

Valeria Eckardt



Research profile

Education in **Psychology (B.Sc.)** at the University of Bremen (2013 – 2016) and **Psychology in sport and exercise (M.Sc.)** at the German Sport University Cologne (2016 – 2019)

Further training as a **Sport Psychological Expert (asp)**, **Systemic Counselor (DGSF)** and **Systemic Parent Coach**
Valeria Eckardt's research is situated at the **intersection of sport psychology and couple-/family psychology**. In September 2019, she was awarded a **doctoral scholarship of the German Sport University Cologne** in the field of life science to pursue her graduate studies. Within her Ph.D., she investigates which situations are perceived as stressful by parents in youth soccer academies and how parents as a couple cope with this sport-specific stress. Her **main research interests** are parental support in sports, parental stress and coping in sports, dyadic coping, the parent-coach relationship and cooperation/alignment between parents, coaches and sport clubs.

As part of her research projects, she collaborates with **youth soccer academies** and sports associations in the area of parent management and parent coaching. In cooperation with the **Deutsche Fußball Liga GmbH (DFL)**, the results of her work informed policy change in the licensing of the youth academies in Germany. Further, she developed a parent handbook and educational material with Dr. Babett Lobinger for the **German Soccer Association (DFB)**.

Qualifications

Psychology in Sport and Exercise, Master of Science, German Sport University Cologne

Psychologie, Bachelor of Science, Universität Bremen

Systemische Beraterin, (DGSF)

Systemischer Elterncoach

Employment

Phd student, Section Performance Psychology

German Sport University Cologne

Köln, Germany

01.08.2019 → 28.05.2024

Externe Lehrbeauftragte

Humboldt-Universität zu Berlin

01.04.2022 → present

Externe Lehrbeauftragte

Fresenius University of Applied Sciences Heidelberg

Heidelberg, Germany

01.10.2019 → present

Research outputs

Better together? Exploring parental experiences in youth soccer from an interpersonal approach

Eckardt, V., 2024, Köln: Deutsche Sporthochschule Köln. 83 p.

North American Society for the Psychology of Sport and Physical Activity

Eckardt, V. & Schwab, S., 01.05.2023, *North American Society for the Psychology of Sport and Physical Activity, Annual Conference, June 1-3, 2023*. Supplement ed. North American Society for the Psychology of Sport and Physical Activity, Vol. 45. p. S74-S75 2 p.

Parental support in professional youth soccer academies: A cross-cultural understanding of children's perceptions and expectations

Bechtloff, A., Hassan, R., Dorsch, T., Eckardt, V., Newman, J. & Wragg, C., 05.2023, *North American Society for the Psychology of Sport and Physical Activity, Annual Conference, June 1-3, 2023*. Supplement ed. North American Society for the Psychology of Sport and Physical Activity, Vol. 45. p. 61 1 p. (Journal of Sport and Exercise Psychology).

Reden wir aneinander vorbei? Subjektive Wahrnehmungsunterschiede in der Kommunikation zwischen Eltern und Trainer:innen im Nachwuchsfußball

Pallares Herbeck, M., Schwab, S. & Eckardt, V., 05.2023, *Human Performance - Assessment, Intervention & Analysen: Abstractband zur 55. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie (asp)*. Schott, N., Korbus, H. & Klotzbier, T. (eds.). Deutsche Vereinigung für Sportwissenschaft (dvs), p. 122-123 2 p.

Are we on the same page? An investigation of parent-coach communication and alignment in youth soccer

Eckardt, V. & Schwab, S., 2023, In: *International Journal of Sport and Exercise Psychology*.

Reden wir aneinander vorbei? Subjektive Wahrnehmungsunterschiede in der Kommunikation zwischen Eltern und Trainer:innen im Nachwuchsfußball

Pallares Herbeck, M., Schwab, S. & Eckardt, V., 2023, *Human Performance - Assessment, Intervention & Analysen. Abstractband zur 55. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie*.

(Gem)Einsam zum Erfolg? Zur Zusammenarbeit zwischen Eltern und Trainer:innen im Fußball-Nachwuchsleistungszentrum

Eckardt, V., 06.2022, *Ein Gehirn, viel Bewegung - Variabilität und Plastizität über die Lebensspanne: Abstractband zur 54. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie (asp) 16-18. Juni 2022 in Münster*. Voelcker-Rehage, C., Pixa, N. H. & Rudisch, J. (eds.). Münster: Westfälische Wilhelms-Universität Münster, p. 46 1 p.

