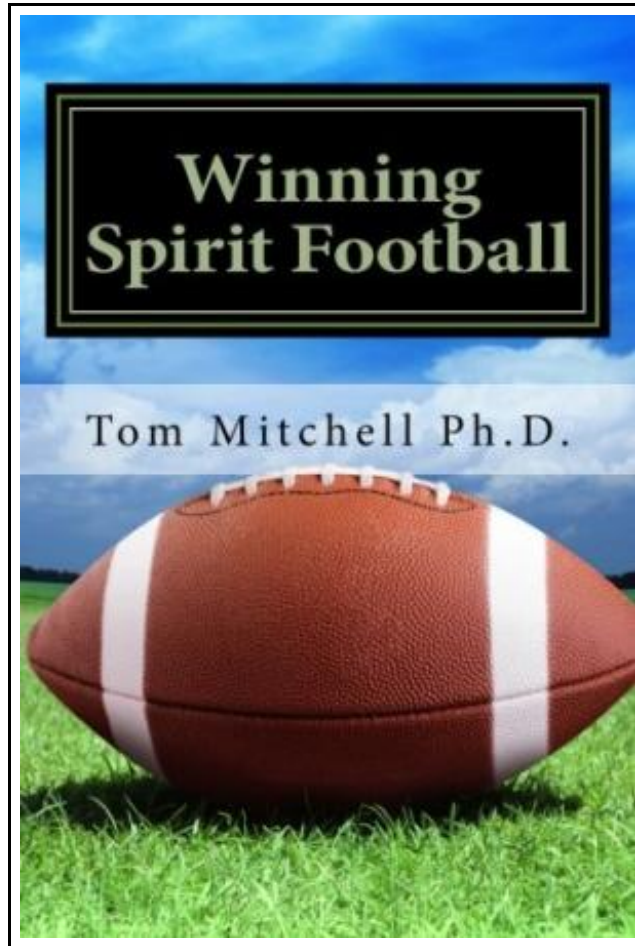


Winning Spirit Football: Sharpen Your Mental Game



Filesize: 6.52 MB

Reviews

Merely no terms to spell out. We have read through and i also am confident that i will gonna read yet again again in the future. You will not sense monotony at anytime of your own time (that's what catalogs are for about should you question me).

(Pasquale Larkin I)

WINNING SPIRIT FOOTBALL: SHARPEN YOUR MENTAL GAME



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Winning Spirit Football is written specifically for football players who want to gain a competitive edge and a better understanding of the habits and behaviors that are at the heart of an athlete's success: confidence, communication, work ethic, teamwork, practice and concentration. Winning Spirit Football is also useful for parents and coaches who want to support players in developing their mental game. This book is full of basic and easy-to-understand messages and exercises. You can read it straight through or randomly choose any chapter you'd like. Each chapter stands alone and contains a message and an activity to practice and think about. Several chapters have similar themes, but require you to look at them in different ways. As you let the messages sink in and put them into practice, you find yourself having greater success both on and off the field! Playing football is a great way to build character, have fun, learn about other people, and develop confidence, which are the most important qualities that any athlete can possess.



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**Four on the Shore**

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read

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