

SHORT COMMUNICATION

Review of Agita Ābele monograph
"FOUNDATIONS OF SPORTS PSYCHOLOGY"



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The monograph of LASE professor of Agita Ābele "Foundations of Sports Psychology" that was created as a summarization of sport psychology's theoretical basis and the author's research and practical work experience is an important written work with lasting value in both theoretical and practical aspect.

High performance sport nowadays is associated with very high, even extreme physical loads, maximum personal capacity. Besides these major requirements in the field of athlete physical, technical and tactical preparation, increases also psychological burden, with which the athletes themselves cannot always cope. The tension of both competitions and training, and the individual and social problems of athlete personality form a rather wide range of psychological issues that significantly affect the success of athlete activity. In recognition of this, coaches increasingly often focus on the issues of athlete psychological preparedness, help and support. Training of the development of different age athlete's psychological skills causes an increasing interest among children, youth and high performance level sports coaches.

The involvement of sports psychologist in sports training and competition process for the promotion of athlete results is a self-evident thing in many national sports schools, sports clubs, teams and national teams. Therefore, the increase of sports specialist professional competences is closely linked to understanding of the fundamental issues of psychology and the application of its basic insights in the training process. Not all coaches will be able to involve sports psychologists in their workouts, but many issues of psychological preparedness can be solved also by coaches, athletes and athletes' parents themselves.

Sports psychology, being no "miracle" in raising the athlete performance, can nevertheless offer for every coach and athlete opportunities of improving the quality of their lives and careers.

First Part of the Monograph focuses on the characteristics of athlete and coach personalities, including the issues of personal development,

mental processes, states and individual characteristics. The second part is devoted to athlete preparation to competitions and key psychological issues of athlete preparation process, as well as to practical issues of player and coach activities. The third part could be more attractive to the representatives of team sports and to those readers who are interested in social-psychological issues in sport – peculiarities of athlete activity in teams and the formation of the relationships between people involved in sports. The fourth part in its turn gives an insight in psychological help and the necessary support to different age and level athletes, including both those who have just started their athlete lives and those who are at the top of their sportive achievements.

Although at the beginning of the monograph there is a reference: "Psychology for education", having covered the issues involved, and got acquainted with the author's own and other professional opinions, everyone engaged in practical pedagogical coaching process will find in the Monograph personally important and significant insights.

The monograph is intended not only for sports professionals, but also for a wide range of sports-related readership. I recommend this substantial Monograph, the motto of which should be "Psychology for education and sports", to each and every coach as a useful tool in their work.

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