



Sports Psychology

A General View for a Personal Project

About Sports Psychology (Mental Coaching)

- Education on mental side of sports
- Improve Performance
- Helps unsatisfied athletes
- Counteract mental problems
- <https://appliedsportpsych.org/about/about-applied-sport-and-exercise-psychology/>
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What skills can be learned through Mental Coaching?

- Techniques for dealing with mental issues during performance
- How Mental Coaching helped me
- <https://www.peaksports.com/sports-psychology-blog/category/mental-game-podcasts/sport-psychology-podcast/>
- <https://www.peaksports.com/sports-psychology-blog/how-athletes-can-benefit-from-sports-psychology/>



Mindfulness and Flow

- What is Mindfulness?
- What is Flow?
- Resting
- What can we be mindful of? / How can we be mindful?
- “A Still Quiet Place for Athletes: Mindfulness Skills for Achieving Peak Performance and Finding Flow in Sports and Life” - by Amy Saltzman, MD.



Mental Focus

- What is Focus?
- What affects focus?
- How to better focus?

- <https://www.peaksports.com/sports-psychology-blog/category/mental-game-podcasts/sport-psychology-podcast/>

- <https://www.psychologytoday.com/us/blog/the-power-prime/201007/sports-understanding-focus-in-sports>



Dealing with Mistakes

- Managing Expectations
- Perfectionism
- Techniques to let go of mistakes

- <https://www.peaksports.com/sports-psychology-blog/category/mental-game-podcasts/sport-psychology-podcast/>



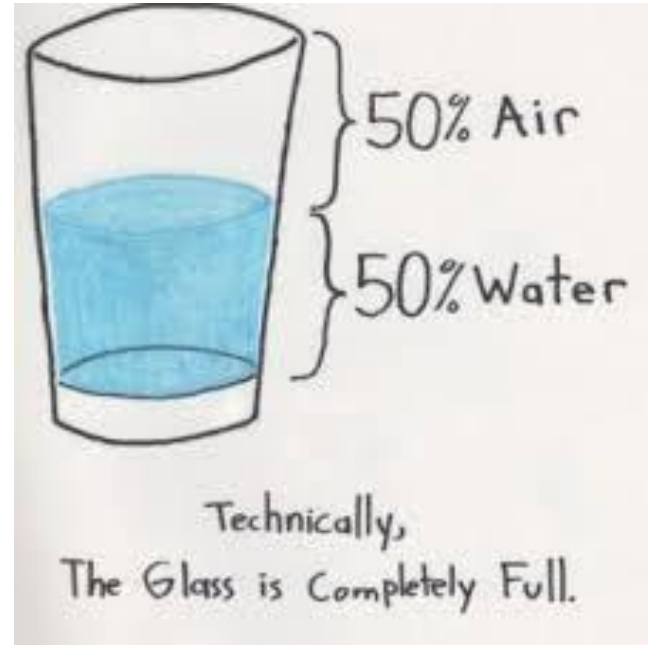
Having Stable Confidence

- Fragile Confidence and the Vicious Cycle
- Confidence/ Prime Confidence
- Positive self talk
- <https://www.psychologytoday.com/us/blog/the-power-prime/200911/sports-introduction-confidence>
- <https://www.peaksports.com/sports-psychology-blog/category/mental-game-podcasts/sport-psychology-podcast/>



Optimism

- James Stockdale
- What is Optimism?
- Optimistic Benefits
- <http://appliedsportpsych.org/blog/2017/01/the-power-of-optimism/>
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Emotion Regulation

- What is Emotion Regulation?
- Why is it useful?
- Techniques of Emotion Regulation
- <http://appliedsportpsych.org/blog/2016/09/managing-emotions-in-sport/>
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Teambuilding

- What is Team building/ Team Cohesion?
- Different benefits of Team Cohesion:
 - Confidence
 - Better Team Mentality
 - Team Performance
- <https://appliedsportpsych.org/blog/2017/01/the-science-behind-expert-teams-insights-from-sport-psychology/>
- <https://appliedsportpsych.org/blog/2017/10/from-me-to-we-promoting-team-cohesion-among-youth-athletes/>






Motivation

- What is Motivation?
- The Grind and Low Motivation
- Prime Motivation and how to develop it
- <https://www.psychologytoday.com/us/blog/the-power-prime/200910/sports-what-motivates-athletes>

**WHEN YOU
FEEL LIKE
QUITTING...**

**THINK ABOUT
WHY YOU
STARTED.**

WWW.MOTIVATEAFRAZEREAGREAT.COM



**Thank you for
listening!**

- Any Questions?