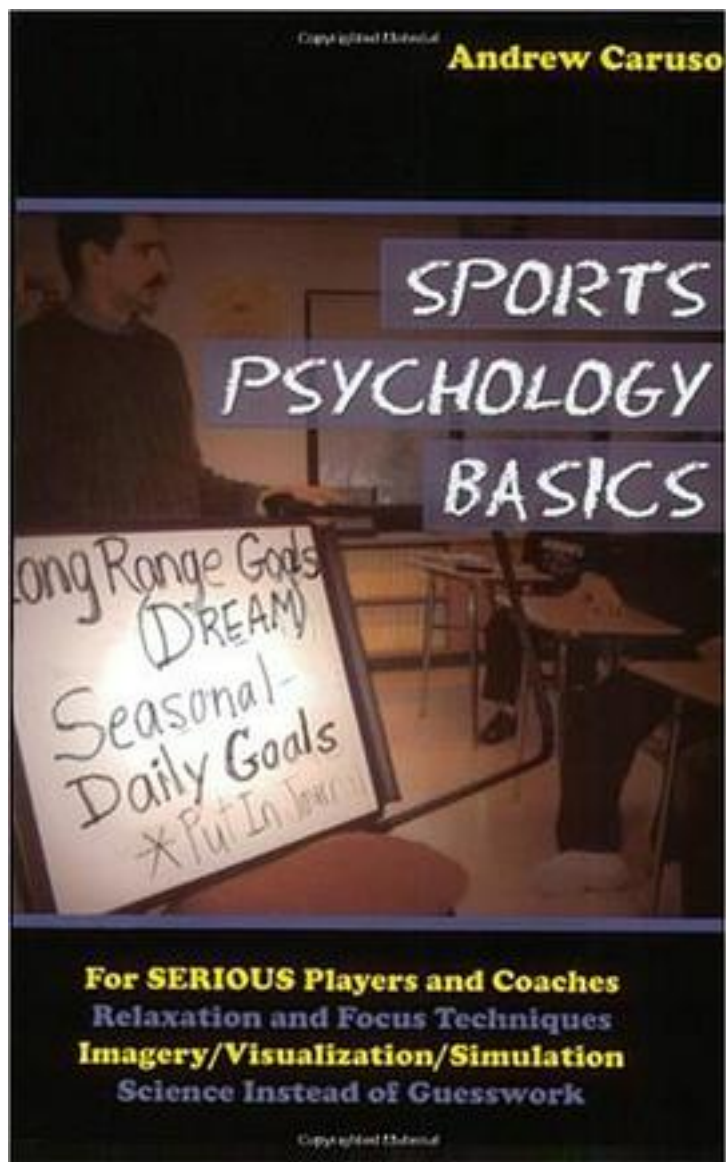


# Sports Psychology Basics



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著者:Caruso, Andrew

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Long-time youth sports coach Andrew Caruso has compiled reams of comprehensive research into one well-organised and readable book. He addresses all the main points of this growing field, including Goal Setting, Assessment, Visualisation/Imagery, Simulation, Focus, Cue Words, Flow, Motivation, Arousal and Positive Affirmations. This title includes several outstanding exercises for coaches and players of all ages.

作者介绍:

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