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Smart Curling: How to Perfect Your Game Through Mental Training

By Vera Pezer

Fifth House Publishers. Paperback / softback. Book Condition: new. BRAND NEW, Smart Curling: How to Perfect Your Game Through Mental Training, Vera Pezer, Success in curling demands outstanding skill and strategy, but getting and keeping the champion's edge requires even more. Exceptional psychological skill is imperative. Ask the experts. In "Smart Curling," champion Vera Pezer uncovers these secrets for those who are committed to curling excellence. Winner of countless championships, she knows all about "hurrying hard" while keeping her cool to win. From the perspective of competitor and that of sports psychologist, Pezer illustrates how to maximize motivation and concentration while effectively managing stress and distractions. She teaches about self regulators and confidence and outlines the relationship between practice and competition. She helps players understand and practice excellent communication - verbal and nonverbal. And she outlines team dynamics to understand and work with the various personalities and roles of team members and coaches. Loads of examples and illustrations elucidate the sound theory in "Smart Curling" while its worksheets (downloadable from the internet) are designed to help players complete the exercises required to perfect their game through mental training.



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