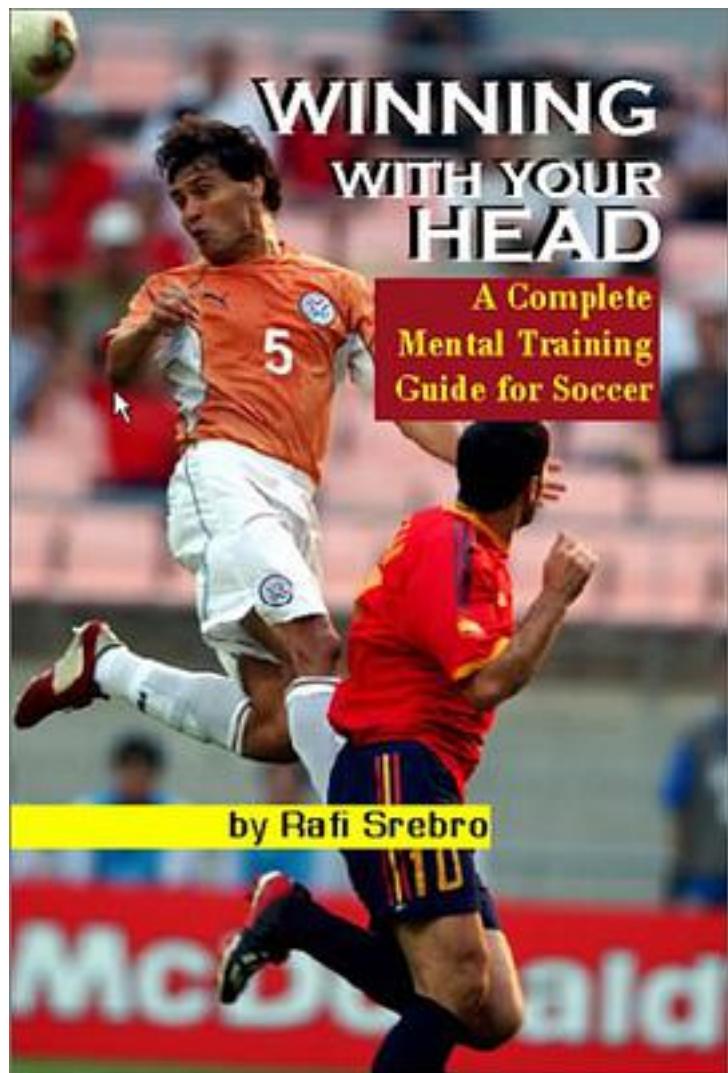


# Winning with Your Head



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A detailed look at the psychological dimension of soccer and exercises for players to improve focus, concentration, communication and sportsmanship. Packed with practical examples from typical soccer situations, this book gives players and coaches useful strategies for dealing with pregame anxiety, refocusing after allowing a goal or scoring a goal, handling difficult relationships (player/coach, player/parent, coach/parent...), and visualizing success.

作者介绍:

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