

Football: Raise Your Mental Game

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Reviews

This ebook is amazing. It is one of the most awesome pdf i have got read through. Your way of life span will probably be transform as soon as you comprehensive looking over this pdf. (Lula Graham IV)

FOOTBALL: RAISE YOUR MENTAL GAME



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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Football: Raise Your Mental Game, Richard Nugent, Steve Brown, Football coaches and players at all levels are increasingly having to look elsewhere for that 'psychological edge' - the mental discipline of the game is the fastest growing aspect in football coaching. Football - Raise Your Mental Game takes principles from a number of areas of psychology and applies them to football in an easy-to-read, accessible way. Aimed primarily at players but also invaluable to coaches who wish to use the techniques in a team training environment, it includes chapters on selfconfidence, keeping focussed and performing consistently, getting motivated for matches, managing anger, relaxation and dealing with nerves, and positive mental practice. With many testimonies and case studies from professional players and coaches in the game, Football - Raise Your Mental Game is a unique resource for this crucial aspect of football.



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