

Mental Skills For Young Athletes

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Dr. Gould presents mental skills exercises for enhancing positive thinking, goal setting, stress management, focus/concentration, and confidence. Dr. Dan Gould, world renowned expert on mental skills training and Director of the Institute for the Study of Youth Sports at Michigan State University, draws upon his extensive experience in working with young athletes to develop a program to help children aged 7 to 13 acquire mental skills that contribute to success and enjoyment in sport. Using plain, easily understandable language and vivid, kid-friendly examples, Dr. Gould introduces the concept of mental skills training, discusses the role that mental skills training plays in sport performance, and shares mental skills exercises for enhancing positive thinking, goal setting, stress management, focus/concentration, and confidence. Young athletes in a variety of sports respond to Dr. Gould's questions and illustrate key points. Special sections for coaches/parents and sport psychology consultants augment the main program. Running time: 56 minutes

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