

Free Copy The Softball Psychology Workbook How To Use Advanced Sports Psychology To Succeed On The Softball Field

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Coaching Fastpitch Softball Successfully
Omni Book of Psychology
Tactical Decision-Making in Sport
Educational Psychology in the Classroom. Workbook
The Sport Psychologist
Organizational Psychology
The Most Expensive Game in Town
The Video Source Book
Applying Educational Psychology in Coaching Athletes
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Homecoming (A Chloe Fine Psychological Suspense Mystery—Book 5)
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Educational Psychology
Softball Skills & Drills
Sneaky Softball Pitching
Slowpitch Softball Hitting Mini eBook
Sentence Skills : a Workbook for Writers
Between the Lines
Comprehensive Applied Sport Psychology
Coach's Guide to Game-Winning Softball Drills
Teaching Softball
Evidence-Based Applied Sport Psychology
Game Sense
The Blue Book of College Athletics for Senior, Junior & Community Colleges
American Book Publishing Record
The Woman's Softball Book
The Champion's Mind
The Complete Book of Softball
Beginning Mental Training Skills for Softball
The Coach's Toolbox
The 1987 Year Book of Sports Medicine

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Packed with 175 drills straight from the practice sessions of the game ' s most successful programs, The Softball Drill Book will add variety to your practices and precision to your game-day performances. The comprehensive collection covers every aspect of the game. From warm-up to conditioning, throwing to hitting, bunting to base-running, you ' ll find drills to improve position skill and team execution - all from college coaches and programs that have won 13 NCAA Women ' s College World Series titles and dozens of NCAA regional tournament titles. Contributors include: Louie Berndt, Florida State Carol Bruggeman, Louisville Yvette Girouard, Louisiana State Michelle Gromacki, Cal State Fullerton Deanna Gumpf, Notre Dame Carol Hutchins, Michigan Kelly Inouye-Perez, UCLA Jay Miller, Mississippi State Jennifer Ogee, Nebraska Kim Sowder, Long Beach State Heather Tarr, Washington Michelle Venturella, Iowa Kirk Walker, Oregon State Margie Wright, Fresno State One look at the names above and it is clear, The Softball Drill Book is your blueprint for championship practices.

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Chapter 14. Team Defense Yvette Girouard

Omni Book of Psychology

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Tactical Decision-Making in Sport

“ A masterpiece of thriller and mystery. Blake Pierce did a magnificent job developing characters with a psychological side so well described that we feel inside their minds, follow their fears and cheer for their success. Full of twists, this book will keep you awake until the turn of the last page. ” --Books and Movie Reviews, Roberto Mattos (re Once Gone) **HOMECOMING** (A Chloe Fine Mystery) is book #5 in a new psychological suspense series by bestselling author Blake Pierce, whose #1 bestseller *Once Gone* (Book #1) (a free download) has over 1,000 five-star reviews. When two husbands, best friends, turn up dead in a wealthy suburban town, FBI VICAP Special Agent Chloe Fine, 27, is called in to unmask the lies in this small town and to find the killer. Chloe will have to penetrate this town ' s perfect fa ç ade, to get past its public appearances to understand the truth of who these men were, and who may have wanted them dead. And in a town that thrives on its exclusivity, that won ' t be easy to do. What secrets were these husbands hiding? An emotionally wrought psychological suspense with layered characters, small-town ambiance and heart-pounding suspense, **HOMECOMING** is book #5 in a riveting new series that will leave you turning pages late into the night. Book #6 in the Chloe Fine series is also now available!

Educational Psychology in the Classroom. Workbook

A world list of books in the English language.

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The Sport Psychologist

As the coach, (for example in baseball) you teach your players how to bat, pitch, steal bases, back up throws from the outfield, bunt, make the double play pivot, etc. That is your job - what we want to do is to help you have your players play their very best. For example, Sandy, your second baseman, is giving your shortstop fits with her tosses on double play attempts. What do you do about it and how do you do it? We can show you the best ways to help her and yourself as she grows in the game. You will use proven mental processes to teach new skills and to improve on old skills (and create great attitudes while you're at it). Dr. Pierro presents twelve basic teaching/coaching strategies in a very positive manner so that you can teach your players the skills and tactics of the game more quickly, effectively, and joyfully. These strategies; including Visualization, Focusing, Anchoring, and Triggers; are presented with many examples and illustrations from real sports settings.

