



Get Your Head in the Game: Mental Fitness Training for Hockey Coaches (Paperback)

By Michael CG White

Kinetics Design, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Be the best coach you can be. Valuable information supporting the need for Mental Fitness Training in sport. This unique step-by-step outline walks coaches through how to speak to their athletes and how to think and act in order to gain the best possible results. Key concepts include: The Think Different principle - what it is and why it s so important; the value of positive reinforcement, confidence, and gratitude; how to best deal with adversity. Teach players how to visualize and believe in themselves and trust in the results. Keep kids in the game longer and give them a positive experience and insightful perspective that they can use in all aspects of their lives. It all starts with you, the coach.



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger