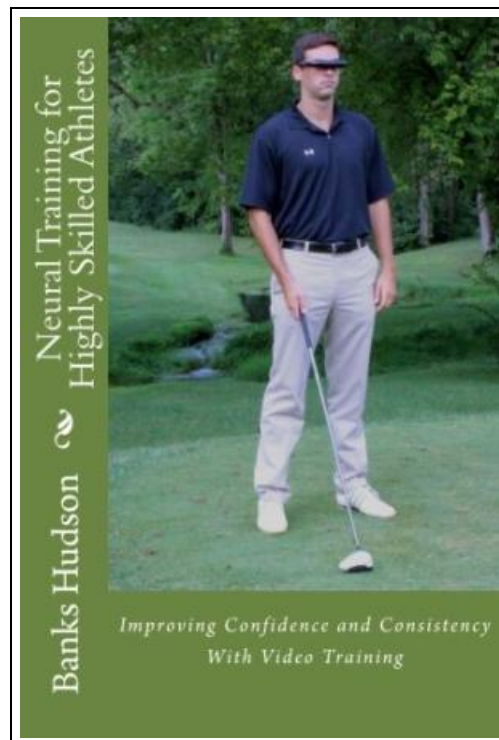


Neural Training for Highly Skilled Athletes: Improving Confidence and Consistency with Video Training (Paperback)



Filesize: 4.52 MB

Reviews

This pdf is so gripping and intriguing. I could comprehend almost everything using this composed e book. You are going to like just how the article writer create this ebook.
(Miss Dakota Zulauf)

NEURAL TRAINING FOR HIGHLY SKILLED ATHLETES: IMPROVING CONFIDENCE AND CONSISTENCY WITH VIDEO TRAINING (PAPERBACK)

[DOWNLOAD](#)

To read **Neural Training for Highly Skilled Athletes: Improving Confidence and Consistency with Video Training (Paperback)** eBook, remember to refer to the link under and download the document or get access to additional information that are in conjunction with NEURAL TRAINING FOR HIGHLY SKILLED ATHLETES: IMPROVING CONFIDENCE AND CONSISTENCY WITH VIDEO TRAINING (PAPERBACK) ebook.

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. All athletes need more confidence and consistency. Some of you have probably been using videos in one form or another for years and have found them helpful. These include but are not limited to analyzing mechanical skills and various forms of video instruction used by coaches and teaching professionals. The focus of my system is not video instruction, but video training. The training is designed to help you access and execute more consistently your highest skill level and at the same time build a higher level of confidence. The length of the video training is 6 minutes. The video consists of 2 phases. The first and most critical phase is the 1 minute preparation phase designed to prepare your mind to maximize the effectiveness of the training. The second phase is the core training phase designed by you and your coaches. This second phase consists of you watching yourself execute picture perfect skills over and over again at different speeds and different angles with audio suggestions to enhance and build confidence. Research shows that the core training stimulates, sharpens, and strengthens the mechanical skill in some of the same ways this happens with repetitive practice. The same neural pathways stimulated by perfect practice would be similarly activated and reinforced with the training video. In other words the nervous system would react as if it were physically performing the skill. In another study involving "mirror neurons" the research team came to the same conclusion that by watching yourself perform the skill, you reinforce and stimulate the neural blueprint of that skill. Another researcher stated that by watching the skill, it is imprinted more clearly into the brain and is therefore an effective...



[Read Neural Training for Highly Skilled Athletes: Improving Confidence and Consistency with Video Training \(Paperback\) Online](#)



[Download PDF Neural Training for Highly Skilled Athletes: Improving Confidence and Consistency with Video Training \(Paperback\)](#)

Relevant eBooks



[PDF] A Parent s Guide to STEM

Click the web link below to download and read "A Parent s Guide to STEM" file.

[Download PDF](#)

»



[PDF] Major Barbara

Click the web link below to download and read "Major Barbara" file.

[Download PDF](#)

»



[PDF] Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Click the web link below to download and read "Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]" file.

[Download PDF](#)

»



[PDF] Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Click the web link below to download and read "Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]" file.

[Download PDF](#)

»



[PDF] A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Click the web link below to download and read "A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half" file.

[Download PDF](#)

»



[PDF] Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Click the web link below to download and read "Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications ." file.

[Download PDF](#)

»