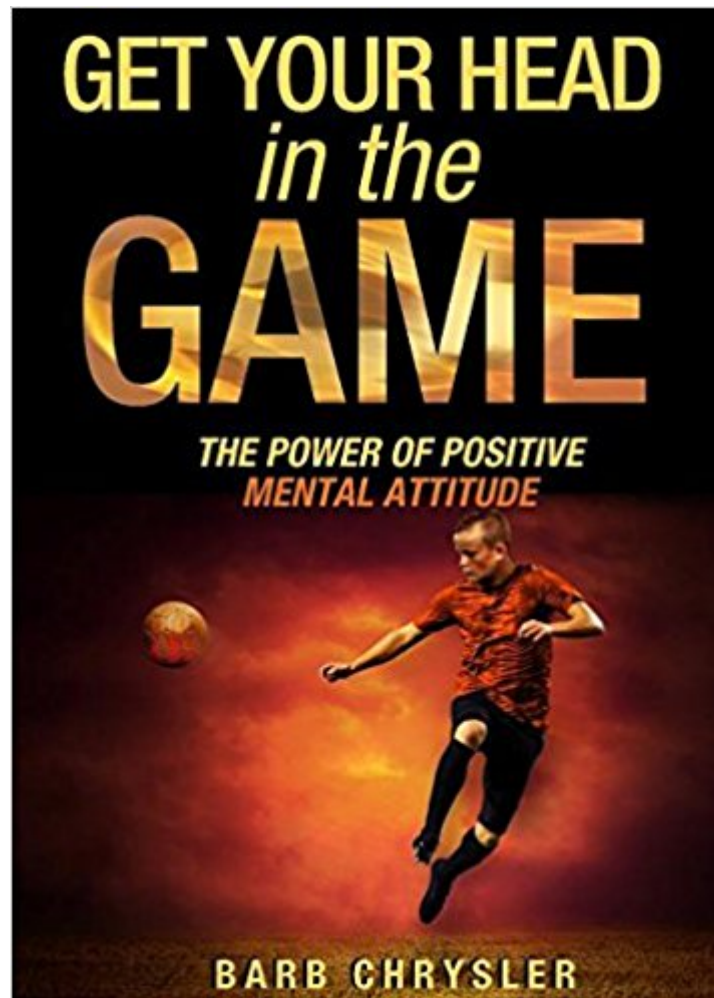




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Get Your Head In The Game: The Power Of Positive Mental Attitude



Synopsis

Research shows that coaches believe mental attitude accounts for 50% of not only players' success, but also teams' success. However, this is often overlooked from both a coaching standpoint, as well as in individual training plans. *Get Your Head In The Game* not only offers insight into the relationship between mental attitude and the performance of soccer players, but will also assist both players and coaches who are aspiring to improve their mental game and motivate their teams. Quotes and brief player profiles used throughout *Get Your Head In The Game* summarize the players' thoughts, so that you, the reader, can easily gain understanding of the mental attitude of professional players. It also provides inspirational insight into the work ethic of your favorite players. Successful soccer players not only believe in themselves, but they have a dream and follow it. They are willing to look critically at areas needing improvement; they work hard and make sacrifices.

Book Information

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Customer Reviews

Barb Chrysler has a B.A in Psychology and English and an M.A. in Psychology from Wilfrid Laurier University. Additionally, she has several years of Ph.D. studies at the University of Waterloo. She coached and managed minor athletic teams for eight years has two boys who play sports. Throughout her career she has worked in a variety of capacities including mental health and has an extensive background in research. She has a strong desire to help youth believe in themselves, as she wishes she had that type of coaching when she was young. She is passionate about encouraging life long participation in sports.

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