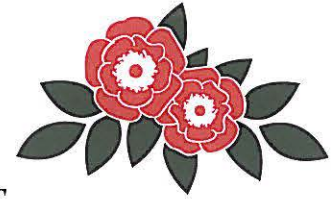


NEWS RELEASE

UNIVERSITY
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FOR THE ATTENTION OF THE SPORTS CORRESPONDENT

The psychology of penalty shoot-outs

A sports psychology lecturer from the University of Central Lancashire is looking into the effects of stress on footballers – particularly when it comes to taking that all important penalty.

With most of the world currently focusing on the events in Japan and South Korea, the work done by Dr Rod Corban is particularly relevant.

Dr Corban says: “ My research looks at the effects of stress and self confidence on the control of our movements, and in particular how this relates to what we know about the parts of the brain involved in movement control.”

So how do the likes of players such as David Beckham cope with getting the ball in the back of the net when the pressure is so intense?

“Some individuals are always mentally strong, but it is difficult to predict how people will react on the day. Sometimes pressure from the fans and the footballer’s urge to score can have a devastating effect on performance. It is our job to give sports people the psychological skills to deal with pressure”.

Dr Corban’s top penalty takers?

“Sol Campbell, Paul Scholes, Nicky Butt and obviously David Beckham”

-ends-

19 June 2002

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Note:

1. For further information, please contact Dr Rod Corban, Dept of Psychology, University of Central Lancashire, Preston, tel: 01772 893438, email rmcorban@uclan.ac.uk or Pam Culley, University Media Office, tel: 01772 892486
2. The University of Central Lancashire runs successful degrees in Sports Science and Sports Psychology. For more information, please contact the Department of Psychology, University of Central Lancashire, tel: 01772 893420

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