



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...



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This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

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