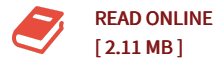


## Goal Setting for Sport: A Concise Guide for Coaches and Athletes (Paperback)

By Kevin Sivils, Patricia Jones

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The mental side of sports is often overlooked. Goals are powerful motivating tools, providing athletes and teams with direction, focus, a reason to commit and a means to evaluate their performance. Goals allow athletes and teams to deal with adversity, adapt and persevere, to continue to be motivated even when events do not turn out as planned. Goal setting, when done properly helps athletes and teams tap their potential to its fullest. Properly established and utilized goals not only motivate, but provide athletes and teams with a constant source of direction and feedback, allowing for constant, steady improvement and the best opportunity for achieving at a high level. Goal Setting for Sport: A Concise Guide for Coaches and Athletes provides the essential basics of developing a plan of well defined goals, enabling an athlete or team to achieve at the highest possible level. Coach Kevin Sivils shares his years of experience with the goal setting process. In this book he shares with athletes and coaches what goals really are, common mistakes to avoid, ten steps to creating a sound...



### Reviews

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*-- Prof. Arlie Bogan*

*It is a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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