

IDENTITYPRO

FOOTBALL PSYCHOLOGY

MODULE THREE



ABOUT

FOOTBALL PSYCHOLOGY

After 15 years of experience working within the English Premier League, Hyundai A-League and the Danish Superliga, that exposure at the elite level has provided head coach Scott Miller with fantastic insight into the player management styles of some of the worlds elite footballer managers.

The football psychology module is aimed at aspiring and professional coaches that want a how to guide to communicate effectively, gain an understanding of individual players learning style whilst maximising the potential of your players by varying your coaching styles during the training week.

Combining my experiences and qualifications in coaching, sports science and psychology, this unique module has been designed from a practical aspect of learning for the player, ensuring that it is specific to the athletes individual needs.

WHY IS FOOTBALL FOOTBALL PSYCHOLOGY IMPORTANT?

The mindset of an athlete is crucial when determining the attitude, commitment, and sustained focus during the development phase.

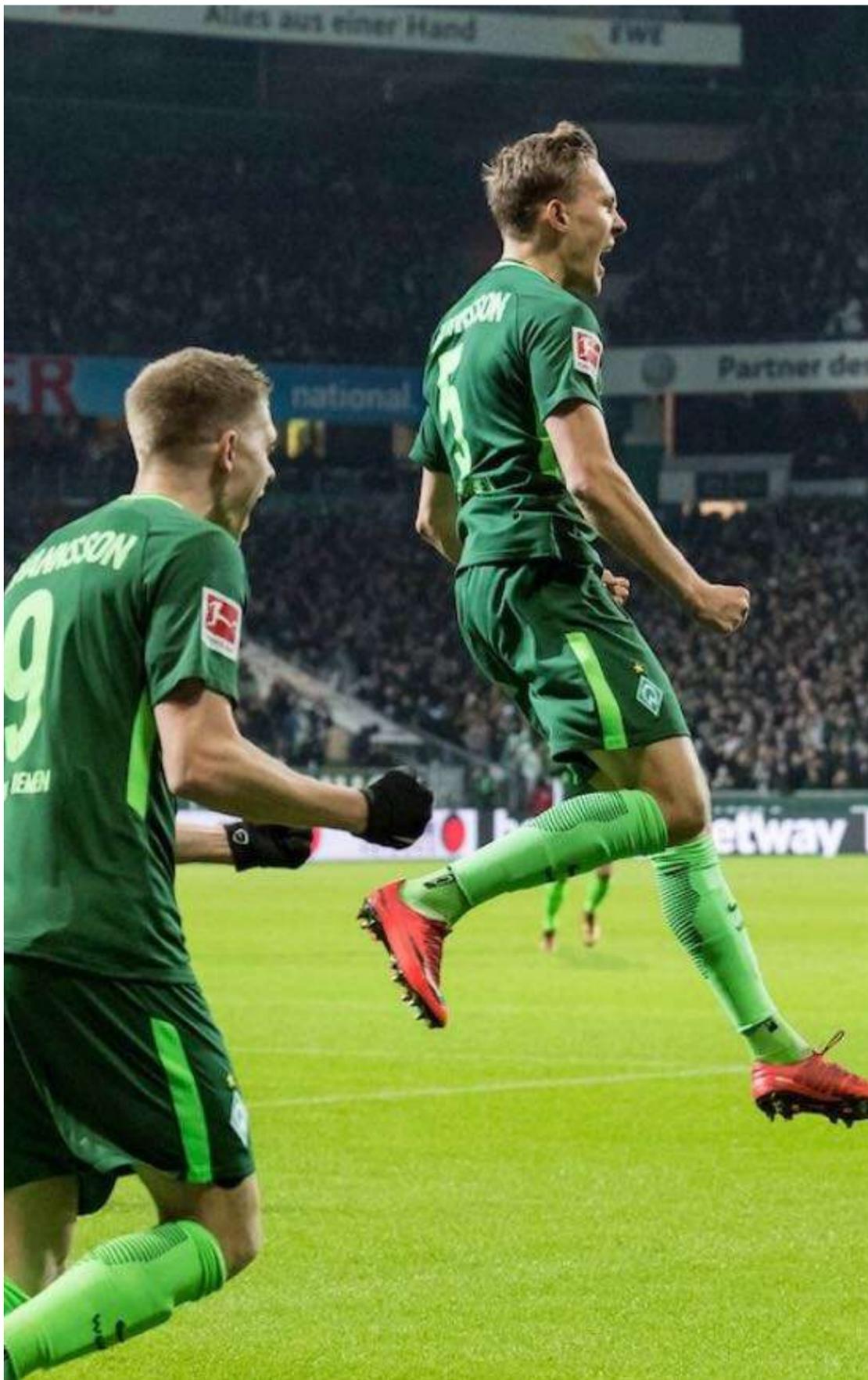
"It's all about meeting the right coach at the right time"

I have always felt that that knowledge is one thing, however empathy and understanding is key to any relationship with an athlete between the coach and the athlete.

No matter if you are an established professional athlete or an emerging talent, inner confidence and sustained motivation in a results orientated environment is one of the most challenging to achieve in sport.

It's not enough to be passionate and talented in a highly competitive industry; professional and emerging athletes need to be able to deliver consistently, deal with set-backs and have an unrelenting commitment to achieve their personal ambition.

As coaches, we must understand and identify how we can understand, nurture and support our players from a mindset perspective.



WHAT WILL YOU LEARN?

The module will offer you as coaches a learning opportunity to gain clarity on how we can influence behaviours, increase standards and player accountability, whilst obtaining a clear understanding of;

- ▶ Identify learning styles within your team to maximise communication
- ▶ Create meaningful relationships with your players and staff
- ▶ Possess the skills to facilitate player reviews focused on player development
- ▶ Learn how to adapt your communication style to suit your audience
- ▶ Learn strategies to positively impact player performance
- ▶ Implement an individual player development plan

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Scott Miller is an outstanding football person. He has a relevant and contemporary approach to creating and sustaining a High Performance environment, through theoretic and practical learning in the Professional game. I have seen only a few people, who can energise and educate the way Scott can. He is one of the most organised and knowledgeable coaches I have worked with. His knowledge is surpassed only by the enthusiasm and energy he brings, complimenting a strong strategic acumen with an undeniable ability to relate with players and staff respectfully on an emotional level.

NICHOLAS DE LUCA
GENERAL MANAGER | WESTERN UNITED

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