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Sports psychologist says it's harder for players to time the World Cup

According to Bonnie Bakuretz, sports psychologist at the University of Pécs, it is not easy for the players to have the World Cup at such an unusual time, and some surprising results or performances can be attributed to this.

"You can see that the players are exhausted, because they have come into this World Cup at the end of November and December from an extremely heavy workload, from the top championships," says the young sports psychologist. "Many people have come from winter, or at least late autumn, into summer, and it's not easy for the body. Of course, we know that it is possible to prepare for it consciously, for example, the runner Szilvia Lubics trained in a heated sauna when she was preparing for the running race in the Death Valley National Park. But we also know that not everyone's body reacts in the same way, not everyone can switch to a different climate overnight. Perhaps a few surprise results can be attributed to this.