

A publication for the American Coaching Effectiveness Program Level 2 Sport Science Curriculum

Rainer Martens, PhD

President, Human Kinetics Publishers, Inc.

HUMAN KINETICS PUBLISHERS, INC. Champaign, Illinois

Contents

Preface		xi
Part I:	Psychological Perspectives	1
Chapter 1 Chapter 2		3 · 15
Part II:	Psychological Skills for Coaches	31
Chapter 3 Chapter 4	-	33 47
Part III:	Psychological Skills for Athletes	67
Chapter 5 Chapter 6 Chapter 7 Chapter 8 Chapter 9 Chapter 10 Chapter 1	Imagery Skills Managing Psychic Energy Stress Management Attentional Skills 0 Self-Confidence and Goal-Setting Skills	69 77 91 111 137 151 171
References		. 183
Index		187

Ż

7