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Identification the Issues

In the first stage, I should grade the psychological issue which are manifesting in the scenario. To me, I think due to the age group promotion, his mood states have undergone the changes. It has may also happened because he has been practicing since preparing for International U19 championships and immediately joined the team and he had to extremely practice for his team. As we know, It is more likely happened following a long competitive seasons where overtraining or unexplained underperformance syndrome is evident. Moreover, It should be noted that as the profile suggests, he has an introverted personality so his communication problem could be related to either his personality trait or the team's purpose. According to the team cohesion literature, there is a cohesive team where the purposes are common between the players. Furthermore, Abdullah has a negative thought regarding his coach and teammates which has led to reduce his confidence and feels the pressure. The other reason which could impact his confidence is related to changing his position from central midfielder to forward.

Interventions

First, I personally believe that, Abdullah needs a few-session counseling program in order to eliminate his negative thoughts regarding his coach and teammates. On the other hand, to regulate his mood, It is recommended to give him rest days. He should do some unrelated activities such as jogging, swimming and cycling. Also, he can listen to his favorite music to regulate the mood state. Beside, in order to increase his confidence, we follow the UPWARD method which involves a wide range of techniques to raise athletes' confidence. Moreover, Imagery techniques can be useful to make structure in his mind to be able to play as a forward. At the last step, as we know cultural similarity in one of the barrier to make cohesion in teams, so as a sport psychologist we should make a common thought by counseling which underlines their main goal. Also, his

communication skills could be increased by several workshops which express the importance of communication.

Recommendations to the coach

- Define the clear task, responsibilities and purposes for each players.
- Distinguish your players' personality in order to behave properly.
- Change sometimes the practice location to make diversity.
- Reduce your critics.
- Ask sometimes players to recognize the players' problems.