

Mental Skills Training with Virtual Reality



Newsletter 6

JUNE 2024



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VR-MS: Mental Skills Training with Virtual Reality

Newsletter 6

VR-MS Final Conference 'The Role of Physical and Mental Skills in Football'

What a beautiful night! On the 28 May 2024, we successfully completed the final conference 'The Role of Physical and Mental Skills in Football', organised by the VR-MS partnership, at CYENS Centre of Excellence, Nicosia, Cyprus.

More than 60 face-to-face participants! More than 1,400 total reach and 500 viewers through our livestream!

Excellent speakers, experts in football, mental and physical skills specialists, athletes, data analysts, VR trainers, sports students, academics and coaches, joined forces in an interactive and insightful discussion on the hot topics of:

- Integrating data & analytics in football academies/Team management and monitoring in top-level football
- Assessing and training cognitive skills in football players
- Cultivating resilient football organisations
- Digital technologies for the future of sports training: visualizing musculoskeletal data in real time

Our deepest gratitude to our exceptional speakers Dr Marios Avraamides, Constantinos Charalambides, Nectarios Alexandrou, Takis Taki, Dr. Adamos Papantoniou, and Dr. Christos Ioannou, for the beautiful conversation, as well as all the co-organisers of this event and VR-MS partnership.

Final conference Facebook event:

<https://www.facebook.com/events/487414940402310>

Final conference live stream:

<https://www.facebook.com/watch/live/?ref=search&v=977315283607886>



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The VR-MS project completes its work on 30 June 2024!

It is with great excitement and deep gratitude that we announce the completion of two great years of the VR-MS project implementation! Happy to be able to share with you the hard work done by the partnership and the impressive results of the project!

The aim of the VR-MS project was to transform the training regime of Digenis Akritas Morfou (DAM), a second division football club in Cyprus, to include the exercise of mental skills. To do so, a small partnership was set up with (1) MentisVR Ltd, a company that develops Virtual Reality tasks for mental skills training in football, the Università degli Studi Gabriele d'Annunzio di Chieti-Pescara (UdA), an Italian institution with long expertise in sports psychology, and (3) The Centre for Social Innovation (CSI), a research and development organization which focuses on fostering social innovation that can bring about a positive change to local, national, regional and global contexts.

The partnership designed and evaluated an innovative Virtual Reality program for the training of mental skills and applied it to the coaches and players of the club, starting with 6-year old players (of both genders) from the club's academies and going up to professional players in the club's elite men's team. A set of guidelines for adopting the mental skills training program by other clubs and/or national football associations, was produced and shared freely with the relevant stakeholders.

Completed Working Packages: WP1 Project management and coordination, WP2 Facility set up and staff training, WP3 Selection of tasks, WP4 Data collection and validation, WP5 Education and Dissemination.

You can find more information about the results and deliverables of the project on the VR-MS official website and on our social media channels:

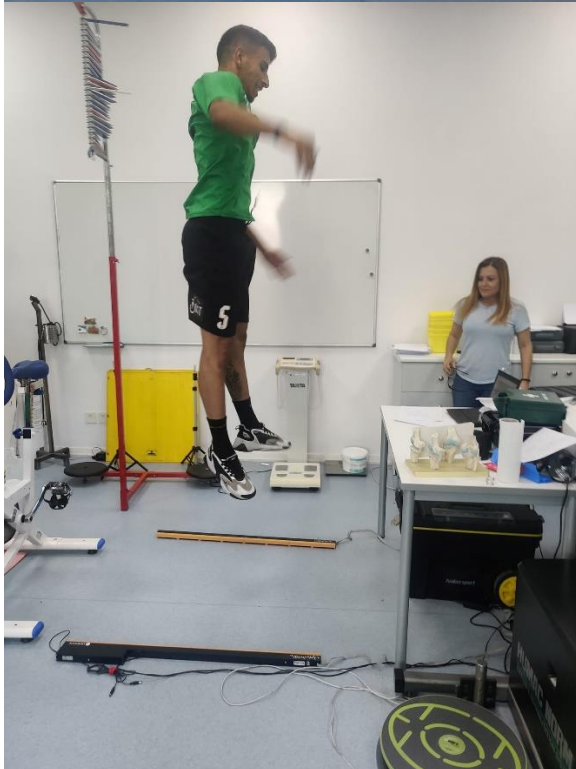
<https://vrms-erasmus.eu/>

<https://www.facebook.com/profile.php?id=100089950750531>

<https://x.com/VRMSerasmus>

A photo journey of our project:





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