

Double-Goal Coach®: Coaching the Mental Game



BETTER ATHLETES
BETTER PEOPLE

The Mental Game is often the key to success in sports as measured both by the scoreboard and in the broader sense of developing youth and high school athletes for all of life's challenges. Coaching the mental game can be an invaluable gift your coaches give to their athletes.

Drawing from research in sports psychology and education, as well as practical advice from grassroots, pro and college coaches, this workshop provides proven, practical tools. Coaches who attend this workshop will learn to:

- **Help athletes perform under competitive pressure;**
- **Channel nervousness into positive energy; and**
- **Create Mental Game self-sufficiency for athletes in areas, such as:**
 - **Goal-Setting**
 - **Visualization and Get-Ready Routines**
 - **High Road Self-Talk & Behavior.**

Coaches attending this workshop will receive an accompanying workbook that guides coaches in the use of these best practices.

