



PSYCHOLOGICAL PREPARATION IN REFEREEING

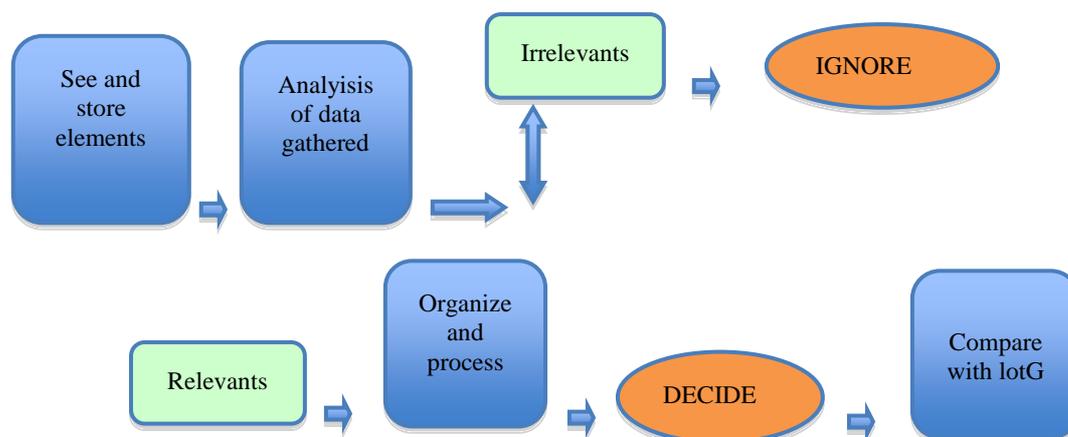
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SKILLS RELATED TO PLAY (2): PROCEDURE FOR TRAINING

Of the elements of the triple perceptive-interpretative-decisional mechanism involved in the sport judgments, the first one, perception, is considered the key factor of refereeing performance. A correct perception is a sine qua non condition for a right decision. On the other hand, if perception is not correct the decisional error is guaranteed.

This perceptive mechanism is more psychological than technical and is influenced by a multifaceted attention process. Perception is a mechanism that tries to organize the data gathered by the attention process and organize it in clusters for the release of right decisions.

On the field of play the stimuli that surround to the referee, predominantly visual and acoustic, are nonstop, complex, varied and changing, influenced by a series of factors like the number of players involved, the actions and the speed of the movements of the players and the referee, the distance of the action due to size of the field of play, as well as the possible presence of concurrent actions that are taking place.



For that reason the mechanism of gathering information, i.e, the attention will have the following features: 1) selective ability to distinguish and to pay attention only to relevant stimuli, 2) flexibility to shift from wide to narrow focus of attention center depending of the most suitable approach to the action, 3) capacity to divide the attention and to direct it at the same time to at least two stimuli and 4) capacity to ignore and/or eliminate those stimuli that generate interferences and be able to refocus.

In agreement with this approach, from the psychological perspective, the training of the attention must affect the components of alert and monitoring, visual search, selectivity in the stimuli, concentration, changes in focus, speed of reaction, peripheral vision and divided attention.

Therefore, a range of exercises must be incorporated for the training of attention of the referee that include variables such as: the ambiguity of stimuli, the need to shift focus by double task (internal-external and external-external), the presentation or not of stimuli to distract attention, the speed of reaction and further checking, to increase the difficulty in perception either because of variation in the distance or simply to make more challenging the vision of the action zone.

A better insight into perceptive training can be found in the “Handbook of Integrated Exercises and Body Language for Football Referees” published by the RFEF (2012).