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Don Davies

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PSYCHOLOGICAL FACTORS
IN COMPETITIVE SPORT
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Don Davies : Psychological Factors in Competitive Sport before purchasing it in order to gage whether or not it would be worth my time, and all praised Psychological Factors in Competitive Sport:

This book explains the importance of psychological factors for achievement and performance in competitive sport. It deals with the development of ability, maximization of performance in competition, emotional health, social

adjustment and general well being of the participants in sport. The two main aims are firstly to select and outline ways in which young people can learn to become highly skilled and well adjusted sportsmen and secondly to describe the techniques by which players, having become highly skilled, can perform consistently well under pressure or stress. This book is based on tried and tested methods in teaching and on extensive research findings in the field of sport psychology. There is a strong bias towards the practical and most chapters contain specific guidelines to be followed and detailed practices to be undertaken, making it ideal as a practical text for teachers, coaches or as an aid to self-improvement in the competitor.

'If anyone is still remotely cynical about the importance of Sports Psychology, they should read this book without delay. It is without a doubt one of the best books dealing with coaching effectiveness approached from a psychological viewpoint.' - Coaches and Coaching