the body's movements

- Keep your body straight when you are shooting
- Lock your ankle when you impact the ball
- Open your chest when you control the ball
- Coordinate your steps before chipping
- Use outside foot

YOUNGER AGES OR
LOW-SKILL PLAYERS

EXTERNAL FOCUS

Directing attention to the effect of the movements

- Look at the trajectory of the ball when you are shooting
- Passing ball to teammate's feet
- Control the ball to an open space
- Chip the ball over the wall
- Bend the ball to the side

OLDER AGES OR
HIGH-SKILL PLAYERS

SHOOTING

PASSING

CONTROL

CHIPPING

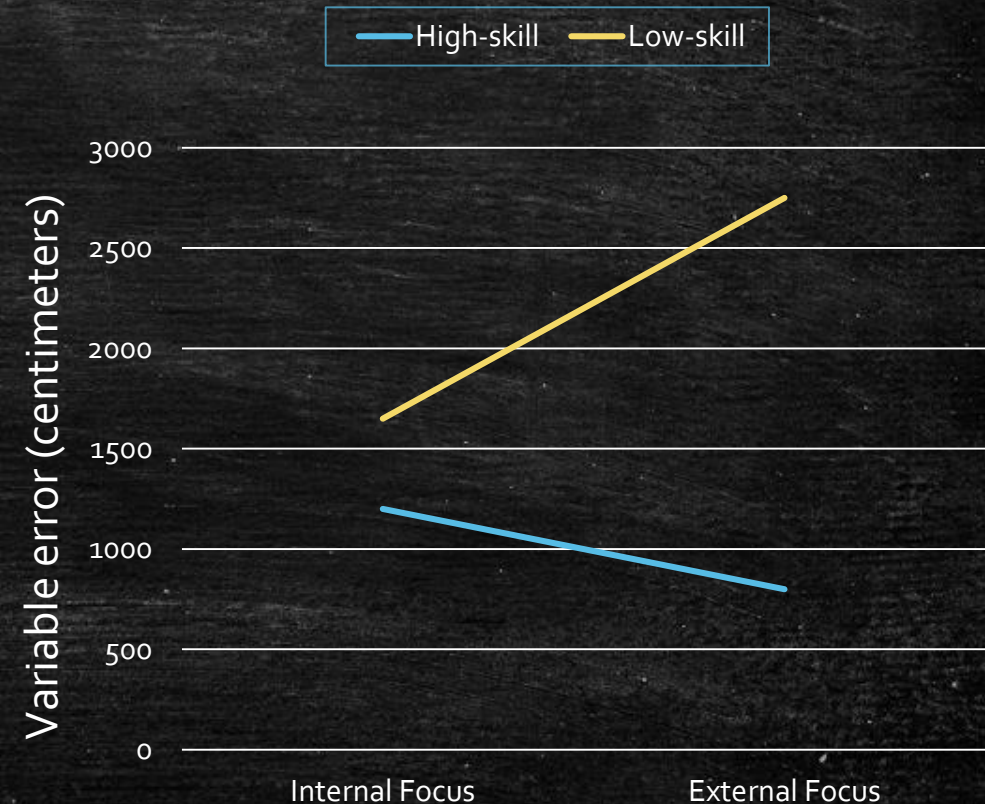
BENDING

INTERNAL VS EXTERNAL FOCUS OF ATTENTION

Effects of focus of attention depend on golfers' skill (2003)

SCIENTIFIC RESEARCH 1:

