INTRODUCTION

Working Areas in Psychological Training

Performing at elite level in Refereeing is a high demanding and complex task. The referee is asked to perceive, interpret and make decisions on the wide range of actions and interactions that take place during a football match. Therefore, this perceptive-interpretative-decisional sequence becomes still more complicated if we consider that, often, this triple function must be taken in a fraction of a second in ambiguous perceptual situations and under mental pressure.

Therefore, adequate preparation of the referees requires the training and development of, at least, the following psychological skills (*):

a) **Game-related skills.** They refer to those capabilities that are directly involved in the assessment of the performance of the players compared to the Laws of the Game during the match and, when appropriate, take decisions accordingly. In particular, they incorporate skills related to the triple process (perceptive-decision making-executive) that is, from a psychological point of view, the task of the referee on the field of play.

b) **Personal skills of inner regulation of behaviour.** They refer to the skills linked to the management of internal psychological states whose self-regulation is necessary for the adequate implementation of the skills mentioned in the previous point. Among them we can highlight: motivation, emotional control, confidence, concentration, shifts in focus...

c) **Teamwork skills**: decision-making takes place in a shared context that requires a coordinated work of the members of the Referees Team so that its function is developed in a cohesive and coherent manner.

(*) The intervention referred to in subparagraph b) has a more exclusive psychological aspect, while the headings a) and c) must be addressed as interdisciplinary task in collaboration with the physical and technical areas.
GENERAL MODEL OF INTERVENTION

PSYCHOLOGICAL TRAINING

Skills for the Game

- Perceptive
- Attention
- Perceptive discrimination
- Concentration

- Decision making
- Decision making speed

Executive

- Communication skills

Personal Skills

- Emotional control
- Goal setting
- Concentration
- Coping the errors
- Teamwork
- Confidence
- Continuous learning

AUTOMATION