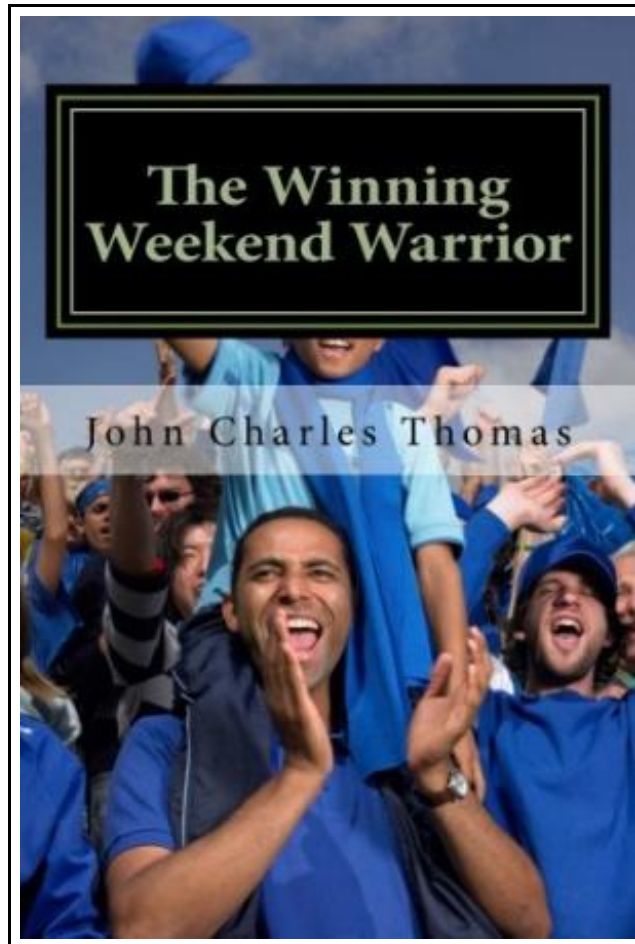


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Winning Weekend Warrior aspires to enhance the participation, enjoyment, and success of the reader in all sports. It focuses on strategy, tactics and the mental game. As it turns out, many of the strategies, tactics and techniques for the psychology of sports are similar regardless of the sport. In fact, many of these same techniques are useful in business and other aspects of life as well. This book is valuable for several reasons. First when it comes to winning, there is much in common among all sports. In terms of the mental game, the commonalities outweigh the differences. In terms of the physical game, there are also great similarities in terms of preparation. Obviously, different sports require specific skills but these are largely improved due to correct practice in the specific sport. You can practice a sport such as golf or tennis for many years and hardly improve at all. Time alone is not enough. You need correct practice and this book can help you make sure you practice correctly. A second reason to read this book is that even if you concentrate on one or two sports, chances are that you will participate occasionally in others. You may be a scratch golfer or a tennis star but occasionally find yourself in a basketball or baseball game. Even if your own days of playing hockey, tackle football and soccer are over, you might volunteer to coach these sports for kids, neighbors, or grandkids. In such cases, this book will help you translate the skills you already have in your main sports into these other domains. As you may have noticed, this is not always...



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