

Download Bring Your A Game A Young Athletes Guide To Mental Toughness

IYCA Youth Kettlebell Instructor Course. How do you teach and progress your young athletes through a developmentally-sound system that ensures they are reaping all the massive benefits Kettlebells have to offer – while staying true to the ultimate form of Long-Term Development? Kettlebell experts Pamlea MacElree and Jason C. Brown have joined forces with the IYCA to bring you the answer to ... This activity is a life hack to develop mental toughness in less than two minutes. Tempting, but is it too good to be true? Jason Selk, a performance coach who has trained a range of Olympic and professional athletes, uses this exercise: Below is a quote from one of our athletes who is a 16 year-old high school quarterback who loved football and had the potential to start as a freshman — until the coach destroyed his mental game... Going into high school I was a standout athlete with high confidence but after my freshman year I started to lose interest. **IN THIS ISSUE: Playing Time, (PT).** Those two very magical and powerful words that can bring you great joy or misery, that can leave you beaming or in tears. Playing Time can make or break your season, not to mention your athletic career. Every athlete wants PT, yet only a select few will actually consistently achieve it. Many players who do get it feel like they can never get enough of it.