



## Winning Spirit Football: Sharpen Your Mental Game

By Tom Mitchell Ph D

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Winning Spirit Football is written specifically for football players who want to gain a competitive edge and a better understanding of the habits and behaviors that are at the heart of an athlete's success: confidence, communication, work ethic, teamwork, practice and concentration. Winning Spirit Football is also useful for parents and coaches who want to support players in developing their mental game. This book is full of basic and easy-to-understand messages and exercises. You can read it straight through or randomly choose any chapter you'd like. Each chapter stands alone and contains a message and an activity to practice and think about. Several chapters have similar themes, but require you to look at them in different ways. As you let the messages sink in and put them into practice, you find yourself having greater success both on and off the field! Playing football is a great way to build character, have fun, learn about other people, and develop confidence, which are the most important qualities that any athlete can possess.



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