

Psychological Skills Manual

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During the past few years we've interviewed many of the top US and world fencers about how they approach the sport of fencing and what training techniques and strategies they use to succeed.

Every world class fencer has indicated the importance of a solid mental approach to fencing. Whether for performance in preliminary rounds or for the Olympic finals, a mastery of the mental game is a key component of the fencers' success.

Fencing.Net has partnered with Dr. John Heil is Chair of Sports Medicine and Science for US Fencing and has been working with the US Fencing Association for several years.

This manual is designed to to empower coaches and athletes to build psychological skills by providing methods and guidelines for mental practice. The benefits from psychological skill development will not only be seen in sport performance, but also in other areas of performance. Mental skills are life skills.

This manual is provided as an E-Book and available for immediate download for only \$19.95.