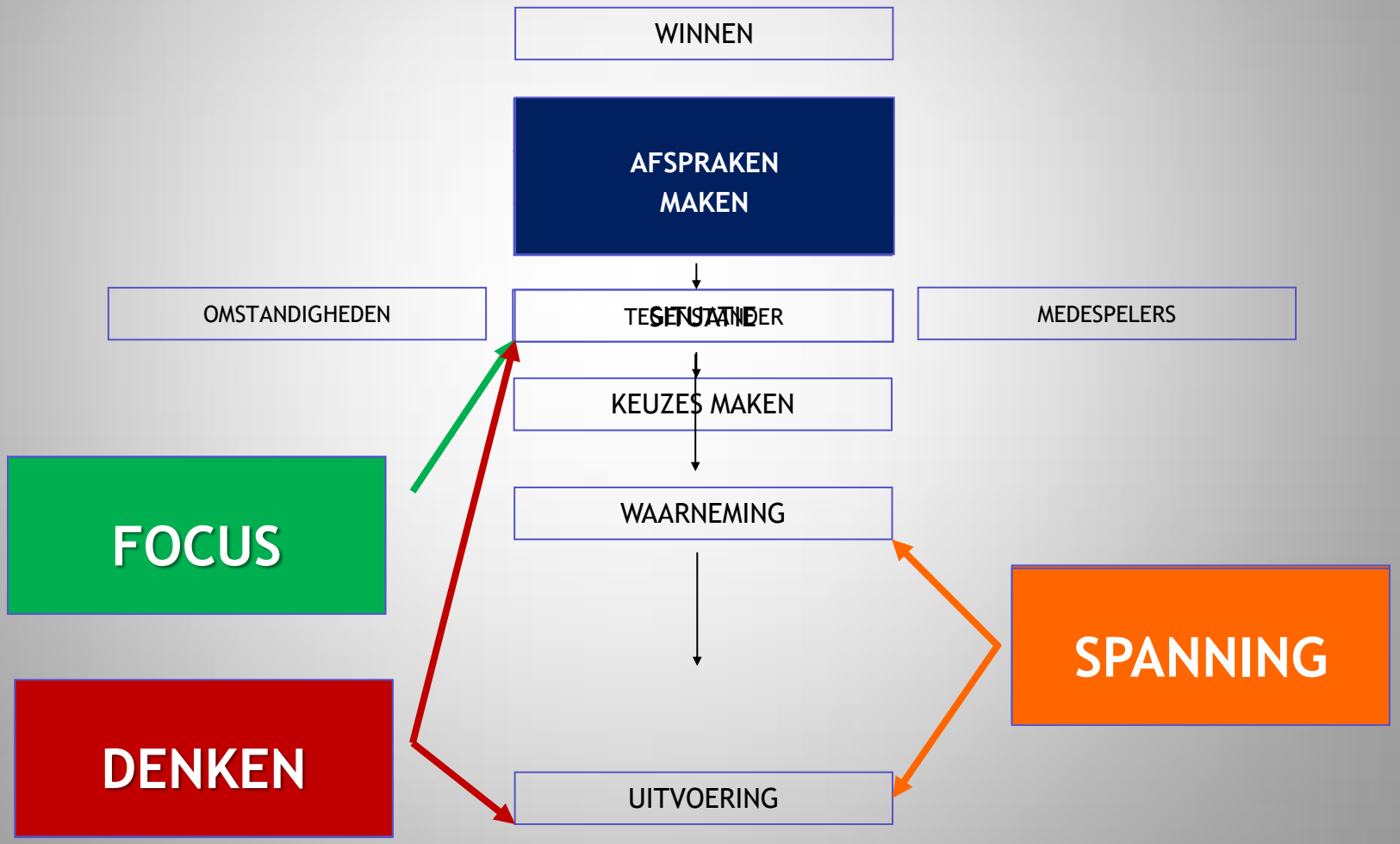
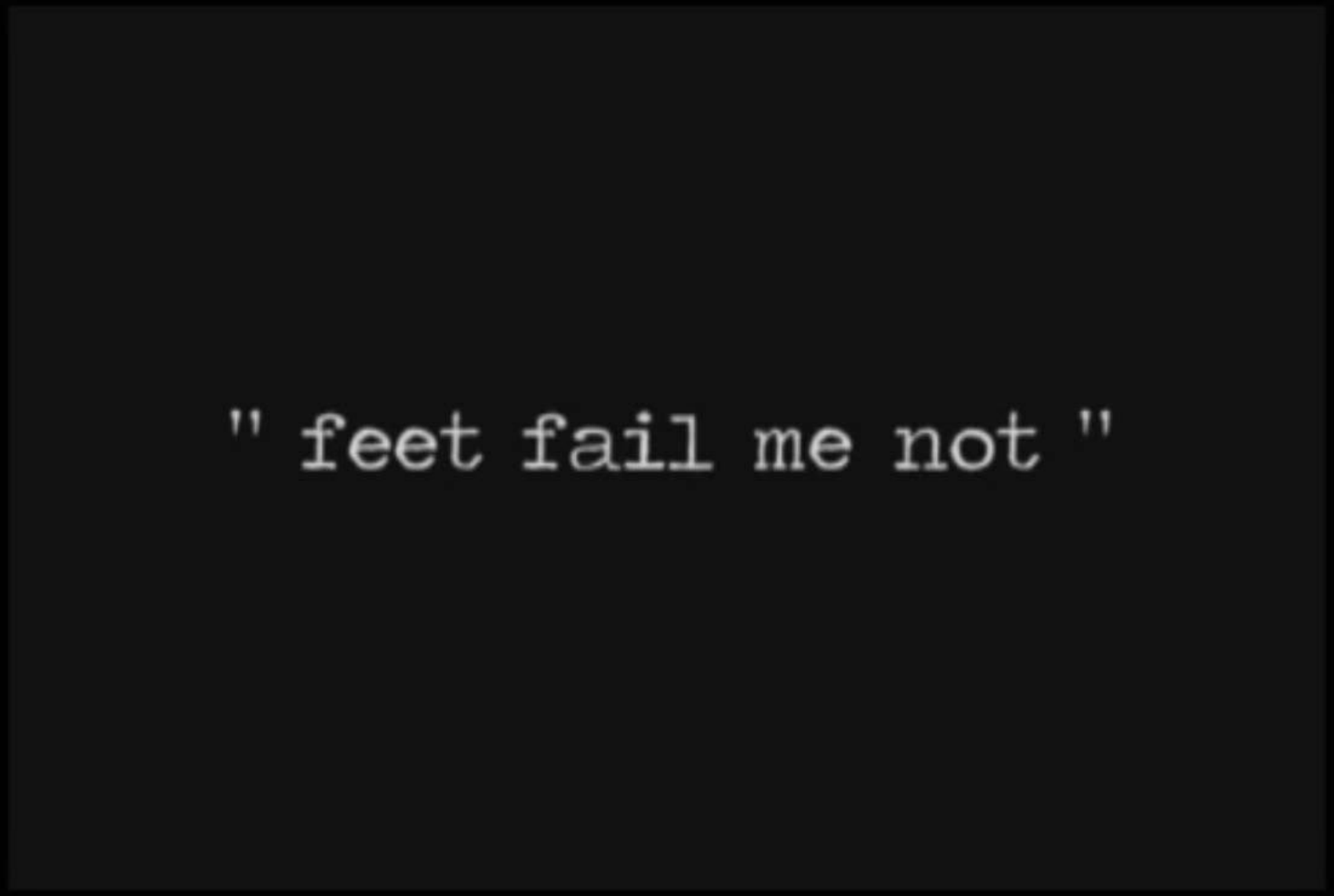
Het begeleiden van spelers: zelfcontrole

