

Improving resilience in elite level football academies through psychological interventions

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Psychological resilience represents an important phenomenon that explains the development of people who positively adapt to adverse events. Through our research we have demonstrated that the ability of teams, including athletes and coaches, to withstand stressors is a prerequisite for sporting excellence. We therefore sought to provide practitioners with a framework and a series of interventions to develop team resilience at the highest levels of sport.

Key references

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