THE NINE STEP CONNECTION MODEL AS ONE OF THE METHOD OF DANCE SPORT PSYCHOLOGICAL PREPARATIONS

Abstract
Psychological preparation is one of the most easily neglected parts of sports training in Standard and Latin American dances. Due to the large number of stress factors that affect sports dancers, psychological preparation is an essential part of success on dance competitions. As for the techniques that help dancers to achieve higher levels of psychological preparation, many can be borrowed from other sports. This paper presents Winkelhuis’ Nine Step Connection Model, which enables dancers to achieve the optimal levels of relaxation, concentration and connection with the partner. By using The Model, dancers can lower their stress levels and have better time management in between dances, which contributes to the quality of their performance on competitions.

Key words: psychological preparation, dance-sport, The Nine Step Connection Model