团体动力学part1

团体动力学主要包括五个方面的内容:团体内聚力，群体压力和群体标准，个人动机和群体目标，领导与群体性能以及群体的结构性。

Group dynamics mainly includes five aspects: group cohesion, group pressure and group standards, individual motivation and group goals, leadership and group performance, and group structure.

群体内聚力可以指球队想赢的信念，群体压力是来自外界的压力。信念是来自球员内心的自我要求，压力是来自外界的威胁。提高群体内聚力是提高球队赢球信念的良性循环，见效慢但是正反馈。而群体压力的是假要适当，否则会将人压垮。

Group cohesion can be the belief that a team wants to win. Group pressure is external pressure.Belief comes from the player's inner self and pressure comes from the outside world.Improving group cohesion is a virtuous cycle of improving the team's belief in winning, with slow but positive feedback.And the group pressure should be appropriate, otherwise it will crush people.

群体内聚力偏向于给予球员精神支柱。责任性行为体现在每个球员各司其职，踢好自己的位置。成员之间的相互影响表现在球员间的相互鼓励，相互进步。价值取向的一致性是指球员对球队的发展战略一致认同，不仅是对临场战术的认同，还可能是对球员更替的认同。成员安全感的发展即球员对球队的信任，对球队有归属感。群体生产力的提高就是球队的进步，可以包括技术上和战术上的进步。

Group cohesion tends to give the player a  support spiritually.Accountability behavior is reflected in each player doing his own job and playing his own position.The mutual influence between the members is reflected in the mutual encouragement and mutual progress between the players.The consistency of value orientation refers to the unanimous agreement of players on the development strategy of the team, not only on the spot tactics, but also on the replacement of players.The development of members' sense of security means the players' trust the team and feel they belong to the team.The improvement of group productivity means the improvement of the team, which can include technical and tactical improvement.

群体标准有很多，宏观来看，有对球队战绩的指标，微观来看，有球员间的相互要求。群体标准可以帮助球队和球员更有压迫感，相互竞争是提高个人能力，更加集中于打好每一场比赛，由此观之，适当的群体压力是有必要的，有竞争才会有发展。

There are many group standards, from the macro point of view, there are indicators of team performance, from the micro point of view, there are mutual requirements between players.Group standards can help teams and players feel more pressured, and competition is a way to improve individual ability and focus more on playing well in every game. Therefore, proper group pressure is necessary.Competition leads to development.

对于球队来说，群体目标就是赢球，球员的行为是各司其职。群体目标影响群体行为，当球队的目标和球员的目标达成一致时，球员会表现出最为强烈的求胜动机，努力为进球而拼搏。

For the football team, the group goal is to win, and the behavior of the players is to do their job.Group goals affect group behavior. When the goals of the team and the goals of the players reach an agreement, the players will show the strongest motivation to win and strive for goals.

在球队中，领导者有两种，可以是为球员提供训练，赛前指导和赛后总结的教练，也可以是在赛场上鼓舞士气，树立榜样和调度指挥的队长。领导者的能力会影响球队的发挥和球队的进步。此外，教练和队长对球员的关照可以很好地鼓提高队内活力。

In a team, there are two types of leaders. They can be a coach who provides training, pre-match coaching and post-match summary for the players, or a captain who inspires, sets an example and directs the team on the field.The ability of the leader will affect the performance of the team and the development of the team.In addition, the attention of the coach and captain to the players can improve the team's energy.

当一个球队在球员关系的安排上获得稳定时，拥有了一定的球队结构。稳定的结构有利于培养球员间默契，从而有更大的概率赢得球赛。

When a team achieves stability in the arrangement of player relationships, it has a stable team structure.A stable structure helps to develop tacit understanding between the players ，thus threre is a chance of winning the game.