



EDUCATION NEWSLETTER

JULY 2020

Welcome to your Education newsletter. Bringing you all the latest news and updates.

Series of Articles on SPIKE (Sport Performance Innovation and Knowledge Excellence)

SPIKE covers a range of topics that may be of interest, including: linking athlete centred coaching with game centred approaches to develop in-game tactical decision making, Use of questioning when coaching, sleep science, a podcast on the language of coaching, plus more.

[https://www.vision6.com.au/v/79883/1010656/email.html?
k=94PuBilkmfeh2dCIFluq6M3dpUU52ViUCzcBpTWJCjg](https://www.vision6.com.au/v/79883/1010656/email.html?k=94PuBilkmfeh2dCIFluq6M3dpUU52ViUCzcBpTWJCjg)

The Psychological Qualities of a Good Referee

"Good refereeing speeds up the flow of the sporting event, bearing in mind that the result of the match depends on the tactics and skill of the players; by way of contrast, inefficient refereeing spoils the enjoyment of the game for players, technicians and fans. The referee's decisions are always subject to public opinion, which means that they are often criticised and questioned in terms of errors committed. Now if the game is running smoothly, very few people are even aware of the referee's presence. So how should referees judge themselves or be judged? Their main job is to ensure that the game is being played according to the rules and regulations, and to intervene as little as possible."

To read the full article please follow the below link

<https://www.minnesotasrc.com/assets/documents/RefQualities.pdf>

A Sports writer finds the 'best teams in history' and discovers the one thing they all have in common

What does it take to be the best of the best — a truly great sports team? What's the secret to their success?

<https://www.abc.net.au/news/2020-07-26/what-makes-a-great-sports-team-sam-walker/12454814?section=sport>

Mental Training Programs Attributing to Performance

Meditation has long been attributed to success in the business world and has been instrumental for people like Jeff Bezos and Bill Gates, but now it's also helping athletes reach a level of performance previously inaccessible, through the use of mindfulness programs.

<https://ministryofsport.com.au/mental-training-programs-attributing-to-elite-performance-in-athletes/>

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