

RESOURCES FOR MENTAL SKILL DEVELOPMENT

Books

Burton, D., & Raedeke, T.D. (2008). Sport psychology for coaches. Human Kinetics

Hogg, J. (1995). Mental skills for competitive swimmers. A workbook to improve competitive performance. Sport Excel Pub Inc.

Hogg, J. (1997). Mental skills for young athletes: A mental skills workbook for athletes 12 and under. Sport Excel Pub. Inc.

Orlick, T. (1986). Psyching for Sport. Mental training for athletes. Leisure Press.

Ungerleider, S. (2005). Mental training for peak performance. Rodale.

Williams, J. (Ed., 2009). Applied Sport Psychology. Personal Growth to Peak Performance (6th ed.). McGraw-Hill.

Scholarly Articles

Smoke and mirrors or wave of the future? Evaluating a mental skills training program for elite cross country skiers," *Journal of Sport Behavior* 33.1 (March 2010): p3(22).

Videos

2001. 5 Essential Mental Skills for Sport. Virtual Brands. www.vbivideo.com

2001. Teaching Mental Skills for Sport. Virtual Brands. www.vbivideo.com

2005. Mental skills for young athletes. Virtual Brands. www.vbivideo.com

Youtube Videos

- Dr. Jim Taylor, Imagery: <http://www.youtube.com/watch?v=1V-h-Hgxxl>
- Dr. Rob Bell, Goal Setting: <http://www.youtube.com/watch?v=RL8iMvNdQtI>
- Dr. Dan Gould, Using the GROW model for motivating athletes: <http://www.youtube.com/watch?v=GXnaimKBqTA>
- Dr. Haley Perlus, Competitive anxiety: <http://www.youtube.com/watch?v=JlpglvDpLk&list=UUCNn6oVA7nOI6XruAdlmcNq&index=6&feature=plcp>
- Dr. Jim Taylor, Competitive anxiety management: <http://www.youtube.com/watch?v=lfqyoThXnyo&feature=related>
- Dr. Jim Taylor, 5 Keys to Confidence: <http://www.youtube.com/watch?v=gV4gtowrb8U&feature=related>

- Dr. Jim Taylor, Building Confidence II:
<http://www.youtube.com/watch?v=IqPIYYA1d74&feature=related>
- Dr. Jim Taylor: Finding your prime intensity:
<http://www.youtube.com/watch?v=7GPhs3yWiWI&feature=related>
- Dr. Jim Taylor: Performance Profiling:
<http://www.youtube.com/watch?v=7GPhs3yWiWI&feature=related>
- Dr. Jim Taylor: Psyching Up techniques:
<http://www.youtube.com/watch?v=3txGIQ21aCY&feature=related>

Websites

[Association for Sport Psychology: Coach Resource Page](http://www.appliedsportpsych.org/resource-center/coaches)

<http://www.appliedsportpsych.org/resource-center/coaches>

[Michigan Institute for Youth Sport](http://www.educ.msu.edu/ysi/)

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