

Summary

This internship report , is part of the course Curriculum Stage , the Masters in Psychology of Sport and Exercise, the Rio Maior Sports School by integrating a Sports Psychology Intern in the technical team of the Youth Associação Académica de Coimbra / OAF

Thus, the stage was based on the integration of a Psychology Trainee Sport in the technical team of the Youth of the Academic Association of Coimbra / OAF , specifically in Union Club Eirense due to the protocol between the two institutions in order to help athletes and technicians to acquire , refine and consolidate their psychological capacities , thus having better able to achieve their sporting goals.