



The Mental Game of Football: Playing the Game One Play at a Time

By Brian M Cain

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.In The Mental Game of Football, mental conditioning expert Brian Cain takes you through the process of playing the game one play at a time so that you give yourself the best chance for success on the field and in life. Cain has worked with top high school, college and professional players and coaches on developing the mental toughness needed to perform at the highest levels. COACHES AND PLAYERS WILL LEARN HOW TO: -Train your mental toughness just like you train your body to be a one-play warrior. -Establish and live program core values that create a championship culture. -Compete one play at a time, fully focused in the present moment. -Focus on the process of becoming a champion, which results in championships. -Stop spending time at practice/film and start investing time so you get a return. -Keep a positive and aggressive attitude in a game of adversity and failure. -Take your preparation to the next level, both physically and mentally. -Create routines for everything in football so you become a machine of consistency. -Stay...



READ ONLINE
[4.96 MB]

Reviews

I just started reading this article pdf. it was actually writtern very properly and useful. You wont really feel monotony at whenever you want of your respective time (that's what catalogs are for relating to in the event you question me).

-- **Brandt Koss III**

This ebook is so gripping and exciting. it was writtern very flawlessly and valuable. I found out this publication from my i and dad suggested this ebook to understand.

-- **Leif Bernhard MD**