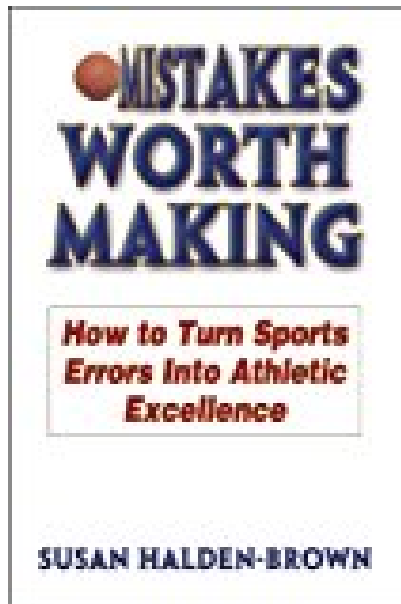


Mistakes Worth Making How to Turn Sports Errors Into Athletic Excellence



BOOK DETAILS

- Author : Susan Halden-Brown
- Pages : 304 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736041710

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BOOK SYNOPSIS

Missing the goal that could have tied the game...dropping the easy catch...losing possession of the ball... In todays competitive sport you cant afford mistakes like these, or can you? When every move counts, mistakes can be devastating. But how you deal with mistakes, both during competition and after, can be the real obstacle to success. With *Mistakes Worth Making* you can learn how to turn mistakes from obstacles into catalysts for better performance. *Mistakes Worth Making* shows you how constructive analysis of your sport mistakes can - increase your mental toughness and improve your concentration and confidence, - keep your emotions in check and your focus on the game, - define your strengths and improve your weak areas, - offer clues to more effective strategies and skill execution, and - help you gain a more resilient approach to your quest for excellence. Youll enjoy author Sue Halden-Browns candid and often humorous approach to the dilemma of unattainable perfection in sport. Plus, chapter summaries and Coaches Corner sections help you review and apply the information to your next practice or event. Learn how to make every move count—even the mistakes—with *Mistakes Worth Making*!

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