

**COURSE: DG004**

### SPONSOR

Zuzana Pšenaková

### LECTURER

Zuzana Pšenaková

### LANGUAGE

EN RU SK

### DURATION (TIME)

2 hours

### PLACE

Conference room

### DIFFICULTY



EduProSport  
Marie Curie Skłodowskej 1/A  
851 04 Bratislava  
info@eduprosport.com  
www.eduprosport.com  
+421 907 959 888

# Mental training of individual players and sporting teams

## AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Apply basic principles of mental training into your coaching. You will learn effective tips to improve the mental game of your players and team. We will also give you an insight into the unique mental diagnostics which you can try on your own. Our system is based on four main pillars of mental training:

- Goal setting
- Motivation
- Crisis situations solving
- Teambuilding

## COURSE OUTLINE

- Introduction to the system of mental training
- Basic principles of mental training – four pillars of mental training
- Leadership skills for coaches
- Introduction to the mental diagnostics
- Mental analysis – free trial

## WHO THE COURSE IS FOR

Coaches

## LINK TO COURSE DETAIL

[www.eduprosport.com/en/course/DG004](http://www.eduprosport.com/en/course/DG004)