

ITHACA'S WEST COAST OFFENSE ON THE EAST SIDE · FURMAN'S 4-3 DEFENSE · KICKING APPROACH

*The Magazine For Football Coaches*

Volume 8  
December  
2002

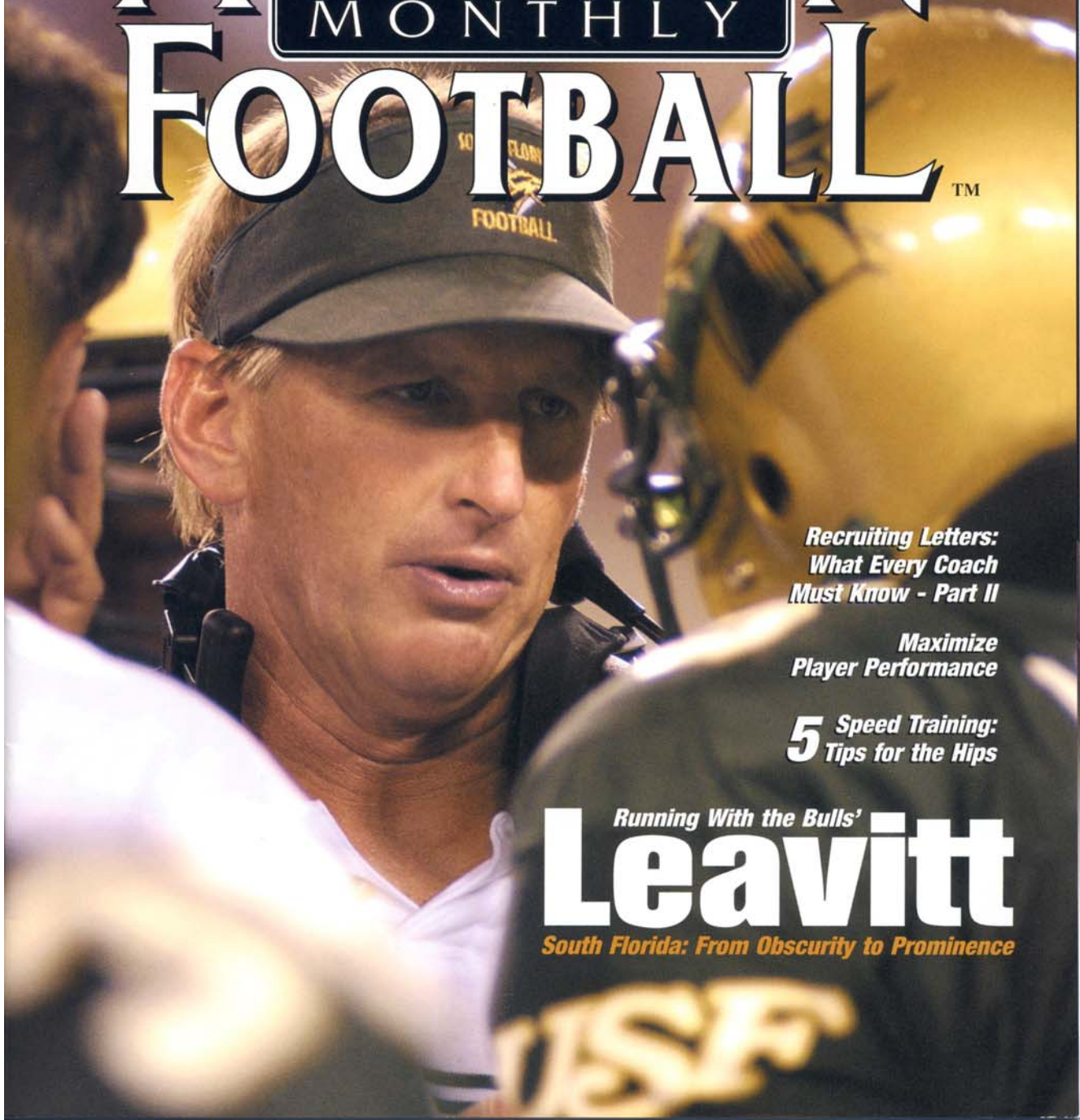
# AMERICAN MONTHLY FOOTBALL™

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Sports psychology or mental game coaching is not new to coaches. Many great coaches have learned through experience how to use the same mental skills I teach to athletes, such as how to play with confidence, stay composed under pressure, and set manageable goals. In fact, many experts in the field of sports psychology study great coaches to learn how they get their players to perform their best every day. Here are six ways that I as a mental game expert help teams develop mental toughness and improve performance.

1. Helping coaches and players develop a team philosophy and goals. This is an important step for the coaching staff in order to make sure everyone is on the same page and is working towards the same goals.
2. Developing a championship attitude among coaches and players. Athletes and coaches first have to think like champions to become one.
3. Improving communication skills that can help build cohesion and teamwork. Every successful team has had great coach-player rapport and player-player communication skills.
4. How to get athletes mentally prepared to play their best on game day. The best coaches know how to get the team motivated and intense on game day without the negative influence of pressure.
5. Improve athlete mental game skills for athletes and coaches. What team would not want focus, confident, and composed athletes?
6. Improving practice efficiency and transferring practice to games. Great athletes train hard and can perform well during crunch-time.

- Patrick J. Cohn, Ph.D.

*Note: Dr. Patrick Cohn is a mental game coach, author, and professional speaker.  
[www.peaksports.com](http://www.peaksports.com).*