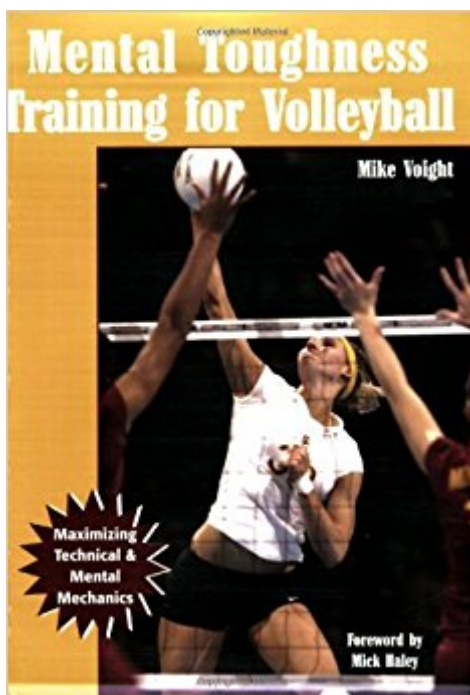


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# Mental Toughness/Volleyball



## Synopsis

Goes beyond conditioning and the X's and O's to reveal an overlooked but equally critical element to playing sound volleyball;the mental game. Offers coaches at any level of play the tools they need to overcome performance barriers and enhance their mental and emotional toughness. Introduces numerous concepts, including mental mechanics, performance barriers, expanding player capacities, mechanical breakdowns, automaticity of performance and mental-skills training strategies.

## Book Information

Paperback: 182 pages

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## Customer Reviews

Mike Voight, Ph.D., CSCS, is a premier sport psychology-performance consultant with extensive experience working with athletes and teams from all types and levels of competitive sport. He is a lecturer in the kinesiology and physical education departments at the University of Southern California. Voight has been USC's sport psychology-performance consultant for the past six years, having worked with athletes and coaches from football, basketball, volleyball, soccer, rowing, golf, tennis, swimming, water polo, and diving teams. He has two private practices in California, at the AIM Performance Center and The Sports World Athletic Center, and he is in demand as both a consultant and a speaker. Voight is the series editor for a complete line of mental toughness training books from Coaches Choice.

This is a book which, as the title suggests, looks at how the game is played between the players ears. There are small sections in which physical factors are considered and discussed, but broadly it is a look at things like motivation, intention, concentration, and confidence. For coaches looking to

find ways to go beyond technical and tactical training, it could come in quite handy to help surface and address any number of issues. The book is broken down into four sections. The first two are mainly focused on defining what we're talking about when it comes to mental toughness and the sorts of issues which can contribute to performance problems. The third section is where the author gets into addressing mental toughness. For most readers this will probably be viewed as the meat of the book. The last section wraps things up by looking at the responsibilities of players and coaches in the process. The chapters tend toward being short, making for a book which is pretty easy to read. Throughout the book the author provides a number of questionnaires and other tools which can be used to help assess where players are at in terms of their motivation and mental toughness, as well as to help identify potential issues both with individuals and the team overall. There is also a good-sized reference section at the back of the book for further reading. All together, this makes the book one which could quite easily be a long-term reference for volleyball coaches.

I have many books on coaching the skills and techniques of volleyball but I had yet to come across a book to help me with the mental strength side of coaching until now. This book does just that. It walks you through the valuable aspects of the mental game. Five stars from me as I have read it twice and have used the player questionnaires to help me and the players outline a productive practice, after game talk and goal setting based upon Voight's tips.

This book really breaks everything down on the mental side of the game. Each chapter brings a new perspective on how to identify and work through each issue. This book is well worth the money and you will not be disappointed.

This was an interesting, easy to understand book. Volleyball is highly dependent on momentum and you can't afford to have even a brief mental breakdown. This book talks about getting back on track and why when players get nervous they mess up because they inadvertently change their mechanics. This book was helpful for any type of athlete or coach.

Great information for coaches and teams to actually create ways to develop mental toughness.

Highly recommend!

Very helpful

physical, Skills and mental, this book covers precisely the essential topic of a volleyball team and a coach face every day. All of its topics may apply to other sports. I have a lot, lot books and tape of volleyball. And this book stands out on its own. I am a volleyball coach (CAP I), so, I highly recommend this book. It should be on the bed of every volleyball coach (I purchased 2 copies for my friends). BUY IT !!"

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