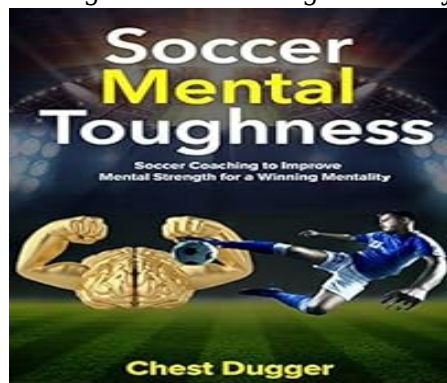


Soccer Mental Toughness: Soccer Coaching to Improve Mental Strength for a Winning Mentality By Chest Dugger Often it is the fear of doing something wrong or making a mistake of giving the referee a chance to award a penalty against us that causes that particular disaster to occur. Here's What You'll Learn from This Book: Importance of Mental Toughness Understanding Your Role in the Team Getting Along with Your Team Mates Difficulties on the Pitch Overcoming Personal Difficulties Improving Self-Discipline Top Mental Exercises and Visualisations Build a Personal Improvement Plan Scroll up and Download Now Soccer Mental Toughness: Soccer Coaching to Improve Mental Strength for a Winning Mentality



It's an odd one and a little disappointing after the other Chest Dugger book I read: It's a slim volume but still about 40% of it is introductory more or less describing the various positions with only a nod to the mental challenges, The final little bit offers some tips on developing a good mentality and it would have made for a very nice article. Too much of the rest is just a player has to be able to move on without detailing how to develop grit resilience etc: Kindle Edition Are you ready to take your soccer game to the next level? Improving your mental strength could be the answer. That is true in life in our career in our relationships and of course in sport: That sweet hit from the tee that lands perfectly on the fairway and races on and on...and on straight into the bunker: Is there anything more frustrating than sending hit after hit into the net? Well of course there are many things harder to bear but it doesn't seem so at the time. Or the day we play the boss at squash and aim to push him just so far before he defeats us with a series of devastating volleys and bias shots to the corner, Except they just don't come off and we end up winning knowing that the lift will continue to stop for us at the fifth floor at least until next time: But these are all examples of individual sports; occasions where if things go against us it is only we that suffer as annoying as that is, But in team games such as soccer we can end up letting down the entire team, Perhaps more significantly we do not want the fear of that happening, The mark of the very best players is that they have the mental toughness to overcome these moments of adversity: To accept that there are times when matters do not pan out as they hope and having accepted them move on without allowing their confidence to drop, Call it resilience spirit mental strength or whatever without a doubt such a mindset is as crucial as having the skills to play at the level to which we aspire. Things don't always go our way. Or the day that our serve just will not function. Nobody wants to do that