



Focus report competitive sport (team)

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Demo LUXX

Focus competitive sports (team)

A focus evaluation is basically the interpretation of a motive from a specific question. In the following evaluation, the question of the motivation of competitive athletes in team sports is evaluated.

The interpretation of a focus evaluation is basically based on the experience of many years of work in personality diagnostics, in which several thousand interviews and training represent the connection to the everyday practice of work and life.

In each description for the individual motivational characteristics, there is basically also a description of how the coach should deal with the athlete so that he or she can perform at his or her best.

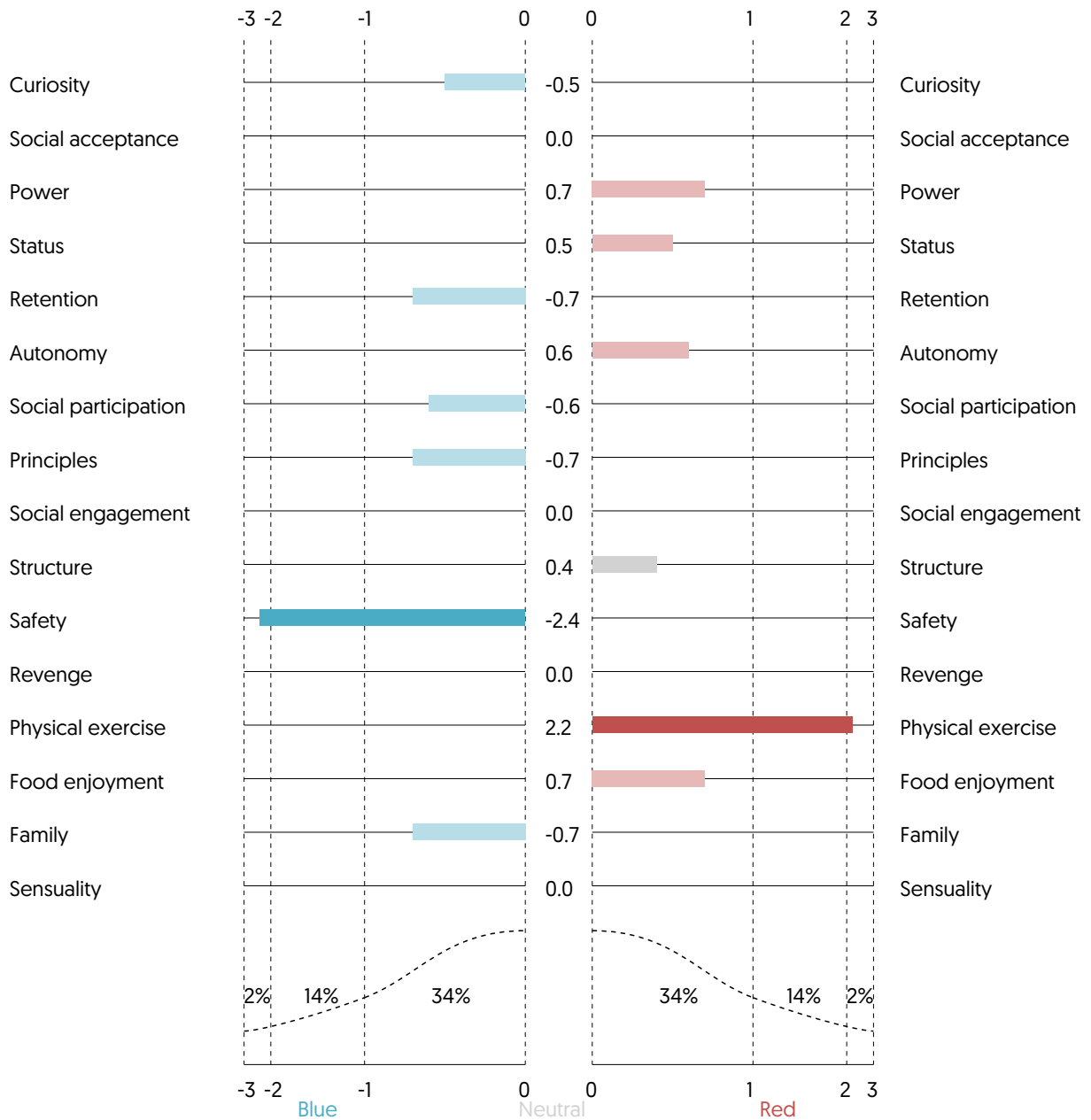
We consider it useful that the users of these focus evaluations participate in the continuous development of this tool by sending us their feedback.

All focus evaluations and the upcoming special evaluations are dynamic documents that are constantly expanded with new findings and everyday reports.

Please note:

In these forms of in-depth interpretations of motives in response to a specific question, only the motive named in each case can be considered in isolation due to the multitude of motives. The infinite number of combinations must be considered individually in each approach with a client by the LUXXprofile expert.

