



ISSP 14TH
WORLD CONGRESS
SEVILLA 2017

SPORT PSYCHOLOGY
10-14 July
www.issp2017.com



International Society
of Sport Psychology

Sport Psychology: Linking theory to practice

Gangyan, S., Cruz, J., and Jaenes, J.C. (Eds)

ISBN: 978-84-9148-282-6



F.E.P.D.
Federación Española de
Psicología del Deporte



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Taking advantage of the portable technology: Use of smartphones as instrument of goal registration

Joan Vives Ribó (Centro de Alto Rendimiento. Sant Cugat del Vallès. España), Rosana Llames (University of Seville), Juan Tomás Escudero (University of Balearic Islands), Pep Mari (Sport psychologist. Freelance Barcelona), Jaume Martí (Sport psychologist. Psicospport. Barcelona)

Goal setting is a well-known technique, very used and effective. It mobilizes the effort and helps to persist in it, directs focus of concentration and facilitates the use of new learning strategies. The registration of goals achievement improves the consciousness about the work done on the objectives. The more consciousness about learnings, the more confidence in the resources acquired. But traditional pen & paper registers (or by computer) have drawbacks in achieving the appropriate adherence to register consistently. Instead, registers though mobile (smartphone) provide instant access, an easy use, data saved instantly, and the possibility to share and edit this data from the cloud by athletes, coaches and psychologists. As an example of use of this type of registers, it will be presented a double intervention developed in the CAR of Sant Cugat del Vallès (High Performance Center), with the group of waterpolo junior female players. On the one hand, an individual program of setting goals. Individual goals were established for players, with a customized form for each of them, built by Google Forms and directly accessible in their smartphones through a shortcut. The objectives were registered from March to June 2017 included. It will be presented the results of the progress achieved in the objectives, the adherence levels in registration, and the relation between results and registration adherence. On the other hand, a communication training program for the coach, in order to change communication patterns to increase players' consciousness about their work in practice, their achievements and the concentration or resources used. Coach communication follow-up was done through the same portable methodology. It will be presented the changes perceived in the communication of coach, and the effects of these changes in the motivational orientation and confidence levels of the players.

Keywords: goal setting, consciousness, portable technology, smartphone

Vives Ribó, J., Llames, R, Escudero, J.T., Mari, P y Martí, J. (2017). Taking advantage of the portable technology: Use of smartphones as instrument of goal registration. En S. Gangyan, J. Cruz y J.C. Jaenes (Eds.), Sport Psychology: Linking theory to practice. Dyckinson (p. 136)