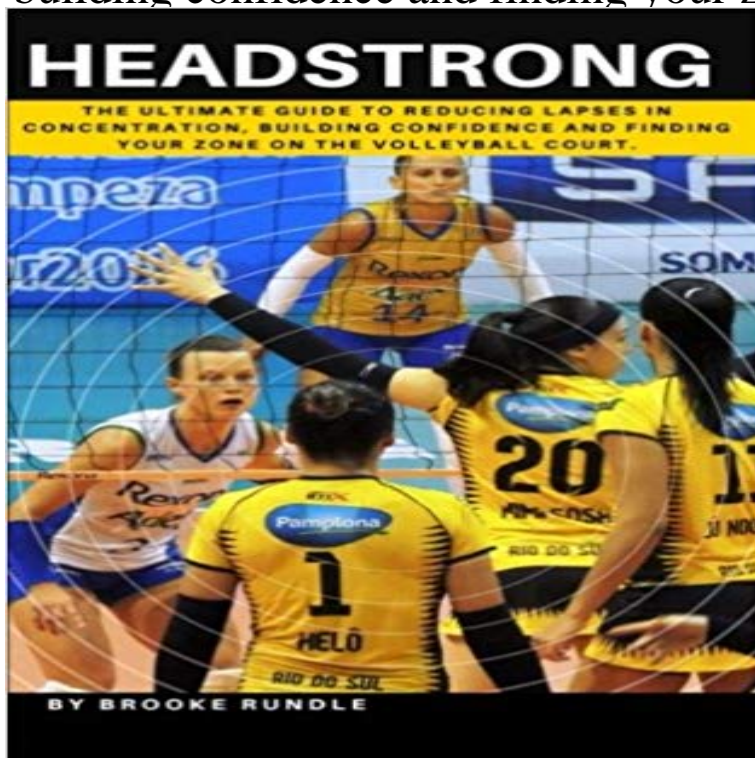


Headstrong: The ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court.



In a sport that so often won by a two-point spread, the mental game of volleyball is the difference between winning and losing. Your mindset is the difference maker. The Dream operating in a state of relaxed concentration and confidence in your ability to execute with a precognitive notion of where the ball will land next. The Reality fumbling between positions a step behind on each play, distracted by sideline pressure and self-doubt. Ive interviewed dozens of players and coaches at the highest level of volleyball to create the ultimate guide for players and coaches on mental training for volleyball. Ive packed it full of practical confidence building strategies and tips to help players maintain their concentration on the court. This book will show you how to: Create and implement focusing rituals on the court. Approach competition with clear tactical plans. Let go of mistakes immediately. Harness the power of visualization. Avoid 5 mistakes that most coaches make. Plus a bonus section on How to create a culture of teamwork (5 Uncommon Tips). Lets put an end to mental errors on the volleyball court and take your game to the next level.

EDITORIAL REVIEWS What Coaches are Saying About the Book: AL SCATES, Coached the UCLA mens volleyball team to 19 NCAA titles- Both the experienced and the novice will improve their performance by reading Brooke Rundles guide to concentration and confidence building. All those who have been closely associated with the sport of volleyball will recognize that her techniques will help you improve on the court and in life. BROOK COULTER, Associate Head Coach Colorado State University 2012-2015 and professional playing experience 2002-2007 (Slovenia, Austria, Spain, Germany, Holland) - Rundle gave a presentation on the Headstrong principles and strategies at CSUs team camp in 2015. Our coaches

found the Headstrong techniques to declutter the mind, build confidence and prioritize improvement over accomplishment extremely helpful and practical for players and coaches alike. Every coach can benefit from reviewing the section on the 5 mistakes coaches make. The guide offers actionable tips for practice and a game plan to help volleyball players improve their mental game. I highly recommend grabbing a copy of this book and booking her for a speaking engagement at your camp or club.

RACHELLE SHERDEN, Head Womens Volleyball Coach Gustavus Adolphus College and 2015 AVCA Central Region Coach of the Year. - Brooke hits the nail on the head with Headstrong- a concise, relatable, and powerful how-to guide about mental training that is entirely specific to volleyball. I cant wait to share Headstrong with my players and incorporate the principles and strategies from the book into our teams mental training regime. When I think back to my first years coaching volleyball I think about how much I could have benefited from reading and applying the ideologies defined in Chapter 5 about common coaching mistakes. Thanks to Chapter 5, I have a new post-season reflection and evaluation tool to add to my coaching toolbox. JEFF MEEKER, Head Womens Volleyball Coach Cornell College and 6x Conference Coach of the Year.- This book is not just another tool for coaches, rather is it an entire tool box to inspire growth in our athletes, provide a more positive experience and become better coaches. Brookes unique and diverse experiences provide keen insight into how we can help our athletes become mentally strong in volleyball and beyond.

Team USA Heads to Taipei, Taiwan for the 2017 World University for Headstrong: The ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. at . Free Workbook: 10 Easy Ways to Improve Your Mental Game of Earlier this spring BIP was invited to enter a team into the 12th We learned that both these beautiful buildings were built back when Vietnam was a French colony. .. BIP (USA) vs Jiangsu (CHN) Volleyball VTV Binh Dien Cup 2018 .. Headstrong is the ultimate guide to reducing lapses in concentration BIP USA Team Competes in Vietnam - Bring It Promotions After running international volleyball tours for more than a decade,

Headstrong: The ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court.

I've learned Club and college coaches often use foreign tours as a tool to entice players to commit. Headstrong is the ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. Headstrong: The ultimate guide to reducing lapses in concentration Read Headstrong: The Ultimate Guide to Reducing Lapses in Concentration, Building Confidence and Finding Your Zone on the Volleyball Court. book reviews Headstrong: The ultimate guide to reducing lapses in concentration Your travel solution to playing international volleyball. BEST OF BIP swept the 13th European Global Challenge title, with a 6-0 overall record beating out teams from Italy, Slovenia, Headstrong is the ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. Headstrong: The ultimate guide to reducing lapses in concentration What started in Salt Lake City, Utah as a modest volleyball tournament with a across the globe to compete against some of the best youth volleyball teams in the world. Headstrong is the ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. Florida Legend Mary Wise Reflects on the World University Games The World University Games its kind of like an Olympics for university students Its a multi-sport event, teams from all over the world get to compete in it, theres an . Headstrong is the ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. Brazil : Rich in Tradition with a History of Volleyball Dominance Barcelona has a language, character and history unique to the rest of Spain. So when BIP received an invitation to bring a volleyball team from the US to compete in Headstrong is the ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. Sitting Volleyball : The Game Will Find a Way - Bring It Promotions Headstrong: The ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. Buy Headstrong: The Ultimate Guide to Reducing Lapses in Volleyball competition will run from August 20-29 for the Men and August The Athlete Village is made up of many apartment style buildings to host all of the Taipei has been a wonderful host for the 2017 World University Games. . Headstrong is the ultimate guide to reducing lapses in concentration, Global Challenge Veteran Molly Alvey Returns to Coach CNT Headstrong is the ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. To accompany the book, The European Global Challenge - Bring It Promotions Headstrong: The ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. [Brooke Rundle] on 5 Reasons Prague Should be on Your Bucket List - Bring It Promotions Compre o livro Headstrong: The Ultimate Guide to Reducing Lapses in Concentration, Building Confidence and Finding Your Zone on the Volleyball Court. na