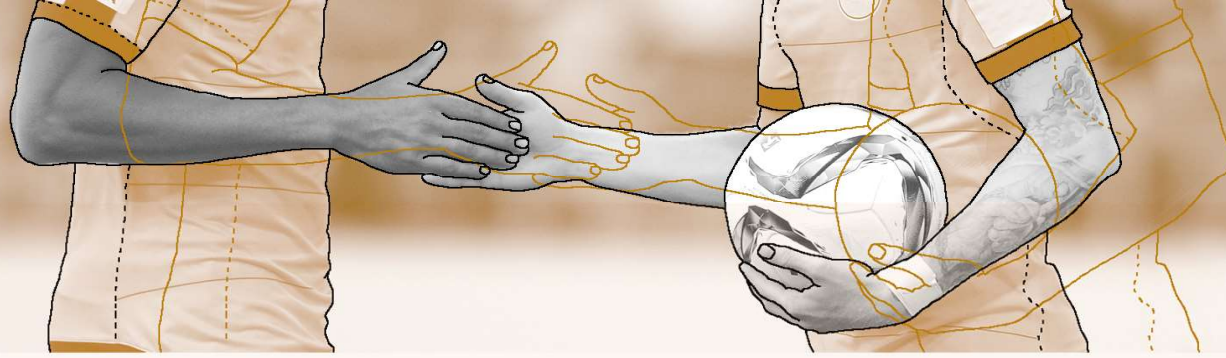


TEACHING RESOURCES FOR FAMILIES



M. Pochettino says: “I try to empathize, find out how the players are to create a good emotional bond”

Ekkono questions:

What is the emotional bond?



M. Pochettino, Argentine
Winner French Cup 2020-21 with PSG

The value of: emotional bond

Emotional bond it is a feeling that provides well-being and security and is the basis and motor of the development of human beings.

Emotions influence sports performance, since there is a close relationship between the physical and the mental. Therefore, a soccer player can obtain better or worse results depending on his emotional state.