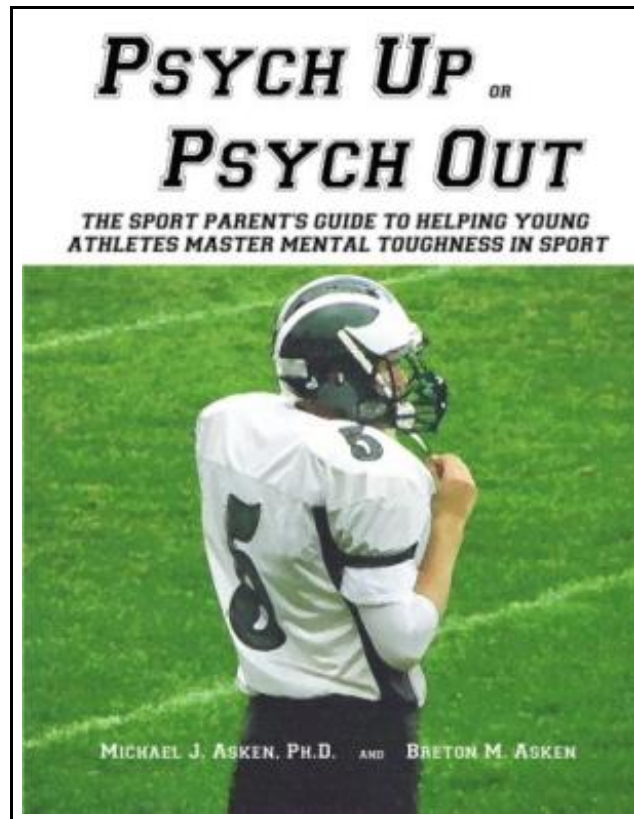


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Sunbury Press, Inc., United States, 2011. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you have a son or daughter who is a young athlete, you already know, or will soon know, that you are engaged in one of the most wonderful experiences of parenthood. Being the parent of a young and developing athlete can bring unsurpassed joy and excitement. It also brings significant responsibility. As a youth sport parent you want your athlete (and hopefully other athletes, as well) to have the very best of the positive potential that sports can offer. It is no secret that youth sports can fall short of this promise. They can be a stressful, negative, or harmful experience if they are poorly planned, unwisely trained, or are void of positive parental awareness and involvement. But that is a topic and discussion for another time, and is addressed elsewhere. The good news is that such bad news can be avoided. Youth sport is a formative and experience-filled intense emotional and psychological engagement for both athletes and parents. In that emotion is much of the promise and problem, the essence and excess of youth sports impact. It is the understanding, training and mastery of the psychology and emotion of sport that will, to a great degree, define the quality of the experience for you and your athlete. In addition to talent and skill, it is the emotional component that paves the road to excellence in development of performance and sustained success. This book will help you begin to understand the concepts and techniques that lead to effective psychological skills that can maximize motivation, performance and enjoyment of competition. This is a set of skills that is commonly called mental toughness. While there is much...

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