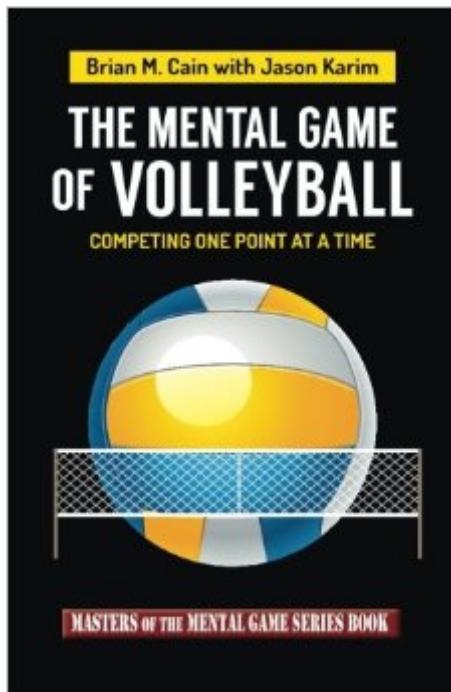


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# The Mental Game Of Volleyball: Competing One Point At A Time (Masters Of The Mental Game) (Volume 19)



## Synopsis

The Mental Game of Volleyball is the first sport psychology and peak performance book written specifically for volleyball. Whether you are a court or sand one point warrior this book will help you learn to master the most under addressed part of the game, the mental game. Learn from the top mental game of volleyball coach Brian Cain and top high school coach Jason Karim as they take you through a proven system to help you compete one point at a time and play your best when it means the most, each and every point.

## Book Information

Series: Masters of The Mental Game

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Average Customer Review: 3.0 out of 5 starsÂ  See all reviewsÂ  (1 customer review)

Best Sellers Rank: #595,070 in Books (See Top 100 in Books) #45 inÂ  Books > Sports & Outdoors > Other Team Sports > Volleyball

## Customer Reviews

Pretty good book. It's a step by step plan for inputting the mental aspect of the game into your players with some practical exercises. Probably best for high-level club, or college coaches.

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