



# Sports Psychology Basics

*Andrew Caruso*

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## **Sports Psychology Basics** Andrew Caruso

Finally! An understandable and practical guide to sports psychology! Longtime youth sports coach Andrew Caruso has compiled reams of comprehensive research into one well-organized and readable book. He addresses all the main points of this growing field, including Goal Setting, Assessment, Visualization/Imagery, Simulation, Focus, Cue Words, Flow, Motivation, Arousal and Positive Affirmations. Includes several outstanding exercises for coaches and players of all ages.

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