

Five Essential Mental Skills For Sport

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Join Dr. Daniel Gould, one of the world's foremost experts on sport psychology, as he shares some of the drills and exercises that he has used to help champion athletes develop mental skills essential for success in sport. Follow along as Dr. Gould teaches techniques that athletes can use to achieve peak performance. Dr. Gould is the Director of the Institute for the Study of Youth Sport and Professor of Kinesiology at Michigan State University. He is co-chair of the United States Olympic Committee Science and Technology Committee. Review: "Dr. Dan Gould narrates the video and leads the viewer through a progression of drills and exercises for each targeted mental skill. Five essential mental skills are identified: motivation, positive thinking, confidence, emotional energy, and mental preparation/competitive routines. Each mental skill is individually defined and instructions for specific exercises pertinent to that particular skill are given orally and then presented visually. A brief pause is built in so the DVD can be stopped by the viewer to allow athletes to actually complete the exercise before moving on to the next exercise. Gould's experience working with athletes on mental skills training is evident. He leads the viewer step by step through each exercise with ease and expertise and infuses background information about each mental skill in understandable and pertinent terms. I highly recommend this video for professionals who wish to use it with athletes directly and also for less experienced consultants who wish to learn how to conduct mental skills training with athletes. It is a valuable tool for both purposes." Deborah Getty PhD, The Sports Psychologist

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