**Useful websites: Sport psychology**

* [Basic need satisfaction and motivation in sport](http://www.athleticinsight.com/Vol10Iss3/BasicNeed.htm)

An in-depth study by Gillet & Rosnet (2008) concerning cognitive-evaluation theory that includes a discussion of related research and theoretical areas.

* [Principles of effective goal setting](https://www.appliedsportpsych.org/Resource-Center/Athletes/Articles/goalsetting)

A list and description of important principles for goal setting in sport.

* [Stress and anxiety in sport](https://docs.google.com/viewer?a=v&q=cache:rT-QSvlHr2YJ:www.thepsychologist.org.uk/archive/archive_home.cfm/volumeID_15-editionID_83-ArticleID_439-getfile_getPDF/thepsychologist%255Caug02Graydon.pdf+&hl=en&gl=uk&pid=bl&srcid=ADGEESjuw7oc_l1_CcAh_5uXi-TzYbjM5exyCJDv-5XKCOcAT2AsgqsNNVJk1y0GkVPGjkWDjdzzAvAAacz2XI2z7TmccSmHdlvFtVkA8iR2G4N5zjRBr8bmo043lO65ZfvcDKTgCjcg&sig=AHIEtbRt2OGGCsboOBOanDbepl5qpY1eVA)

An article on stress and anxiety in sport from *The Psychologist*.

* [Theoretical and practical applications of mental imagery](https://docs.google.com/viewer?a=v&q=cache:r0OzGKpDnMwJ:www.legacyweb.rcm.ac.uk/cache/fl0020250.pdf+&hl=en&gl=uk&pid=bl&srcid=ADGEESgbivt48evufqu33U-mm_V__qu15JUVlQU1kqqawZGwkNZ6ZWq8ef3i9IOePxGEQtKJqMD7_gzbwypSGmLNYHrdQSGhOpnU_bv1KxI48WbpGmq-Sp7FEG4mCgPYMssCgTR5kMHy&sig=AHIEtbTP1QZNmm1kVlH6r_sQH-MwxiDtGQ)

A review of theoretical and practical applications of mental imagery in sport.

* [Enhancing the youth sport experience](http://ro.uow.edu.au/cgi/viewcontent.cgi?article=1632&context=edupapers)

A comprehensive examination of the effects on sporting performance of various coaching styles.

* [Team cohesion and team success in sport](http://www.montana.edu/craigs/team%20cohesion.htm)

An account of a 2001 study by influential sports psychologist Albert Carron into team cohesion and team success in sport.

* [Psychology of sports injuries](https://docs.google.com/viewer?a=v&q=cache:c5DA8VcQ0AcJ:www.iahsaa.org/Sports_Medicine_Wellness/Injury_Prevention_Treatment/GSSI_Psychology_of_Sports_Injuries.pdf+&hl=en&gl=uk&pid=bl&srcid=ADGEESgih2u-4dE7e7I8Cv-D_1wIhM4Uh_vM9RAVVW0nZYHze7HzC5cwkFV6_vd0LAgELNX79vQAzKHFe3MQ3Ump245e5q91Yx57VWExKdWvlsMgZjqJJT1AdFUaLIM8Z_MolQv4laox&sig=AHIEtbRIJ0VSgelCKRaMoBgcCEL7VcP9uA)

An article from the ‘Sports Science Exchange Roundtable’ on the psychology of sports injuries that takes the form of a question and answer session between some leading American sports academics.

* [Sports and drugs](http://sportsanddrugs.procon.org/view.resource.php?resourceID=002366)

An historical overview of drug use in sport through the ages.

* [The great Olympic drug scandal](http://www.youtube.com/watch?v=hGV35u35UM4)

The great Olympic drug scandal: A documentary video on the use of drug taking in East German sport.

* [Performance enhancing drugs](http://sportsanddrugs.procon.org/)

An examination of the pros and cons of performance enhancing drugs in sport.

* [Understanding burnout in sport](https://docs.google.com/viewer?a=v&q=cache:RZiHvI2P0AoJ:smscsqlx.sasktelwebhosting.com/services/firstaid/burnout.pdf+&hl=en&gl=uk&pid=bl&srcid=ADGEESgGQjwpqSk2OvNtFoBZeKjbEbhujHS6tNXi4qI9mFTH8vdALtjDUx5rew49mSkPBMHilROOpRNsbKI6-NF3LKA8beZTwIrkGE8tAVA_Xct4-pfJN9j30HjApEykVd_y8hT68uP5&sig=AHIEtbTDX-tB7kQvvQODEAf4XQ838iMXwA)

A short, but informative article concerning understanding burnout in sport, which includes tips for avoiding burnout.

* [Burnout in sport](http://www.bps.org.uk/videos/burnout-sport)

A 10 minute video of Professor Dan Gould explaining what burnout is.

* [Avoiding athlete burnout in youth sports](http://www.youtube.com/watch?v=JHeJlmVSPbw)

A video on avoiding burnout in youth sport.