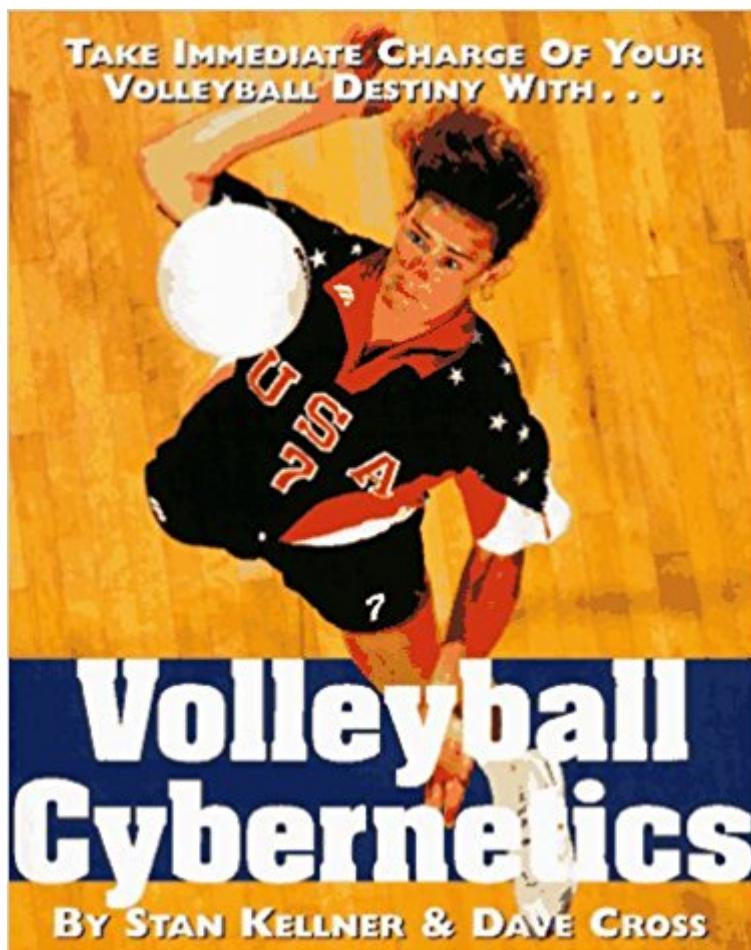


The book was found

Volleyball Cybernetics



Synopsis

Volleyball Cybernetics

Book Information

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Customer Reviews

Volleyball Cybernetics

The single best resource I have found for volleyball coaches and players.

If ever there was a book I wish I could have read when I was a young athlete Volleyball Cybernetics would be that book. This book is a must read for volleyball coaches and I would recommend this book for any young athlete - even if they don't play volleyball. Why? Two reasons:1) As a teenage athlete I had the skills, I had some good coaches, I had the heart. I just did not have the mental fortitude - the strength of mind to enable me to take my game to my highest level. And that is what this book is all about, developing the mind game, developing that element of talent which separates the champions from the contenders, the great ones from the 'could have beens', And I should know, I was a 'could have been' because I did not have the mental skills to capitalize on my athletic potential. But no regrets. No worries.2) I have a daughter who plays volleyball. She's pretty good and sincerely wants to get better. She works hard at improving her skills and I support and encourage her as much as I can. But there have been times when she would be having a 'bad' game and get into a mental and emotional slump. At those time she would come unglued and all I could do was sit back and watch my child self-destruct and fall apart. No parent enjoys that picture

so I started buying all kinds of volleyball training and playing and skills and drills and conditioning books looking for some answers. I bought her some plyometric jump training shoes, got her some private coaching figuring that more training would solve the problem. NOT! The extra training helped tremendously but physical training without proper mental training will only produce a contender - and not a champion. Take my word for it. And creating champions is the focus of *Volleyball Cybernetics*. When I came across this book I was elated. I had finally found the master key to help my daughter. This book really gets into the mental preparation and emotional training needed to produce a Brett Farve, a Serena Williams, a Tiger Woods. It is loaded with tons of mental skill development techniques that are fun and effective. Did you ever want to know how to enter "The Zone" - that supremely confident state of mind where you can do no wrong? Then read this book. Frustration, fear, embarrassment, succumbing to the pressure, low self esteem, lost confidence, procrastination, avoidance, lack of composure, timidity, choking and other negative states of mind can be obliterated using the material in this book. Now I'm sitting back and watching my daughter get mentally tougher each practice. And I'm loving every minute of it. If you or your child have a true desire to be the best, are willing to put in the physical dedication and just need to develop the mental discipline to be a champion then buy this book, apply the information and your success is assured. (It also helps to have some good coaching.) As a matter of fact, even though I'm getting close to 50 and I have never played volleyball, I am so pumped up by this information that I am considering getting into the game because I believe *Volleyball Cybernetics* can even work for me. Fortunately, I have kept myself in excellent physical condition and I do have some athletic ability left. (Plus I got great medical benefits). Besides, why should my daughter have all the fun. I feel that I have found the missing piece that I've needed to once and for all bury those old memories of my classic chokes. With this information I feel I can finally rise to the challenge and reach for some athletic glory even at my age. So why not give it a try. Enough of this arm chair quarterbacking. **GAME ON!**

I have never been coached in my life in any sport. Plus, I am extremely self-conscious and timid. As an adult, I play a huge active role in the volleyball community in my state, and I bought this book to help me grow my game. It made a huge difference, and I read it over and over again. It also helps with how you approach life in general with strong confidence and a positive outlook.

I'm a coach and a player. I use a lot of the principles from this book in training my team and it's done very well to motivate the players. I would recommend this book to all coaches and players. I find it a

good resource for myself.

Without actually trying some of the techniques outlined in the book, the whole thing might be considered positive-attitude pyscho-babble. Try some of the techniques on yourself. It's good stuff!The book is a quick, easy read. I'll be first in line to pick up a followup.

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