



## MENTAL SKILLS TRAINING @ ESAFC

Mental skills training is coming to Eastern Suburbs in Term 4! Delivered by New Zealand All White and current Men's First Team player Francis de Vries, the program develops the key mental skills needed for:

- Improving performance: through gaining confidence, motivation & focus
- Growing well-being: through learning self-awareness, resilience & emotional control

The program was designed using Francis' University education in Psychology, as well as his experience of what it takes to perform mentally while playing & coaching professional football overseas.

Participation includes:

### **Introduction:**

- An introduction document on what mental skills are & how the program will develop them for each player's improvement
- A parent document outlining what the mental skill program is & how it will benefit their children

### **Program:**

- 5 bi-weekly workshops for players (delivered via Zoom) on key mental skills
- 1 workshop for parents (delivered via Zoom) on effective communication strategies
- A personal development booklet for personal improvement & key learnings from each workshop
- 5 guided activities for the practical learning & application of mental skills for each child's development
- Pre & post mental skill measurement (Athletic Coping Skills Inventory) for current & future development

### **Timetable:**

- JUNIOR 9-12: Tuesdays via Zoom 6:30pm – 7:30pm
- YOUTH 13-17: Tuesdays via Zoom 7:30pm - 8:30pm

Please register for Mental Skills training through ClubHub. Term 4 Mental Skills fee of \$100, or \$75 if booked in conjunction with on-field sessions.

## Eastern Suburbs AFC

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