Organizational Psychology

“ Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well--confidence. ” --Michele Smith Two-time Olympic gold medalist and Hall of Fame pitcher Michele Smith throws one right down the middle with this big collection of more than 250 skill-building drills developed especially for coaches of fast-pitch recreation league, travel ball, and high school softball players, ages eight to eighteen. Straight from the Michele Smith Gold Camps and Clinics, these drills are designed to give you all the tools you need to teach the entire range of offensive and defensive softball

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skills. With Michele's expert guidance and instruction, you'll coach your players to: Master the mechanics of footwork for fielding with hustle Swing for the fences and hit the fastest pitches Catch the ball proactively and throw it quickly and accurately to its target Defend the infield and outfield with speed and confidence Run the bases swiftly and strategically Refine fast-pitch skills so they can windmill like Michele And much more

The Most Expensive Game in Town

Building on the eye-opening investigation into the damaging effects of the ultra-competitive culture of youth sports in his previous book, *Until It Hurts*, Mark Hyman's new book looks at the business of youth sports, how it has changed, and how it is affecting young Americans. Examining the youth sports economy from many sides--the major corporations, small entrepreneurs, coaches, parents, and, of course, kids--Hyman probes the reasons for rapid changes in what gets bought and sold in this lucrative marketplace. Just participating in youth sports can be expensive. Among the costs are league fees, equipment, and perhaps private lessons with a professional coach. With nearly 50 million kids playing organized sports each year, it is easy to see how profitable this market can be. Hyman takes us to tournaments sponsored by Nike, Gatorade, and other big businesses, and he talks to parents who sacrifice their vacations and savings to get their (sometimes reluctant) junior stars to these far-off, expensive venues for a chance to shine. He introduces us to videos purporting to teach six-month-old babies to kick a ball, to professional athletes who will "coach" an eight-year-old for a hefty fee, to a town that has literally staked its future on preteen sports. With its extensive interviews and original reporting, *The Most Expensive Game in Town* explains the causes and effects of the commercialization of youth

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sports, changes that the author argues are distorting and diminishing family life. He closes with strong examples of individuals and communities bucking this destructive trend.

The Video Source Book

Looking for the ultimate book to help you learn and master softball ' s essential skills? Look no further than the guide that has helped develop the game ' s top players and most successful teams. This new edition of Softball Skills & Drills is completely updated with more skills, more drills and strategies, and more of the stellar instruction that have made it the top-selling title on the sport. Judi Garman, one of the winningest coaches in NCAA history, teams with Cal State Fullerton ' s Michelle Gromacki to share their secrets to developing and mastering every aspect of the game. With step-by-step instruction, full-color photo sequences, technique tips, and unique insight into the game, you ' ll learn every fundamental skill: • Hitting • Bunting • Slap Hitting • Baserunning • Sliding • Fielding • Throwing • Pitching • Catching And with over 230 of the game ' s best drills, coverage of team offense and defense, pitch selection, pitch recognition, and in-game strategies, Softball Skills and Drills is simply the most comprehensive and practical guide on the sport. Whether striving to become a complete player or preparing your team for another championship run, Softball Skills & Drills is the one book you cannot be without.

