WRESTLING 4th Edition

THE ATHLETE'S GUIDE
TO COMPETING
MENTALLY TOUGH
Steve Knight

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Winningstate Wrestling The Athletes Guide To Competing Mentally Tough 4th Edition

Steve Knight

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these attitudes thoughts and behaviors manifest themselves in the training room and in competition Even the best athletes and most successful coaches will find something new to add to their skill set Let Wrestling Tough be your guide to a championship level mindset The Wrestling Psychology Workbook Danny Uribe MASEP, Danny Uribe, 2017-07-03 THE ONLY SPORTS PSYCHOLOGY WORKBOOK THAT S EXCLUSIVELY DESIGNED FOR WRESTLERS TO BUILD MENTAL TOUGHNESS AND BOOST THEIR ATHLETIC PERFORMANCE Athletes hear it all the time Wrestling is 90% Mental and 10% Physical It's All in Your Head The Only One that Can Stop You is You You have to be Mentally Tough But what exactly do those sayings mean Without something concrete it s difficult for athletes to understand what it specifically takes to have a mental approach primed for success And rather than have a debate with someone who knows nothing about mental training or sports psychology or read about theories and mental hacks that may or may not work off some random website why not use a detailed interactive and engaging workbook that shows and teaches athletes how specific Sports Psychology concepts directly impact their performance on the wrestling mat That's exactly what you ve found here Through 10 Dynamic Exercises we take athlete s on a journey through the Most debilitating Mental and Emotional Obstacles faced by the Vast Majority of Competitors including Decreased Levels in Motivation Lack of Goal Setting Capability Suppressing Unwanted Thoughts An Inability to get In a Zone Experiencing Overwhelming Pre Match Jitters Nerves and Anxiety Overcoming Serious and Debilitating Injuries Zero Formal Education of Necessary Mental Skills such as Mental Imagery and Self Talk Competing without Confidence Not Being Able to Focus when it Matters Most When Athletes Suffer and become Victim to one or multiple issues mentioned above it becomes Incredibly Difficult for them to maintain a positive frame of mind not only in sports but in life in general And unfortunately in society today all athletes are under the spot light as they are judged by many of their friends family and peers by the level of success they have on the mat which makes it absolutely crucial for athletes to be mentally tough and resilient Thus after completing our workbook athletes will undoubtedly be equipped with the Mental Tools to 1 Develop Supreme Confidence in their Skills and Abilities to Flourish 2 Build Mental Toughness and Resilience to Overcome Obstacles 3 Learn to Handle Intense Pressure and Paralyzing Adversity 4 Conquer their Crippling Fears and Severe Anxiety 5 Be Mentally Ready to Compete and Dominate their Competition 6 Come Back from Injury Better and Stronger than Before 7 Be Overflowing with Motivation and Surpass their Athletic Goals Whether you re a male or female athlete looking for ways to improve your skills and ability middle school high school or collegiate skill level A coach or trainer in search of avenues to improve your teams performance or a parent trying to help your son or daughter accomplish their goals and dreams THIS IS THE WORKBOOK YOU VE BEEN SEARCHING FOR Choking Under Pressure During Crucial Moments of a Match Sitting on the Sidelines Tournament after Tournament despite All your Hard Work and Effort Becoming accustomed to Losing Over and Over not Stepping Up when the team Needs it Most and being Unable to see any Progress toward Improving and Reaching Success can be EXTEMELY PAINFUL DISAPPOINTING and DISCOURAGING This STOPS

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