

Assessment of team and individual game performances in sports

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■ ABSTRACT

Sport psychology is a buzz word today. The pioneers in this field, through multi-disciplinary approach, have tried to understand the complex functions of the mind related to various athletic contexts and harness its great powers for improving athletic prowess of man. As a recent discovery in the spectacular galaxy of behavioural sciences, sport psychology has become the very nerve-centre of athletic activity and “involves the connection between the mind and the body and the utilization of this connection for enhancing athletic performance as Sprague pointed out. In this paper assessment has the potential to provide councils with a powerful planning tool, supporting effective usage and management of performances in team and individual games in their sports fields.

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Sport psychology is a buzz word today. It is a scientific discipline with rapidly expanding horizons. The pioneers in this field, through multi-disciplinary approach, have tried to understand the complex functions of the mind related to various athletic contexts and harness, its great powers for improving athletic prowess of man. As a recent discovery in the spectacular galaxy of behavioural sciences, sport psychology has become the very nerve-centre of athletic activity and “involves the connection between the mind and the body and the utilization of this connection for enhancing the athletic performance as Sprague pointed out. In his view, “emphasis is placed on understanding the psychological and physiological parameters which the athlete can utilize to enhance his/her performance” In simple words, sport psychology attempts to maximize athletic performance by tapping into both the physical and psychological domains of the individual.

Sportsw performance and psychology :

– The study of psychological and mental factors that influence and are influenced by participation and performance

in sport, exercise, and physical activity and the application of the knowledge gained through this study to everyday setting”.

Sport psychology is a dazzling reality of our times and of modern sport; it is a science that governs the quality of a performance on the athletic track, in the swimming pool, in the gymnastic hall, in the shooting range, or on the playfields of hockey, handball, basketball or soccer. The Canadian Sport Psychology Association has put up a very comprehensive and realistic perspective in their definition of sport psychology.

An elite athlete is a rare combination of talent, perspiration (hard work) and the right kind of psychological profile. In sports today, every one knows the best training methods, has access to the best facilities and most nutritional foods. Often the difference between the good and the elite is in the mental qualities of athletes, which the science of sport psychology, when co-acting with innovative coaching techniques, attempts to highlight, and develop affording optimal opportunities for every athlete to exhibit his potential notwithstanding his/her genetic limits and limitations.