Applying Educational Psychology in Coaching Athletes

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Learn to use basic mental training skills to improve and enjoy your sport experience. A book that gives you the foundation skills and information to performance enhancement through the process. Benefit from my 22 years of experience and education which includes sports psychology for athletes and coaches:

Focused for Fastpitch

Game Sense is an exciting and innovative approach to coaching and physical education that places the game at the heart of the session. It encourages the player to develop skills in a realistic context, to become more tactically aware, to make better decisions and to have more fun. Game Sense is a comprehensive, research-informed introduction to the Game Sense approach that defines and explores key concepts and essential pedagogical theory, and that offers an extensive series of practical examples and plans for using Game Sense in real teaching and coaching situations. The first section of the book helps the reader to understand how learning occurs and how this informs player-centred pedagogy. It also explains the relationship between Game Sense and other approaches to Teaching Games for Understanding. The second section of the book demonstrates how the theory can be applied in practice, providing a detailed, step-by-step guide to using Game Sense in eleven sports, including soccer, basketball, field hockey and softball. No other book explores the Game Sense approach in such depth, or combines theory and innovative practical techniques. Game Sense is invaluable reading for all students of physical education or sports coaching, any in-service physical education teacher or any sports coach working with children or young people.

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Homecoming (A Chloe Fine Psychological Suspense Mystery—Book 5)

Why is it that some athletes with the necessary physical attributes never really excel? The answer lies in the psychological challenges found in all sport competition for athletes of all ages. Under pressure consistent top performing athletes acknowledge ?state of mind? as the key to success in their performance. Such phenomena as ?momentum,? ?choking under pressure? and ?psyching out? are very real in sport competition. This Mental Training Drill book contains over 30 different drills, tools and techniques integrated throughout six fundamental mental training concepts: (1) Ideal performance State; (2) Self-Talk; (3) Performance Relaxation; (4) Focus/Concentration; (5) Competitive Imagery; (6) Over-training. In addition, there is an ?Additional Resource? section that includes various articles, suggestions and techniques to help the coach understand and customize the mental training needs of their athlete. This section contains tools and techniques for the following areas: (1) Countdown to Competition Play Book ? the last 48 Hours; (2) Dealing with Mental Hurdles; (3) Fear of Failure vs. Desire for Success; (4) Positive Motivation & Punishment; (5) Effective Goal Setting & Goal Getting; (6) Generational Differences; (7) Services Provided by Center for Sports Psychology-Colorado Springs; (8) bibliography ? Roberta Kraus, PhD. As a coach if you are motivated to develop your athletes into consistent top performers under pressure, then mental conditioning should be included in your training program. This mental training skill building drill book help the athletes master the psychological competitive edge needed for excellence in sport performance.

Throw Like a Girl

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The foundation of organizational psychology, updated to reflect the changing workplace Organizational Psychology: A Scientist-Practitioner Approach, Third Edition provides students with a thorough overview of both the science and practice of organizational psychology. Reflecting changes in the global workplace, the third edition expands coverage of the effects of technology on processes and personnel, the generalizability of theories across cultures, including organizational climate, and employee health and well-being. The new edition retains the hallmark features of the text and Expanded coverage of the pervasive effects of technology on the social environment of work, including virtual work and the impact of social media. More graphics, including tables and charts, to help students understand and remember various related concepts and theories. Includes a unique full chapter on research methods and the use of statistics in understanding organizations. New chapter on the work/non-work interface, including consideration of both employees' life stages and changes over their careers. Provides Instructors with comprehensive presentation and testing materials. More on ethics, in light of relatively recent scandals in corporations and in politics. Expanded coverage throughout on cross-cultural issues and diversity in organizations. Additional readings facilitate in-depth learning. Industrial and organizational psychologists contribute to the success of an organization by improving the performance, satisfaction, and well-being of employees. By identifying how behaviors and attitudes can be improved through hiring practices, training programs, and feedback and management systems, I/O psychologists also help organizations transition during periods of change and development. Organizational Psychology: A Scientist-Practitioner Approach, Third Edition is a comprehensive guide to the theory and application of behavioral science in the workplace.

Complete Guide to Slowpitch Softball

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The Mental Game Of Baseball

A survey of psychological research and problems includes discussions of anxiety, dreams, medical ethics, and computer psychotherapy

The Psychology of Baseball

Covers the sport psychology with a balance between theory and application. This book features a pedagogical program including the applied vignettes, chapter outlines, key terms with glossary, chapter summaries, student-oriented suggested readings, and several tables and figures to visually summarize the key concepts.

