

Contents

1	...	Introduction	1
2	...	What Does It Take to Perform at a High Level in Sport?	5
3	...	Physical Characteristics	9
4	...	Technical Skills and Tactical Abilities	23
5	...	Selecting a Coach and Team	36
6	...	Mental Toughness	46
7	...	Goal Setting	51
8	...	Outcome Goals versus Process Goals	70
9	...	Attributions	83
10	...	Self-Talk	94
11	...	Controlling the Controllables	102
12	...	Energy Management	109
13	...	Pre-Performance Routines	125
14	...	Imagery	135
15	...	Burnout	145
16	...	Confidence Building and Maintenance	157
17	...	Sacrifices, Balance, and Dealing with Disappointments and Adversity	165
18	...	Dealing with Parents	177
19	...	Conclusion	187
		<i>Acknowledgments</i>	190
		<i>Note to Coaches</i>	191
		<i>Note to Parents</i>	193
		<i>Index</i>	195