



# Psychological Factors in Competitive Sport

*Don Davies*

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## **Psychological Factors in Competitive Sport** Don Davies

This book explains the importance of psychological factors for achievement and performance in competitive sport. It deals with the development of ability, maximization of performance in competition, emotional health, social adjustment and general well being of the participants in sport. The two main aims are firstly to select and outline ways in which young people can learn to become highly skilled and well adjusted sportsmen and secondly to describe the techniques by which players, having become highly skilled, can perform consistently well under pressure or stress. This book is based on tried and tested methods in teaching and on extensive research findings in the field of sport psychology. There is a strong bias towards the practical and most chapters contain specific guidelines to be followed and detailed practices to be undertaken, making it ideal as a practical text for teachers, coaches or as an aid to self-improvement in the competitor.

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