

RÉFÉRENCES SUR L'ACQUISITION DES APTITUDES MENTALES

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Vidéos sur Youtube

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- 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=UUCNn6oVA7nOI6XruAdImcNq&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>

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<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:
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Sites Internet

[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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