



The Coach's Toolbox: Using Sports Psychology With Your Kids

Peter S Pierro

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The basic purpose of this book is to take the ideas that we have discovered about how people learn and how they operate in this world and to use these ideas to help our kids play the game better and enjoy the game more. These ideas are universal—they're present in everything we learn—and they're present in all sports. You don't need a degree in psychology to use them. In fact, I hope you'll keep saying to yourself, "This is just good, common sense." There's Sports and there's Psychology and the two fit together very nicely.

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