

GSM International Coaching Education Articles for Developing Your Players

NOW YOU CAN LEARN HOW TO DEVELOP THE MIND OF A FUTURE CHAMPION THROUGH SPORTS PSYCHOLOGY

Here Are Some Thoughts About How You Can Work with Your Players for Success

Most performance problems that players and other performers struggle with are not a result of poor conditioning, inadequate coaching or a lack of physical skills or technical ability. Sure, these physical or mechanical factors can sometimes cause sub-par play.

However, when the heat of competition is turned up high, the individual performer or team that falls apart most often does so because of mental factors like runaway nervousness, intimidation, poor concentration, negativity, lack of confidence or an inability to let go of mistakes or bad breaks.

How much time as a coach spend time learning about sports psychology issues that will help you develop your players, so you can contribute to developing the mind of your players to be champions. If you're a committed, dedicated coach, then you work too hard and sacrifice too much to let your own or your team's competitive performance be disrupted by mental errors. The mental toughness techniques in sports psychology are just what you need to regain your performance or team on the fast track to go upward and forwards.

To realize your full potential as a The Coach, you have to start training your mind as well as your body! Just as you develop physical, mental skills and techniques to prepare your layers, you must learn to develop these sports psychology mental skills.

What are Some of These So-called Mental Skills?

- Staying relaxed under pressure, in what I call "good nervous."
- Focusing on what's important and letting go of everything else.
- Rebounding from mistakes, bad breaks, and failures.
- Handling last minute self-doubts and negative thinking.
- Using mental rehearsal for upcoming performances.
- Motivating yourself by setting personally meaningful and compelling goals.
- Recognizing mental traps and avoiding them.

You can learn to master these skill areas and make them part of your athletic or performance arsenal. Let me help you do this! On these pages, you will find some of the most powerful and comprehensive sports psychology - mental training tools on the market today. Also, I offer a sports psychology phone consultation service that's a proven winner. Make your great effort to master the negativity and self-doubts and perform to their potential.