„Man spielt eigentlich keine Rolle mehr“: Über den Einbezug von Eltern in die Trainer:innen-Tätigkeit im Nachwuchsfußball – eine Grounded Theory

Eckardt, V. & Dorsch, T. E., 06.2022, *Ein Gehirn, viel Bewegung - Variabilität und Plastizität über die Lebensspanne: Abstractband zur 54. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie (asp) 16-18. Juni 2022 in Münster*. Voelcker-Rehage, C., Pixa, N. H. & Rudisch, J. (eds.). Münster: Westfälische Wilhelms-Universität Münster, p. 46-47 2 p.

Parents' competitive stressors in professional German youth soccer academies: A mixed-method study

Eckardt, V., Dorsch, T. E. & Lobinger, B., 01.01.2022, In: *Psychology of Sport and Exercise*. 58, 102089.

A Grounded Theory of Parent Integration in German Professional Youth Soccer Academies

Eckardt, V. & Dorsch, T. E., 2022, In: *Journal of Sport and Exercise Psychology*. 44, S1, p. S8-S9 2 p.

Dyadic Coping in sport – a scoping review.

Eckardt, V., Tamminen, K. & Laborde, S., 2022, *FEPSAC 2022 - Abstract Book: 16th EUROPEAN CONGRESS of SPORT & EXERCISE PSYCHOLOGY ; Sport, exercise and performance psychology: challenges and opportunities in a changing world*. European Federation of Sport Psychology

Understanding the Interdependent Nature of Persons and Contexts in Youth sport: Implications for Future Research, Design, and Delivery in Youth Sport

Hardiman, A. L., Atkinson, O., Eckardt, V. & Fleming, D. J. M., 2022, In: *Journal of Sport and Exercise Psychology*. 44, Supplement, p. S8

A history of parent involvement in organized youth sport: A scoping review

Dorsch, T. E., Wright, E., Eckardt, V., Elliott, S., Thrower, S. N. & Knight, C. J., 11.2021, In: *Sport, Exercise, and Performance Psychology*. 10, 4, p. 536-557 22 p.

Three perspectives on parental support in youth soccer: Children, parents, and coaches

Lobinger, B., Eckardt, V. & Lautenbach, F., 01.08.2021, In: *International Journal of Sports Science & Coaching*. 16, 4, p. 886-899 14 p.

Stressoren von Eltern in deutschen Fußballnachwuchsleistungszentren: Eine Mixed-Method Studie

Eckardt, V., Dorsch, T., Wilk-Marten, N. & Lobinger, B., 2021, *asp 2021 - Abstractband: Talententwicklung & Coaching im Sport : 53. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie (asp) : Tübingen (online, 13.-15.05.2021)*. Höner, O., Wachsmuth, S., Reinhard, M. L. & Schultz, F. (eds.). Tübingen: Eberhard Karls Universität Tübingen, Wirtschafts- und Sozialwissenschaftliche Fakultät, Institut für Sportwissenschaft, p. 153 1 p.

Covid-19 und Sportpartizipation: Kinder verlieren das Interesse am Nachwuchssport

Eckardt, V., 2020, In: *Zeitschrift für Sportpsychologie*. 27, 4, p. 165-166 2 p.

Elterliches Unterstützungsverhalten im Nachwuchs-Fußball aus der Sicht von Eltern, Kindern und Trainern

Eckardt, V., Reidick, C. & Lobinger, B., 2020, *Zukunft der Sportpsychologie : zwischen Verstehen und Evidenz; Book of Abstracts ; virtuelle Online-Tagung ; 52. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie 21. bis 23. Mai 2020, Salzburg*. Amesberger, G., Würth, S. & Finkenzeller, T. (eds.). Salzburg: Universität Salzburg, p. 145 1 p.

Slow-paced breathing as an evening ritual for children with Attention-deficit/Hyperactivity disorder (ADHD) and their parents.

Eckardt, V. & Laborde, S., 2019, *15th European Congress for Sport Psychology (FEPSAC)*.

Counteracting self-control failures: timing matters!

Eckardt, V. & Laborde, S., 2018, *50. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie*.

Activities

55. Jahrestagung "Human Performance - Assessment, Intervention & Analysen"

Valeria Eckardt (Organiser)

18.05.2023

Erfahrungen von Eltern im Fußball-Nachwuchsleistungszentrum

Valeria Eckardt (Lecturer)

06.11.2022

Utah State University

Valeria Eckardt (Visiting researcher)

05.07.2021 → 29.10.2021

Sport Psychology in Germany

Valeria Eckardt (Speaker) & Alice Kathrin Seel (Panel participant)

2020 → ...