

Promoting Self-Management Skills for Soccer Players with Disabilities through Objective Cards



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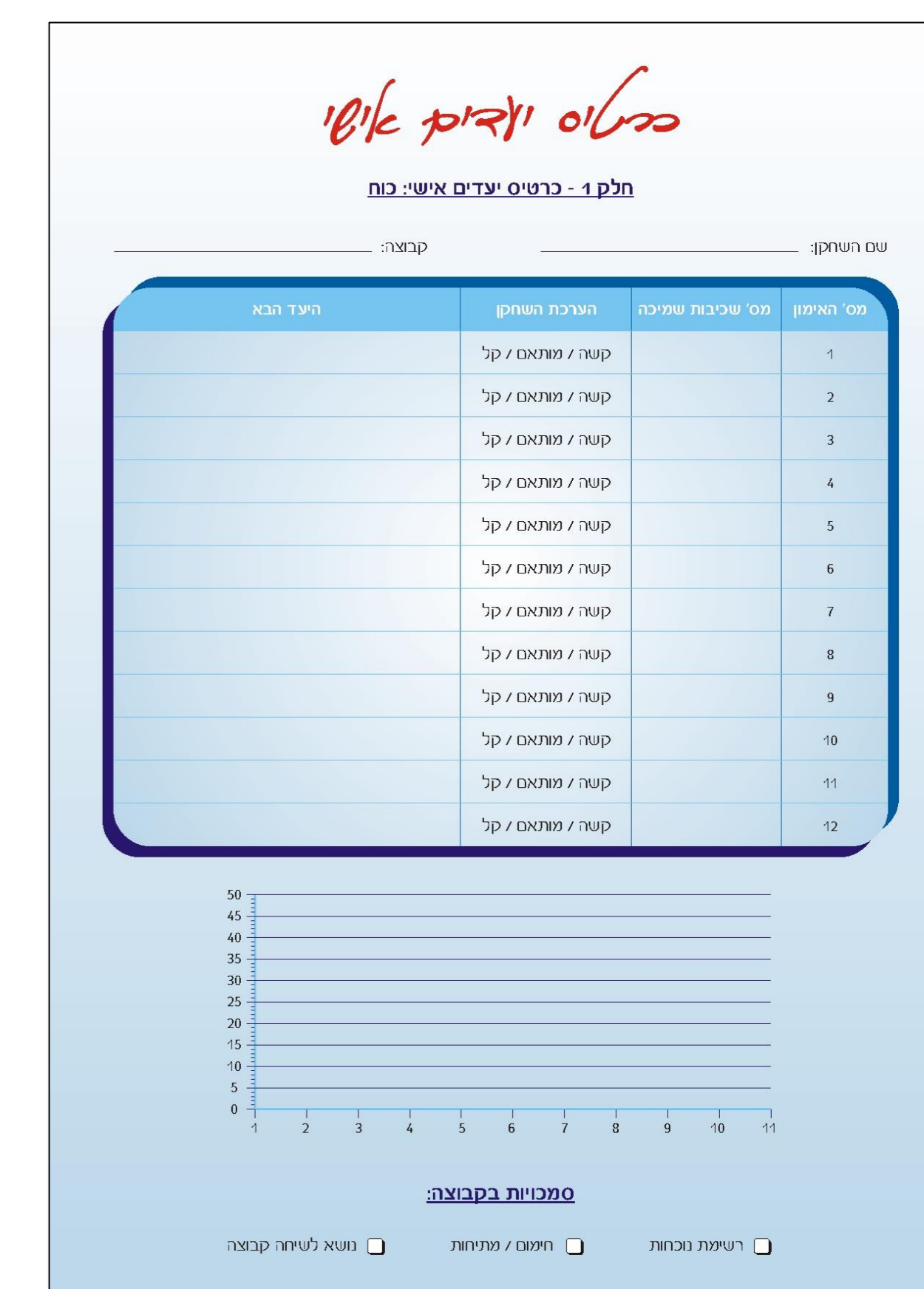
1. INTRODUCTION. Self-management is defined as the application of a behavioral chain that consists of setting a goal, planning and implementing a strategy, achieving the goal and setting a new goal. Self-management is essential for improving sports performance, developing a wide range of life, social and occupational skills and adopting a healthy life style.



Eldar, E., Ayzazo, S. (2009). Educating through the physical – Rationale. Education & Treatment of Children, 13, 471-486.

