Declaration

I declare that this dissertation is my own and certify that unless stated, all the work that is contained in this Dissertation is my own to the best of my knowledge.

This dissertation is being submitted for the degree of Master of Health Science in Human Movement Science at the University of Fort Hare.

Thabo Xoxo

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February 2013
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- Lastly a big thank you to the Almighty.
Dedication

I lovingly dedicate this thesis to my wife, who supported me every step of the way.

I dedicate this thesis also to my dear parents for always being optimistic even under trying circumstances.
Abstract

The purpose of the current study was to examine the Psychological Intervention Strategies (PIS) that are used by coaches for male soccer teams in South Africa to enhance the performance of the national soccer teams. National soccer coaches for male teams (n = 4) completed a questionnaire and attended in-depth interview. Results from both the questionnaire and in-depth interview revealed a lack of knowledge of PIS which was further supported by the data from the analysis.

While some of the coaches did not utilise goal setting and relaxation in their coaching responsibilities, the current results further show that these soccer coaches do not utilise mental imagery as well. These results suggest that the SAFA soccer coaches could not integrate PIS in the coaching.

Although the results cannot be generalised there is evidence that the SAFA trained soccer coaches demonstrate inadequacy in using PIS in their soccer coaching. The study finds that soccer coaches are psychologically under-prepared for their arduous task of soccer coaching. By implication the players are also mentally under-prepared that they cannot face their peers competitively. Current studies point to this psychological preparedness as the psychological momentum.

Key words: goal setting; mental imagery; mental imagery; team cohesion; relaxation training; psychological intervention strategies.
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