

Psychological Training

- Why not?
 - ◆ Unsure how
 - ◆ Leave up to individuals/athletes
 - ◆ Fitness enough
 - ◆ Not enough time



Is that the new box of motivation?

Motivation

ABC Slide Show

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ABC Motivation Slide Show.

Motivation is one aspect of sports psychology and can be trained.

Although almost all athletes train physically, most miss psychological training.

Training can improve psychological performance. You don't buy it at a store.

Remember, train three: Physical, skills, and mental.