



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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