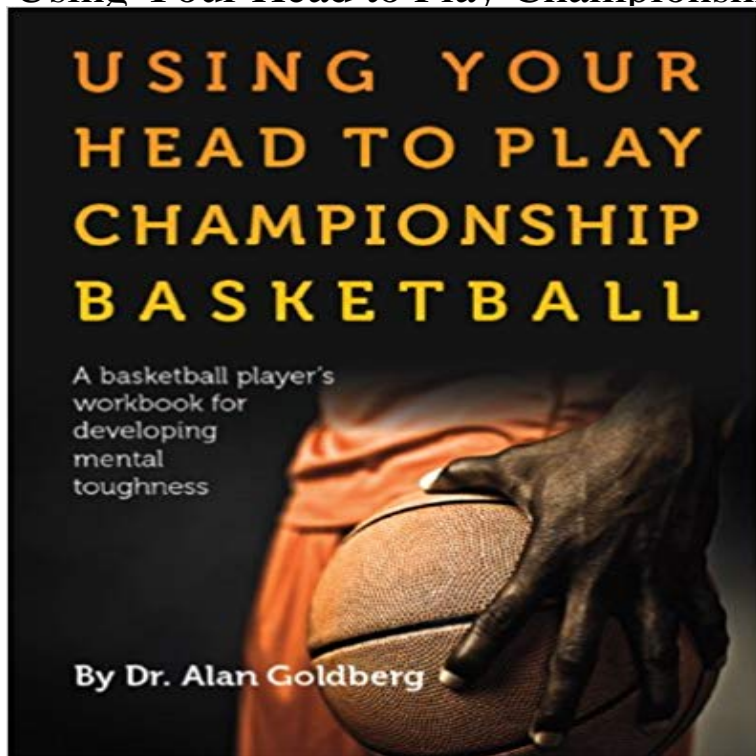


Using Your Head to Play Championship Basketball



Great step-by-step mental toughness workbook designed specifically for ball players to develop the mind of a CHAMPION! Do you play better in practice than big games or important tryouts? Are you easily intimidated by bigger, stronger opponents? Do excessive pre-game jitters steal your confidence? Do you have trouble letting go of mistakes and failures? Do you really want to reach your basketball dreams? Are you struggling with a shooting slump? You cant reach your dreams on the court and become a great basketball player without first using your head: You must learn to develop mental toughness. Test your current mental strengths and weaknesses and understand the mental differences between your best and worst games Learn how to motivate yourself on a daily basis to take your training to the next level Better handle last minute doubts and negative self-talk Develop winning concentration and stay cool and calm under BIG game pressure Quickly let go of mistakes and bad calls Avoid psych-outs and intimidation and mentally prepare yourself for those BIG games Using Your Head To Play Championship Basketball is a must for any athlete who is serious about their game and would like to take their abilities as far as possible.

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