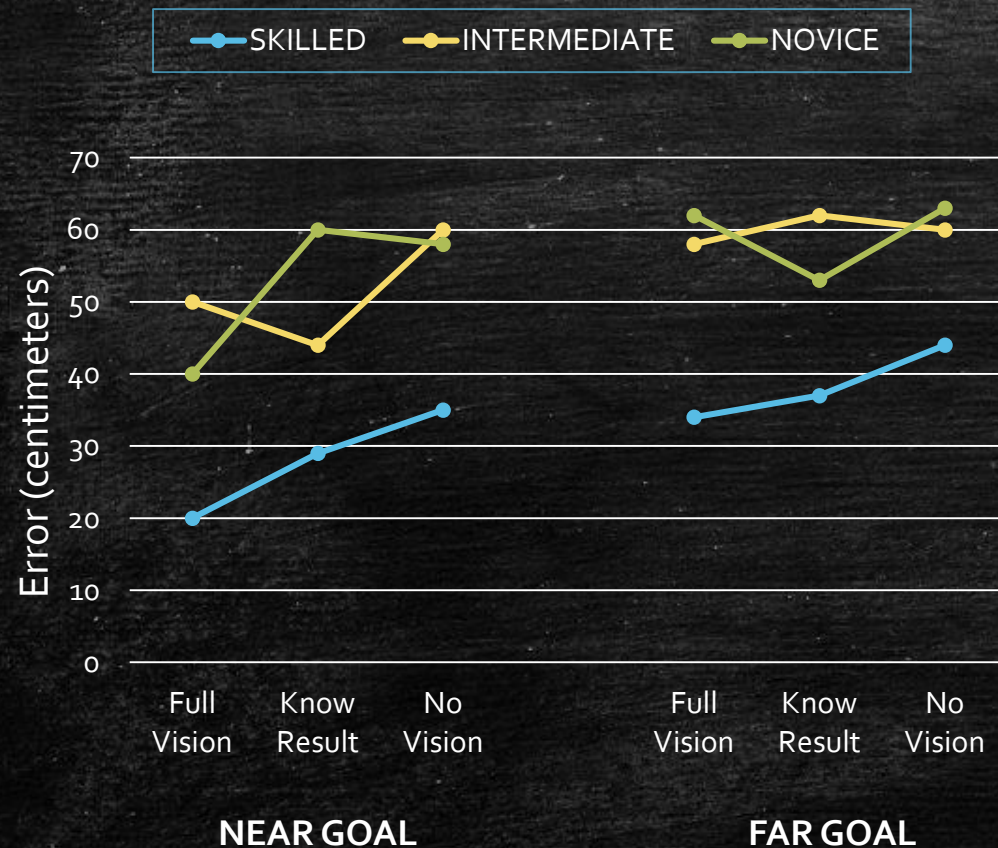
- Two groups of golfers divided into High-skill (HS) and Low-skill (LS)
- Pitching from 10, 15, 20, 25 meters
- Two levels of instruction: Internal Focus (IF) and External Focus (EF)
- HS performed better with EF and LS performed better with IF



N.PERKINS-CECCATO, STEVE R. PASSMORE, T.D. LEE

FEEDBACK TO EXTERNAL FOCUS OF ATTENTION

The Role of External Action-Effects in the Execution of a Soccer Kick:
A Comparison Across Skill Level



PAUL FORD, NICOLA J. HODGES, RAOUL HUYS, AND A. MARK WILLIAMS

SCIENTIFIC RESEARCH 2:

- Three groups of soccer players divided into Novice (NP), Intermediate (IP) and Skilled (SP)
- Chipping the ball from Near (2m) and Far (4m) range
- Three levels of feedback: Full Vision (FV), Knowledge Result (KR) and No Vision (NV)
- SP performed better than IP and NP, Players make less error with FV rather than NV

SCIENTIFIC RESEARCH ON CRISTIANO RONALDO

- Ronaldo was asked to read the body's movement of the player crossing the ball
- Lights were turned off creating 2 conditions:
 1. Right after ball was crossed
 2. While the ball was crossed
- Ronaldo states that in C1 he had to memorize the trajectory, in C2 he had to predict it.
- He was successful in both conditions



Cristiano Ronaldo, Testing to the limit, Youtube video of Andin Ahmeti

HOW TO ENHANCE FOCUS DURING SOCCER PRACTICE

TO FACILITATE MOVEMENT'S AUTOMATICITY

▪ INTERNAL FOCUS

Directing attention to the body's movements

SHOOTING PROGRAM by Matteo Masucci with Apex IFC



▪ EXTERNAL FOCUS

Directing attention to the effect of the movements

COGNITIVE PROGRAM by Matteo Masucci with Apex IFC



THANK YOU FOR YOUR ATTENTION

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Cristiano Ronaldo, Testing to the limit, Youtube video of Andin Ahmeti

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