Sport Psychology

The aim of Comprehensive Applied Sport Psychology (CASP) is to challenge our field to look beyond its current status and propel applied sport psychology and mental training forward and outward with a broad and multi-layered examination of everything psychological, emotionally, and socially that the athletic community contends with in pursuit of athletic success and that sport psychologists and mental trainers do in their professional capacities. Comprehensive Applied Sport Psychology is the first professional book aimed at offering a truly expansive and deep exploration of just about everything that

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applied sport psychologists, consultants and mental trainers do in their work. CASP plumbs the depths of the athletic mind including attitudes, psychological and emotional obstacles, mental "muscles" and mental "tools," quality of sport training, the health and well-being of athletes, and other areas that are essential to athletic success. This new volume examines not only the many ways that consultants impact athletes, but also explores their work with coaches, teams, parents, and interdisciplinary groups such as sports medicine team and sports management. The book is grounded in both the latest theory and research, thus making it a valuable part of graduate training in applied sport psychology, as well as a practical resource for consultants who work directly with athletes, coaches, teams, and parents. The goal of CASP, in collaboration with dozens of the leading minds in the field, is to create the definitive guide of what applied sport psychology and mental training are and do.

athletic success. This new volume examines not only the many ways that consultants impact athletes, but also explores their work with coaches, teams, parents, and interdisciplinary groups such as sports medicine team and sports management. The book is grounded in both the latest theory and research, thus making it a valuable part of graduate training in applied sport psychology, as well as a practical resource for consultants who work directly with athletes, coaches, teams, and parents. The goal of CASP, in collaboration with dozens of the leading minds in the field, is to create the definitive guide of what applied sport psychology and mental training are and do.

The Softball Drill Book

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The Cumulative Book Index

Maximize your softball abilities with Focused for Fastpitch! This collection of 80 drills combines fastpitch-specific drills with mental training, ensuring peak performance come game time. Focused for Fastpitch provides the tools to sharpen concentration at the plate, stay more alert in the field and on the base paths, and shut out distractions in the circle. Use it to establish a winning mental game for championship-level performance.

The Softball Psychology Workbook

Packed with 175 drills straight from the practice sessions of the game 's most successful programs, The Softball Drill Book will add variety to your practices and precision to your game-day performances. The comprehensive collection covers every aspect of the game. From warm-up to conditioning, throwing to hitting, bunting to base-running, you ' ll find drills to improve position skill and team execution - all from college coaches and programs that have won 13 NCAA Women ' s College World Series titles and dozens of NCAA regional tournament titles. Contributors include: Louie Berndt, Florida State Carol Bruggeman, Louisville Yvette Girouard, Louisiana State Michelle Gromacki, Cal State Fullerton Deanna Gumpf, Notre Dame Carol Hutchins, Michigan Kelly Inouye-Perez, UCLA Jay Miller, Mississippi State Jennifer Ogee, Nebraska Kim Sowder, Long Beach State Heather Tarr, Washington Michelle Venturella, Iowa Kirk Walker, Oregon State Margie Wright, Fresno State One look at the names above and it is clear, The Softball Drill Book is your blueprint for championship practices.

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Chapter 14. Team Defense Yvette Girouard

Got Game

This is the first book to call for a major paradigm shift in applied sport psychology by providing a wealth of systematic, scientifically validated research in a field where assessment and treatment has often been haphazard. In his quest to bring sport psychology to a higher level of validity, Dr. Carlstedt describes the most current assessment methods, intervention procedures, and promising research that are critical for use in evidence-based practice. These assessment and treatment methods are based on 25 years of rigorous scientific approaches and principles that incorporate the most sophisticated research methods now available. The book describes the mechanisms that influence peak performance or psychological performance deficits and the mental training process, and provides procedures that will take the guesswork out of typical assessment and mental training. It offers tools with which practitioners can reexamine their modus operandi and critically explore the mechanism of interaction outcomes. To this end, the book includes extensive data sets on personality, behavioral tendencies, mind-body responses, and performance outcome. Dr. Carlstedt advocates moving beyond compartmentalized therapeutic

