

Understanding psychological preparation for sport - theory and practice of elite performers

J. Wiley - Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers by Lew Hardy

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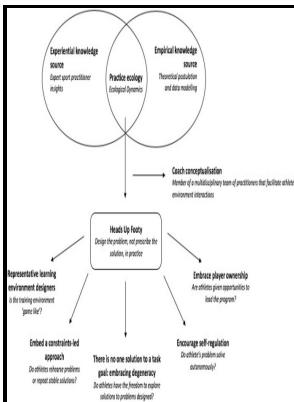
Tags: #Hardy, #L., #Jones, #G., #& #Gould, #D. #(1996). #Understanding #Psychological #Preparation #for #Sport #Theory #and #Practice #of #Elite #Performers. #Wiley #Chichester.

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Mechanisms underlying the self-talk-performance relationship: The effects of motivational self-talk on self-confidence and anxiety.

Understanding Psychological Preparation For Sport Theory And Practice Of Elite Performers PDF Book

Journal of Applied Sport Psychology, 18, 254—270. The datasets are also available as. Programs often have three phases: an education phase, in which the potential benefits of psychological skills are explained; an acquisition phase, in which



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specific skills e.

Hardy, L., Jones, G., & Gould, D. (1996). Understanding Psychological Preparation for Sport Theory and Practice of Elite Performers. Wiley Chichester.

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The ability to attain such a state is thought to depend, in part, on the use of advanced and basic psychological skills.

Hardy, L., Jones, G., & Gould, D. (1996). Understanding Psychological Preparation for Sport Theory and Practice of Elite Performers. Wiley Chichester.

. Forehand drive performance was assessed in the first and fifth sessions for both groups.

Psychological Skills Training

The groups completed five tennis practice sessions. For example, the psychological state conducive to lifting weights during training might be different from the state conducive to taking a penalty kick during a soccer game; and the state required for each of these tasks may differ across individuals e. One way psychological skills are learned is by training.

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Notes: Includes bibliographical references (p. [299]-332) and indexes.

This edition was published in 1996

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