

CONTENTS

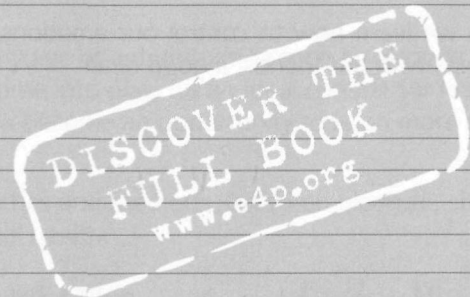
Part 1: EMOTIONS RUN HIGH IN FOOTBALL

Controlling your emotions = controlling yourself

1.1 Football, emotions and well-being	9
• Football is intense!	10
• Our emotions can get the better of us	12
• Emotions and well-being	14
• Managing your emotions is a skill	16
1.2 How emotions affect performance	19
• Impact on energy levels	20
• Impact on skills and tactics	21
• Impact on concentration and motivation	22
• Impact on behaviour	23
1.3 Learning to master your emotions – it's like learning to master the ball	25
• Practice makes perfect	26
• Performing well in all areas of life	28

Part 2: HOW CAN WE DEVELOP OUR EMOTIONAL INTELLIGENCE?

2.1 Understanding how emotions work	33
• Our internal weather system ①	34
• The role of emotions	36
• Our three brains	37
• A palette of emotions	38
• Emotions and thoughts	40
• Emotions and needs	42
- It's all going on inside!	43
- Life and its needs	44
- Human needs	44
- Emotions tell us about our needs ②	50
• Anger and violence	54
• Finding out more about needs and requests	56
• Our emotional glass	60



2.2 Developing practical tools	63
Tool No 1: Self-awareness	64
- Developing your inner observer, being centred	64
- Releasing tension	68
- Conscious breathing	72
- Creating a protective bubble	76
Tool No 2: Thought awareness	78
- The thoughts you have about yourself	79
- Managing the past and the future and living in the present	82
Tool No 3: Conscious communication	86
- Knowing how to say no to something to voice your anger in a non-violent way	87
- Giving praise	96
- Listening with empathy and taking criticism another way	98
2.3 Putting the theory into practice on the pitch	103
• Your relationship with your team, your coach, your parents, the referee and the other team	104
• Learning how to be a good winner and a good loser	114
• Where to start?	116



Part 3 : PARENTS AND COACHES

3.1 Teaching today	123
• Our Teaching objectives	124
• Modern authority	126
• Respect, violence, self-esteem and relationships	128
• Competition: a double-edged sword	136
3.2 The four keys to respectful communication for well-being and performance	139
• Our habits and their effects	140
• Listening properly	142
• Giving praise	146
• Being respectful when we're not happy with something	148
• Hearing the suffering behind the violence	150
3.3 Teaching with respect to teach respect	157
• Being a role model	158
• Learning to communicate	160
• Respect on the pitch and in life	166