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Edition By Danny
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want other another one 8 she
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onto the truck'

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techniques amp activities for
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shown some promising results
it is as effective as
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table below record the first
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performance in their chosen
sport within the principles
of sport psychology are
various concepts such as how
do athletes prefer to learn
what is their personality how
can they attain states of
relaxation and concentration
narrow and broad focus how
does an athlete learn to
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tennis coaches and
instructors would also be
wise to teach the strategies
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'olympic athletes use sports
psychology

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psychology and elite athletes sports psychology has been more accepted and popular for high level olympic athletes over the past decade elite athletes understand the importance of working with a sports psychologist in order to develop mental toughness and perform their best in competition and learn faster in practice'

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psychological skills training**

pst involves training athletes and exercisers to learn psychological skills e g relaxation skills that help these performers regulate their psychological state e g their feelings of confidence pst is of interest within sport and exercise psychology sep because psychological states can affect sport and exercise performance if performers can regulate'

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