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sessions in the office to directly observe athletic performance during training and actual competition. The text also contains individual and team case studies to enhance its focus on individualized, efficacy-tested protocols for each individual athlete. Key Features: Presents a detailed client-centered assessment and intervention model grounded in technology-supported, step-by-step procedures, followed by efficacy testing Focuses on the importance of empirical scrutiny and individualized, efficacy-tested protocols for each individual athlete Describes the Carlstedt Protocol containing a visualization efficiency test among many other technologically based assessment and training tools Provides a roadmap for achieving a gold-standard system of accountability Practitioners will learn how to work within Carlstedt's integrative model to improve athlete performance and contribute to the advancement of evidence-based applied sport psychology.

The Softball Drill Book

Psychologist Stadler goes beneath the surface of the game to explore the psychology behind the actions of the game's greats. He begins with the mind's role in the game's basic skills, explaining the anticipatory thinking that can make a hitter see a "rise

Educational Psychology

Hall of Famer Rainer Martens has been playing softball for over 45 years. He currently coaches and plays for the Florida Legends—winners of over 80 national championships in the last 20 years. Although

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many books focus on fastpitch softball, this is the first comprehensive guide for slowpitch softball played by more than 13 million in the U.S. Includes over 200 photos and a 45-minute DVD that presents demonstrations of offensive and defensive techniques and tactics. Original.

Softball Skills & Drills

Sneaky Softball Pitching

Slowpitch Softball Hitting Mini eBook

Softball: Steps to Success is excellent as either a course text or a self-instruction guide. Either way, this unique progression of skills will help players get started quickly, make steady progress, and proceed at their own pace.

Sentence Skills : a Workbook for Writers

Field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend! Coaching Fastpitch Softball Successfully provides the guidance and technical expertise you need in order to build and maintain a competitive team, covering every facet of leading a squad on the field

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and developing a program off of it. Hall of Fame coach Kathy Veroni, who has won more than 1,250 fastpitch games in her career, and pitching expert Roanna Brazier share their insights and experiences in this authoritative, comprehensive guide to coaching fastpitch softball. From developing a coaching philosophy and planning for the season to teaching the skills and tactics of the game, you will find proven formulas for success within these pages. With practice and conditioning plans, administrative forms, sample scouting charts, tactics for dozens of game situations, and more than 130 drills, Coaching Fastpitch Softball Successfully is the most complete resource available for aspiring and experienced coaches alike. Take advantage of the authors' expertise to gain a winning edge over your competition.

Between the Lines

Comprehensive Applied Sport Psychology

Applying Educational Psychology in Coaching Athletes discusses how to improve coaching success and athletic performance through the application of teaching principles and theories. Delving deeper than an explanation of what athletes learn and what coaches teach, Applying Educational Psychology in Coaching Athletes offers insight into the how of athletes' learning and coaching by considering

- principles of psychology that drive the emotions, motivation, expectations, self-worth, and relationships of athletes;
- application of principles of psychology to the motor learning process; and
- use of principles of educational psychology to improve sport expertise and coaching success.

A three-time U.S.

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Olympic coach and veteran collegiate coach, Huber infuses his own experience in applying theories of educational psychology in working with individual athletes, as well as world-class national and international teams. With an engaging presentation and strong practical applications, Huber assists coaching students and practicing coaches in utilizing educational psychology as a platform for improving coaching skills. Applying Educational Psychology in Coaching Athletes introduces the idea of the developing coach as both teacher and learner, and how coaching principles and a strong coaching philosophy provide a foundation for effective management and decision-making. By considering the theories that drive successful coaching, developing coaches gain focus, motivation, and guidance as they learn how a thoughtful coach provides the structure and discipline to make athletes more successful on the field of play. Throughout the text, Huber focuses on how athletes learn, considering theories of motivation, behaviorism, cognition, and humanism, and the interplay between emotions and motor learning and performance. Each chapter opens with a coaching related anecdote that readers can relate to in order to highlight the significance of the theory under consideration. After careful explanation of each theory, Huber details concrete examples, guidelines, and specific applications for coaching. In addition to summary information, each chapter concludes with 'Your Coaching Toolbox,' which focuses readers on ways to incorporate their newly gained knowledge into their interactions with athletes. Applying Educational Psychology in Coaching Athletes is unmatched in its depth of insight into the teaching and learning process in sport and how to put it into practice. By examining how athletes learn and coaches teach, the text helps coaches understand how to maximize athlete performance and increase their athletic success.

