

COURSE: **DG004**

SPONSOR

Zuzana Pšenaková

LECTURER

Zuzana Pšenaková

LANGUAGE

EN RU SK

DURATION (TIME)

2 hours

PLACE

Conference room

DIFFICULTY



EduProSport
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Mental training of individual players and sporting teams

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Apply basic principles of mental training into your coaching. You will learn effective tips to improve the mental game of your players and team. We will also give you an insight into the unique mental diagnostics which you can try on your own. Our system is based on four main pillars of mental training:

- Goal setting
- Motivation
- Crisis situations solving
- Teambuilding

COURSE OUTLINE

- Introduction to the system of mental training
- Basic principles of mental training – four pillars of mental training
- Leadership skills for coaches
- Introduction to the mental diagnostics
- Mental analysis – free trial

WHO THE COURSE IS FOR

Coaches

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/DG004