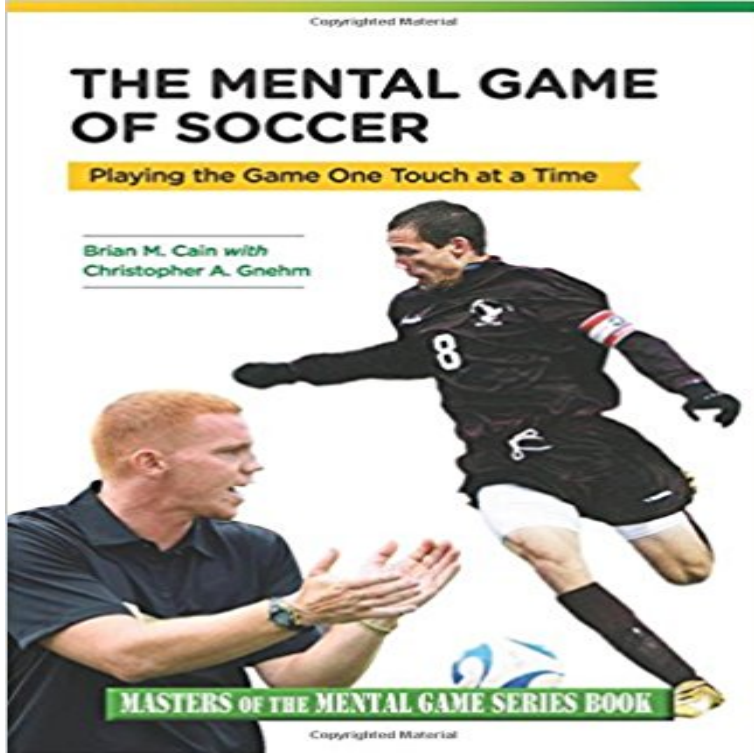


The Mental Game of Soccer: Playing the Game One Touch at a Time (Masters of The Mental Game Series Book) (Volume 14)



In The Mental Game of Soccer, mental conditioning expert Brian Cain takes you through the process of playing the game one touch at a time so that you give yourself the best chance for success on the field and in life. Cain works with top college and high school soccer coaches, players and programs on developing mental toughness and having a system to play their best when it means the most. In The Mental Game of Soccer: Playing the Game One Touch at a Time you will learn how to: Train your mental toughness just like you train your body to be a one-touch warrior. Establish and live program core values that create a championship culture. Compete one touch at a time, fully focused in the present moment. Focus on the process of becoming a champion, which results in championships. Moving from spending time at practice and in film to investing time so you get a return. Keep a positive and aggressive attitude in a game of adversity and failure. Take your preparation to the next level, both physically and mentally. Create routines for everything in soccer so you become a machine of consistency. Stay in control of your emotions so you can stay focused on what really matters. Choose your response in any adversity by developing response-ability. Use mental imagery for enhanced confidence and skill development. Stay inspired and motivated throughout the grind of the year-long soccer season. I've been coaching soccer for over 20 years, and this is the best book I have ever read. Levi Teasley Head Soccer Coach Ellensburg High School The Mental Game of Soccer gives you the complete system for playing the game one touch at a time. What Cain has done is simplify the process of exactly how to give yourself the best chance for success on the pitch and build true mental toughness. This book is a game changer. Dina Graves Head Soccer Coach The Woodlands High

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