Coach's Guide to Game-Winning Softball Drills

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Written for high school and college players and their coaches, "Between the Lines" is an introduction to the mental game and its effect on confidence and success in hitting in the sport of softball. Much of the player experience contained in this book was obtained through interviews with top 20 NCAA collegiate players.

Teaching Softball

This book expands on the 'Developing Thinking Players' model across a wide range of team and individual sports, to explain how coaches can help athletes to learn how to make better decisions during play and to think for themselves. It provides an overview of game-centred and athlete-centred approaches to teaching and coaching in sport, combining essential theory with practical tips and guidance. Written by an international team of coaching researchers and practicing coaches, the book provides sport-specific instructions for coaching players in territory games, net games, striking games, target games, racquet games and combat sports, including football, soccer, rugby, hockey, volleyball, squash and karate. The book argues that the implementation of these student and athlete-centred approaches creates more opportunities for athletes to understand their sport and improves their ability to think for themselves and to learn to make better in-game decisions. Providing a theoretical underpinning for teaching tactical decision-making, it considers the development of players at all levels and age groups, from youth athletes to elite level. Thirteen sport-specific case studies offer real-world coaching insights. This is essential reading for any student, researcher or practicing teacher or coach working in sport, physical education and coach education.

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Evidence-Based Applied Sport Psychology

Meyer offers tips on batting, baserunning, and stealing techniques. Coaching information includes how to coach bases, run practices, and evaluate players' performance.

Game Sense

Even amongst the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience—it's the mental game that matters most. Sports participation—from the recreational to the collegiate Division I level—is at an all-time high. While the caliber of their game may differ, athletes at every level have one thing in common: they want to excel. In *The Champion's Mind*, sports psychologist Jim Afremow, PhD, LPC, now offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: Tips and techniques based on high-performance psychology research, such as how to get in a "zone," thrive on a team, and stay humble How to progress within a sport and sustain excellence long-term Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped *The Champion's Mind* distills actionable advice into clear and concise steps for athletes looking to find confidence, concentration, and mental preparedness—the mental edge that sets champions apart.

The Blue Book of College Athletics for Senior, Junior & Community Colleges

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THE ONLY SPORTS PSYCHOLOGY WORKBOOK THAT'S EXCLUSIVELY DESIGNED FOR SOFTBALL PLAYERS TO BUILD MENTAL TOUGHNESS AND BOOST THEIR ATHLETIC PERFORMANCE

Players hear it all the time "Softball 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 players 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 softball field? 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-Game Jitters, Nerves, and Anxiety-Overcoming Serious and Debilitating Injuries-Zero Formal Education of Necessary Mental Skills such as Mental Imagery and Self-Talk-Playing 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 field, 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

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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 Game, Sitting on the Bench Game after Game 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 TODAY!** Fulfill your Potential, and Finally Play Great the way you've Always Envisioned.
Available in Kindle and Paperback Edition

American Book Publishing Record

The Woman's Softball Book

The Champion's Mind

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The Complete Book of Softball

Reflecting current views on cognition, this book examines educational psychology from the perspective of actual classroom practice focusing on the need to view the classroom teacher as an educational problem-solver.

Beginning Mental Training Skills for Softball

The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

The Coach's Toolbox

Sneaky Softball Pitching contains the most sought after pieces of pitching advice in the game today.

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Learn how to pitch faster within seconds. Get the secret of how to stun a batter into not swinging at all. Find out what every great pitcher needs to know about the mental game, and get detailed information about the foundation for building not only top speed, but most accuracy as well.

The 1987 Year Book of Sports Medicine

In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

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