



Sport Psychology Library -- Basketball

By Dale Brown, Kevin Burke

Fitness Information Technology, Inc, U.S. Paperback. Book Condition: new. BRAND NEW, Sport Psychology Library -- Basketball, Dale Brown, Kevin Burke, If you have ever watched a champion make that impossible three-point shot in the game's final seconds, you know that mental skills are absolutely critical to all-around success, on and off the court. No one understands this better than coaching legend Dale Brown and renowned sport consultant Dr Kevin Burke, the co-authors of this book. Together, they share their expertise and techniques to bring the mental aspect of the game under every player's control. They stress preparation, practice, and performance in attaining these vital psychological skills: Concentration; Teamwork; Relaxation; Confidence; Strong Ethics and Fair Play. This book gives players the tools to improve their mental game plan; a way for coaches to teach successful psychology techniques; and a way for parents to be supportive and involved in a player's development.

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Reviews

Very good eBook and valuable one. This is for anyone who stante that there was not a worth reading. You will not truly feel monotony at at any time of your own time (that's what catalogs are for concerning if you question me).

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If you need to adding benefit, a must buy book. It is packed with wisdom and knowledge I am just effortlessly could get a pleasure of reading a written publication.

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