



Onsite Coaching-Orlando Procedure and Details

Getting Started:

1. Schedule one or two days to meet with Dr. Cohn in Orlando, Florida.
2. Complete Dr. Cohn's AMAP or GMAP assessment before you arrive and ideally submit to him two days before your scheduled session.
3. Complete the student information forms that will be emailed to you prior to your visit. Please fax back prior to start of session and finalize form of payment.
4. Send any individual statistics you have kept over the last year of your sports performance (such as batting average, greens in regulation, etc.).
5. Request directions to Dr. Cohn's office and finalize meeting time.
6. Start your training in Orlando with Dr. Cohn.

Training Process: Three-Month Programs (One Day in Length)

Morning

- Review your AMAP or GMAP and further define your mental game objectives and challenges.
- Develop an outline of your mental game plan to complete later.
- Begin work on your mental game plan outline with specific strategies, Includes mental skills, strategies, and homework assignments.

Afternoon

- Work on pre-performance, preshot, and warm up routines (depends on your type of program, sport and ability to go to your training ground -- course, diamond, court, track, etc...)

Training Process: Six & 12-Month Programs (Two Days in Length)

Day One

- Identical to the above.

Day Two

- Continue work on pre-performance, preshot, and warm up routines.
- Apply mental skills to actual sport setting if available in Orlando.

Options for follow up:

- Follow up begins after the initial on-site sessions, depending on the program.
- The follow up consists of: 3 hours of coaching per month via phone or in-person in Orlando, FL and can be received as follows:
- Four phone sessions a month, each lasting approximately 40 minutes.
- Two on-site visits per month in Orlando, FL, approximately 1.5 hours per session.
- A combination of the two options above.

Need Dr. Cohn to come to you?

- In certain circumstances, it would be advantageous for Dr. Cohn to work with you in your location. Find out if this would work best for you by contacting Dr. Cohn.

Please note: Missing a scheduled session without prior notice will constitute a lost session and this time will be deducted from your follow up. Please email or call Dr. Cohn to change your appointment if you can't make the scheduled time.