2. OBJECTIVE. To develop and evaluate the use of Objective Cards for promoting and monitoring self-management skills in soccer players with disabilities

3. METHODS. The intervention program included 60 soccer players with varied disabilities. In each practice session, the players completed 10 minutes of unsupervised warm-up, followed by 5 minutes of push-ups. The number of push-ups was monitored, and at the end of the practice each player was asked to set a new push-up goal for the next practice. This self-set goal was then compared to the number of push-ups completed by each player in the next practice. Both goal and outcome were graphically summarized on a weekly basis using Objective Cards (Figure 1). These cards further included a choice of 3 assignments relating to the subsequent practice, which each player was required to complete once yearly. These included coming up with relevant educational topics to present in the next practice, checking the attendance list, or leading the warm-up session (Figure 1).



Session	Push-ups	Self-evaluation of difficulty	Next objective
1	10	Difficult / Moderate / Easy	13
2	13	Difficult / Moderate / Easy	15
3	14	Difficult / Moderate / Easy	14

Figure 1. Objective Card template and example

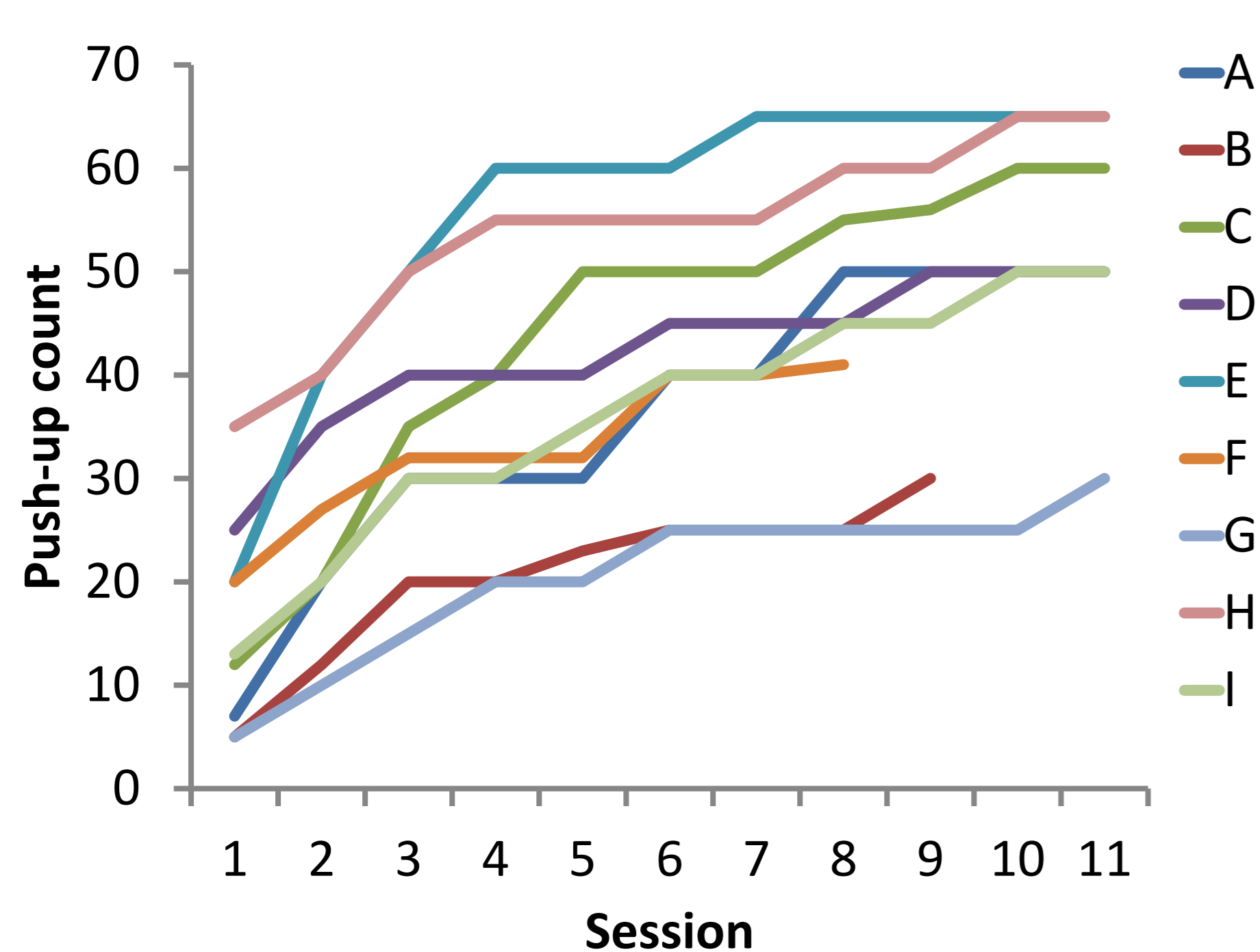


Figure 2. Objective cards improve physical performance

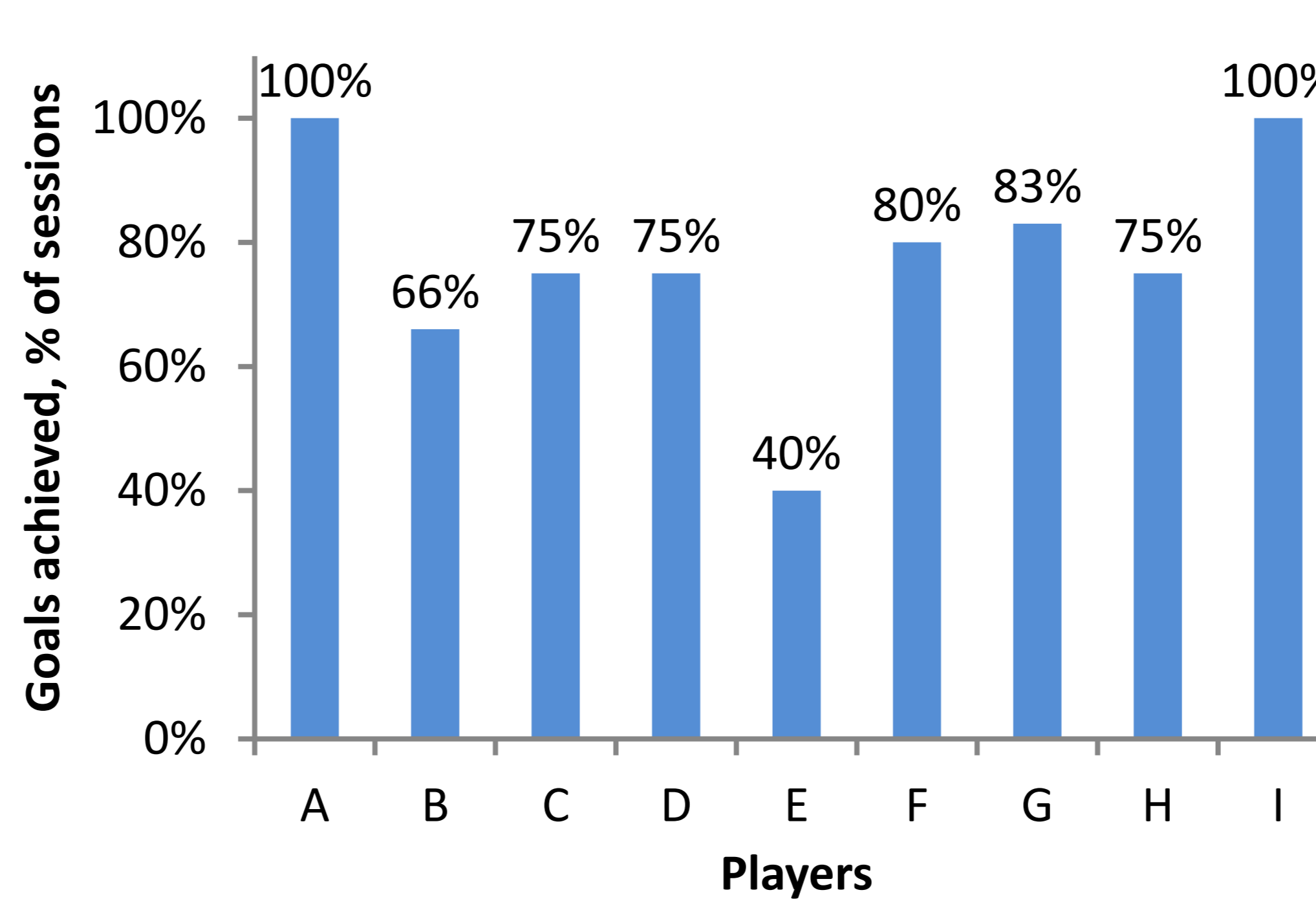


Figure 3. Objective cards monitor goal achievement rates

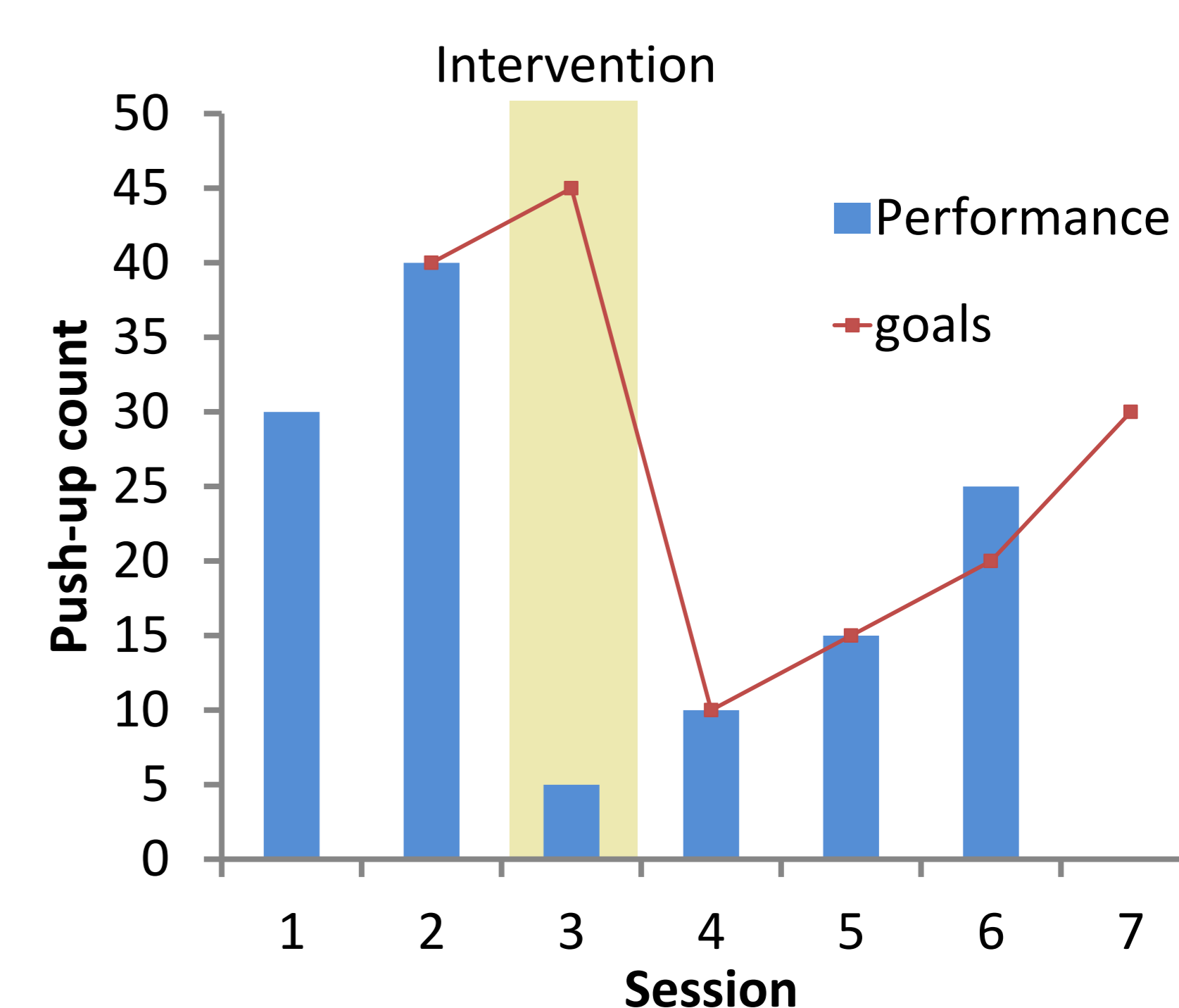


Figure 4. Objective cards improve self-management skills

4. RESULTS AND DISCUSSION. Continuous use of Objective Cards in practice sessions is associated with improved physical performance (push-up count, Figure 2) and provides information on goal-setting and actual performance of individual players and the group as a whole (Figure 3), enabling better adjustment of the training routine. Objective Cards monitor individual players' performance during the year and allow mid-year intervention, if necessary, to help set performance-adjusted goals (Figure 4). Use of Objective Cards also promotes additional desirable behaviors e.g. persistence in training, respect for the authority of the trainer and communication between players.