DE PLEK VAN ZELFCONTROLE IN onze VISIE



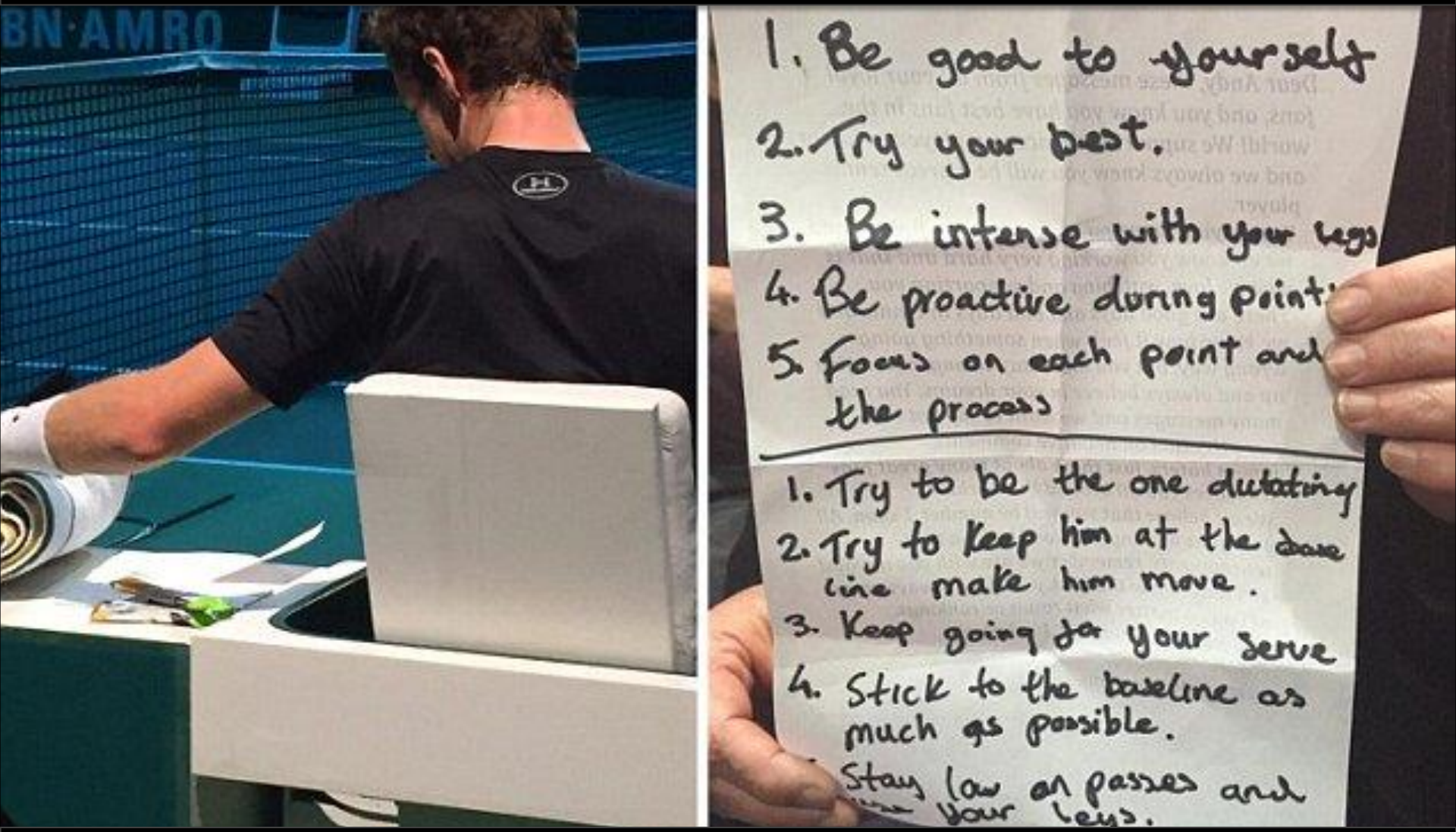
“8 april 2007”



“His palms are sweaty, knees week , arms are heavy, there’s vomit on his sweater already….. mam’s spaghetti, ……he’s nervous but on the surface he looks calm and ready……”

"The best cope better with good days, bad days and pressure"

(Holt & Mitchell, 2006; van Yperen, 2009; Jordet 2010)



"Under pressure I forget things, I fall back on old patterns of behavior"

Onder langdurige druk ben je kwetsbaar voor controleverlies