



Mental Skills and Drills Athlete Workbook

Dr. Mark Stanbrough

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The Mental Skill and Drills Athlete Workbook goes hand in hand with Mental Skills and Drills for Athletes. It contains mental skill activities as a quick, easy to understand and complete tool that can be distributed to athletes. Athletes and coaches can put what they have learned to work by completing the drills and activities in this workbook. The mental part of performance is a skill, and therefore should be trained similar to the physical part, with mental drills to improve mental skills. By learning and implementing mental skills with a systematic program, athletes and coaches will be embarking upon a rewarding journey to improve mental skills and make a positive difference.

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