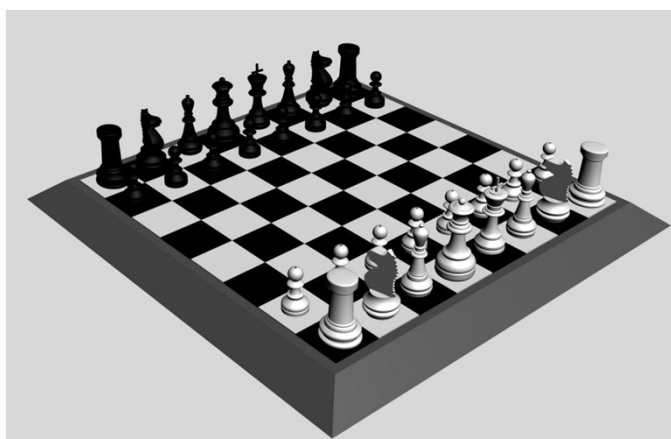




## INTRODUCTION

- A game of chess
  - Take the initiative
- Study your rival
  - How do they think?
  - How do they act?
- Study your own team
  - SWOT
- Design a strategy and tactics
  - E.g. Italy-Spain (Taiwan 2004)

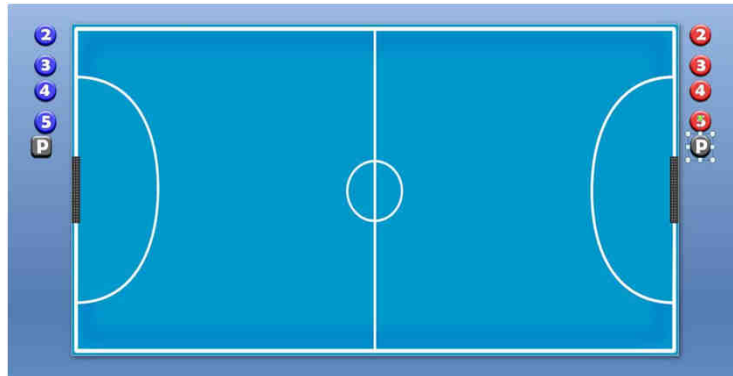


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## PHASES

- **1. DURING THE WEEK BEFORE THE GAME**

- Study the opposition
- Previous meetings
- Design your strategy and tactics



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## PHASES

- **2. BEFORE THE MATCH**

- Optimal level of alertness
- Visualisation during the warm-up (flow state)



## PHASES

### • 3. DURING THE MATCH

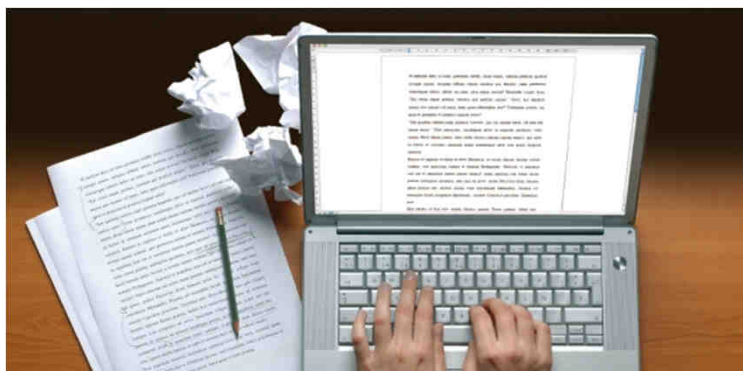
- Analysis
  - Emotional balance
  - Amplifiers
- Decision
  - Action/reaction
- Watch the whole game
  - Slovenia-Azerbaijan



## PHASES

### • 4. AFTER THE MATCH

- Quiet reflection
- Make notes
  - Selective recall
- Avoid self-deception
  - Instinct for self-preservation





MANY THANKS FOR YOUR ATTENTION

WE CARE ABOUT FOOTBALL