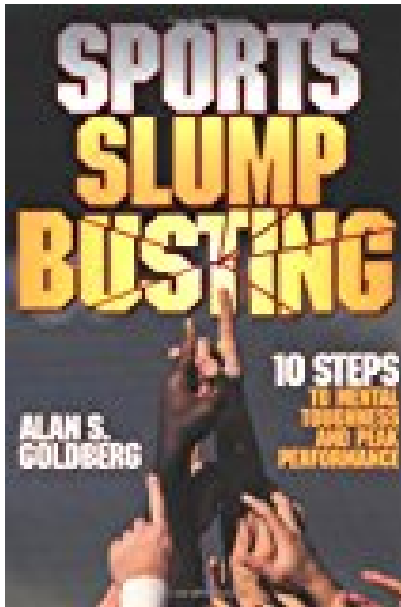


Sports Slump Busting 10 Steps to Mental Toughness and Peak



BOOK DETAILS

- Author : Alan S. Goldberg
- Pages : 288 Pages
- Publisher : Human Kinetics Publishers
- Language : English
- ISBN : 0880116536



BOOK SYNOPSIS

"Essential Ultimate" contains all the vital information for teaching and coaching players to learn and achieve in the sport. Including principles of throwing and catching, offensive and defensive skills, and individual and team concepts and strategies, this guide will lead any teacher, coach, or player to success in ultimate competition.

SPORTS SLUMP BUSTING 10 STEPS TO MENTAL TOUGHNESS AND PEAK -

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