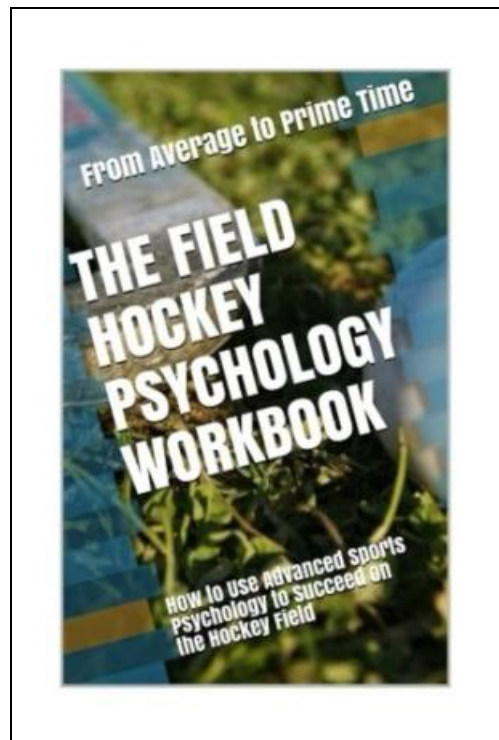


The Field Hockey Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Hockey Field



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Reviews

It is one of my personal favorite books. It really is filled with wisdom and knowledge. Your daily life period will likely be enhanced the instant you start looking at this PDF.



(Mr. Rocio Schroeder Sr.)

THE FIELD HOCKEY PSYCHOLOGY WORKBOOK: HOW TO USE ADVANCED SPORTS PSYCHOLOGY TO SUCCEED ON THE HOCKEY FIELD



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 70 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. THE ONLY SPORTS PSYCHOLOGY WORKBOOK THATS EXCLUSIVELY DESIGNED FOR FIELD HOCKEY PLAYERS TO IMPROVE THEIR ABILITY TO PERFORM ON THE FIELD Players hear it all the time Field Hockey is 90 Mental, and 10 Physical Its All in Your Head The Only One that Can Stop You is You But what exactly do those sayings mean Without something concrete, its 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 incorporate a detailed, interactive, and engaging workbook thatll show athletes how specific Sports Psychology concepts directly impact their performance on the hockey field Thats exactly what youve found here! Through 10 Dynamic Exercises. . . we take athletes on a journey through the Most debilitating mental and emotional obstacles faced on the field including: Decreased Motivation, No Goal-Setting Capability, Engaging in Thought Suppression, Being Unable to get In a Zone, Experiencing Heightened Levels of Competitive Anxiety, Inability to Come Back from a Serious and Debilitating Injury, Incorrectly using Mental Imagery and Self-Talk, Lacking Confidence, and Not Having the Ability to Focus or Pay Attention When Required On this journey we show athletes how a lack of knowledge in the combination of these concepts creates weaknesses in their ability and negatively impacts their performance in practice and in games, we educate them on these concepts by providing definitions and real life examples they can easily relate to, we provide a plan as to how...

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