Carla Muster



Safety

■ Blue characteristic

Focus Team Sport – SAFETY BLUE

General

People who have a significant BLUE expression in the SAFETY motive are constantly looking for a challenge to overcome. Without challenge and pressure, performance motivation is low.

Team Sport

Athletes who have a significant BLUE expression in the SAFETY motive experience competitions as motivating. Training on the other hand, offers motivation only to a very limited extent since risks and opportunities are significantly less present compared to competitions.

Athletes with this characteristic seek actual challenges up to borderline experiences, meaning that motivation increases with the importance of a competition. Many of these athletes report feeling more alert, focused, and ready to perform than in a less significant competition.

Pressure evokes a willingness to perform and motivation. Some even describe an increased willingness to perform. They stay cool under pressure while being particularly focused.

When it comes to a penalty situation, they remain capable of thinking and acting. They know what they are doing and they see what the opponent is doing.

Another characteristic that arises from this motive expression is the ability to quickly discard traumatic experiences for which they do not need help. The perception of pain is also influenced. The athletes and also the medical attendants, describe an increased pain threshold in connection with SAFETY BLUE. Obviously, such athletes are able to ignore pain better than others.

For the coach, athletes with this motivational characteristic hold the challenge of putting training observations into perspective. Since the training situation is less motivating for these athletes, they may not show high engagement. One might even get the impression that they are a different person during a competition. Any coach must keep in mind that true motivation and performance will only be shown in competition.

Note

Any teammates and coaches who do not have this expression may develop the perception that there is a lack of interest in training and a lack of identification with the team during practice.

Conclusions training

The training can serve as a motivational platform for SAFETY BLUE if challenges and borderline experiences are possible. The easiest way is through physical borderline experiences, which are also interesting.

Conclusions competition

For the competition, this motive characteristic gives rise to the possibility of sending this player into all situations containing pressure. In addition, they can serve as a calming influence on other players, whom they relieve with their behavior.

The ability to be mentally stable in penalty situations has already been mentioned. Even in a World Cup final or in the Champions League, they are able to take a trick shot and remain completely in control.

For unimportant competitions, there is a real danger that the lack of challenge in a team causes a lack of concentration and delivers surprising game results. [This happened twice in the World Junior Handball Championship].

Practical example from real sports life

A professional soccer player reported that his coach had forbidden him to take penalty kicks when he was

in the U19s. The reason given was the numerous trick shots that the player kept taking. Quote from the coach: "I can't stand it, it's too much chaos for me! You don't do that! You don't push your luck like that!"

Summary

Motivating

- Challenges and borderline experiences
- Pressure situations in competitions
- Controlled moments of danger

Demotivating

- Avoiding risks
- Avoiding dangers
- Considering pain
- Being careful

Important reflections and regulations

- The risk for the team

Physical exercise

■ Red characteristic

Focus Team Sport – PHYSICAL EXERCISE RED

General

People in competitive and professional sports with a significant RED expression in the motive PHYSICAL EXERCISE create their profession from their personality exercising physical exhaustion. Exerting themselves is their daily motivation as well as their daily job.

Team Sport

Team athletes with a significant RED expression in the motive PHYSICAL EXERCISE seek a sufficiently strong level of exhaustion in every physical activity. This means that they repeatedly seek a level of exhaustion that brings them the satisfaction they seek. Otherwise, sport is no fun.

Their motivation, especially in training, is always related to their level of stress. The more stress, the higher the motivation.

Without sufficient physical stress they become restless in training. They then look for additional stress factors to meet their needs.

For these athletes, the motivation and enjoyment of training is directly related to physical exertion. The more exhausting the training, the more fun they have. Within the team, they like to find teammates who support them in their desire to work harder. They may react negatively to teammates who want to exert themselves less. They are seen as lazy and not committed.

The coaches are responsible for finding the necessary balance. Especially in the direct preparation for the competition, these athletes should be accompanied and, if necessary, controlled.

Coaches must look very closely at the overall level of stress. Possible injury risks are ignored by most of these athletes.

Note

From a coach's point of view, these athletes should pay close attention to the additional exercise outside of team training. Otherwise, the goals and content of the team training could be counteracted by the private training.

Conclusions training

The training must be sufficiently exerting. According to our observations, coaches who do not have a RED PHYSICAL EXERCISE motive themselves tend not to set the physical load on a sufficient level.

Conclusions competition

The level of physical stress in competition preparation has to be high for these athletes in order for them to feel well prepared.

Practical example from real sports life

Several players from a team in the national volleyball league arranged to join a training group for a 90-minute hardcore session at the gym after practice focused on technique and tactics. "It was the only way we could go home satisfied!"

Summary

Motivating

- High physical demand
- Freedom in training design

Demotivating

- Compulsion to “do nothing”
- No physical exertion
- To rate technical training as more important than fitness

Important reflections and regulations

- It is important to find the balance between too high and too low exertion