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mental visualization of the
perfect execution of
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and mental strength for
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performance. Various mental
strategies, such as

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athletes at all levels deal
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professional and amateur
athletes**

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coaching is aligned with
these will make the
experience more positive for
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that can enhance athletes'
learning, build their
confidence, and increase
their motivation.

**Resources for Coaches |
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gain a big-picture
perspective on the mental
side of sport by examining
how athletes act, think, and
feel when they practice and
compete.

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performance and increase
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professionals utilize
Business And sports to
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