

VR-MS

Project No.	ERASMUS-SPORT-2021-SCP 101050758
Project Title	Mental Skills Training with Virtual Reality
Project Coordinator	Digenis Akritas, Cyprus
Project Partners	<ul style="list-style-type: none">• MENTISVR, CYPRUS• UNIVERSITY G. D'ANNUNZIO CHIETI-PESCARA, ITALY• CSI, CYPRUS
Duration	12 months from 01/02/2022
Total Funding	€ 42.000,00
UdA Funds	€ 10.000,00
Project Description / Abstract	<p>The aim of the VR-MS project is to transform the training regime of Digenis Akritas Morfou (DAM), a second division football club in Cyprus, to include the exercise of mental skills.</p> <p>The partnership will design and evaluate an innovative Virtual Reality program for the training of mental skills and apply 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, will be produced and shared freely with the relevant stakeholders.</p>