



Neural Training for Highly Skilled Athletes: Improving Confidence and Consistency with Video Training (Paperback)

By Banks Hudson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. All athletes need more confidence and consistency. Some of you have probably been using videos in one form or another for years and have found them helpful. These include but are not limited to analyzing mechanical skills and various forms of video instruction used by coaches and teaching professionals. The focus of my system is not video instruction, but video training. The training is designed to help you access and execute more consistently your highest skill level and at the same time build a higher level of confidence. The length of the video training is 6 minutes. The video consists of 2 phases. The first and most critical phase is the 1 minute preparation phase designed to prepare your mind to maximize the effectiveness of the training. The second phase is the core training phase designed by you and your coaches. This second phase consists of you watching yourself execute picture perfect skills over and over again at different speeds and different angles with audio suggestions to enhance and build confidence. Research shows that the core training stimulates, sharpens, and strengthens...



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