

baskets What to focus on when you shoot Breathe properly when shooting to attain spectacular results Make more free throws using a routine that really works Reach your potential as a shooter Shoot as well in your real games as you do when you practice Shoot better under pressure David Ranney is an author, professional speaker, baseball, basketball & tennis coach and entrepreneur. As a junior tennis player, he was ranked nationally 6th in Singles and 3rd in doubles, represented the U.S. at Junior Wimbledon, and played tennis for the University of Southern California when they were National Champions. However, after years of playing with intense frustration, he took two lessons from Tim Gallwey, Author of The Inner Game of Tennis. That experience changed his life forever. He coaches athletes of all ages in peak performance techniques. He lives in Bellingham, Washington. Visit David's Website: www.PurePerformanceSports.com With this book as your guide, let David Ranney show you how to reach your potential as a shooter. Scroll up and grab a copy today.

Do You Want To Improve Your Tennis With Sports Psychology? Have Been Training For Years But Can't Seem To Improve Your Tennis Game? Want To Start Winning More Games And Tournament? Tennis is a mental game which requires a lot of discipline. You need to be constantly on your best in order to perform well in this game of tennis. Tennis psychology is something that is often neglected among tennis players. You may have gone for all the tennis drills, tennis training and tennis coaching; but a very important aspect of tennis that is often overlooked is the importance of having a strong mental strategy. Without a doubt, psychology is very important in the game of tennis. If you are looking to improve your tennis game, focusing on sports psychology is an important aspect. Tennis strategy and techniques are important, but so is tennis psychology. With the help of sports psychology, you are able to improve your tennis game. In Mental Training For Tennis - Using Sports Psychology And Eastern Spiritual Practices As Tennis Training, you would learn about the inner game of tennis. You would learn how mastering the inner game of tennis allows you to start developing a winning mentality. Sports Psychology And Being A Winner In "A Winner", you would learn the ten qualities that determine a winner in tennis. Being a winner in tennis isn't something that is easy. You would require tremendous mental training. Being Great In Tennis By Having A Mental Formula In "Developing Belief" and "Positive Self-Talk", you would learn how to use different tools to ensure that you have the positive mental talk. Sports psychologist have often recommended this methods to professional athletes. Mastering The Inner Game Of Tennis In "Finding A Purpose - Why Are You Playing", Roger Sam shares that to first have mastery over the inner game of tennis, you need to see how tennis fits into your life purpose. You would also learn the different methods of finding your purpose. You would find great success in tennis and apply those lessons to your life as well. In short, if you are any of these group of people, MENTAL TRAINING FOR TENNIS is definitely for you: A Player Looking To Improve Your Tennis Game A Tennis Coach Looking To Improve Your Students Game A Parent Looking To Help His Child/Children Be Stronger Mentally A Sports Psychologist Wanting Some Ideas To Train Your Patient This book would do great things towards your tennis game. Click LOOK INSIDE to find out more about this book.

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