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# Headstrong: The Ultimate Guide To Reducing Lapses In Concentration, Building Confidence And Finding Your Zone On The Volleyball Court.



## Synopsis

In a sport that's so often won by a two-point spread, the mental game of volleyball is the difference between winning and losing. Your mindset is the difference maker. The Dream is operating in a state of relaxed concentration and confidence in your ability to execute with a precognitive notion of where the ball will land next. The Reality is fumbling between positions a step behind on each play, distracted by sideline pressure and self-doubt. I've interviewed dozens of players and coaches at the highest level of volleyball to create the ultimate guide for players and coaches on mental training for volleyball. I've packed it full of practical confidence building strategies and tips to help players maintain their concentration on the court. This book will show you how to: Create and implement focusing rituals on the court. Approach competition with clear tactical plans. Let go of mistakes immediately. Harness the power of visualization. Avoid 5 mistakes that most coaches make. Plus a bonus section on "How to create a culture of teamwork (5 Uncommon Tips)". Let's put an end to mental errors on the volleyball court and take your game to the next level.

**EDITORIAL REVIEWS** What Coaches are Saying About the Book: **AL SCATES**, Coached the UCLA mens volleyball team to 19 NCAA titles- Both the experienced and the novice will improve their performance by reading Brooke Rundle's guide to concentration and confidence building. All those who have been closely associated with the sport of volleyball will recognize that her techniques will help you improve on the court and in life." **BROOK COULTER**, Associate Head Coach Colorado State University 2012-2015 and professional playing experience 2002-2007 (Slovenia, Austria, Spain, Germany, Holland) -"Rundle gave a presentation on the Headstrong principles and strategies at CSU's team camp in 2015. Our coaches found the Headstrong techniques to declutter the mind, build confidence and prioritize improvement over accomplishment extremely helpful and practical for players and coaches alike. Every coach can benefit from reviewing the section on the 5 mistakes coaches make. The guide offers actionable tips for practice and a game plan to help volleyball players improve their mental game. I highly recommend grabbing a copy of this book and booking her for a speaking engagement at your camp or club." **RACHELLE SHERDEN**, Head Women's Volleyball Coach Gustavus Adolphus College and 2015 AVCA Central Region Coach of the Year. - Brooke hits the nail on the head with Headstrong- a concise, relatable, and powerful how-to guide about mental training that is entirely specific to volleyball. I can't wait to share Headstrong with my players and incorporate the principles and strategies from the book into our team's mental training regime. When I think back to my first years coaching volleyball I think about how much I could have benefited from reading and applying the ideologies defined in Chapter 5 about common coaching mistakes. Thanks to Chapter 5, I have a

new post-season reflection and evaluation tool to add to my coaching toolbox."JEFF MEEKER, Head Women's Volleyball Coach Cornell College and 6x Conference Coach of the Year.- "This book is not just another tool for coaches, rather is it an entire tool box to inspire growth in our athletes, provide a more positive experience and become better coaches. Brooke's unique and diverse experiences provide keen insight into how we can help our athletes become mentally strong in volleyball and beyond."

## Book Information

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