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# How She Thinks Is How She Plays



## Synopsis

John Michael Kelly's latest book challenges parents and athlete's alike to look beyond traditional physical skills training and recognize the critical importance that mental skills training plays in a helping a young player become the very best she can be. If the game is 90% mental your athlete needs to recognize then master the vital mental skills necessary to succeed at such a difficult game as fastpitch softball. In this book John Michael Kelly lays out a detailed mental skills blueprint to help transform your athlete into the consistent peak performer top coaches can't wait to have on their team with practical, easy to follow and implement strategies and tools to get your athlete immediate on the field results. Covering 175 powerful pages and twelve chapters of practical fastpitch softball mental skills wisdoms, strategies, tools and tips "How She Thinks is How She Plays" is a must have for any fastpitch softball parent and player serious about playing at the next level! "How She Thinks is How She Plays" covers the 21 Mental Performance Killers that sabotage your athlete's success, including Managing Excessive Expectations, Building Rock Solid Self-Confidence, Having a Plan of Action to Guarantee Success, How to Overcome Anxiety & Fear, The Parent's Role in Her Success, Focusing on Results Instead of Effort, Embracing Pressure with Poise, The Scholarship Trap and more. "How She Thinks is How She Plays" is a one-of-a-kind book specifically written to help fastpitch softball players avoid the performance peaks and valleys brought on by the inevitable adversities that come from playing a really tough game like fastpitch softball. John's writing style is as entertaining as it is informative as he weaves in his own personal stories and insights as a sports parent, fastpitch game coach, mental skills coach and former elite athlete. As John says, "Sports should first and foremost be fun for kids. My belief is that with the right combination of physical and mental skills training a young athlete can become a consistent peak performer that plays the game with passion and joy." If your athlete has not yet achieved these attainable goals then you need the practical wisdom found in John Michael Kelly's "How She Thinks is How She Plays" to help your athlete to be the very best she can be.

## Book Information

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## **Customer Reviews**

I have been coaching girls and young ladies for the past 5 years. I always knew girls reacted differently from boys in regards to instruction, positive reinforcement and critical feedback during practice and on the field at game time but always struggled with the how's and why's of dealing with sometimes emotional young ladies. Like most volunteer coaches, I'm not a trained psychologist or educator. This book gave me much insight into the female psyche and has given me a more positive outlook as my team and daughter go into competitive travel ball. It covers some things you probably already know about your team or daughter but it goes much deeper into the how and why girls think and react to different situations and how you as a coach or parent need to deal with them. Probably the biggest thing I took out of it was the effort vs results mentality. After a difficult tournament weekend where all the girls were mentally breaking down and I admittedly got too emotional and lost my cool, I changed my personal philosophy and that of all the coaches and parents to focus more on the effort each player was putting forth rather than worry about a poor inning, error or game outcome. Being a developmental team, this was exactly what we all needed. I was less stressed as a coach because I was looking for small victories throughout the game rather than focusing on the score and the players were more willing to go hard each play rather than worry about making a mistake. There was an immediate performance improvement and better vibe all around. It almost felt like we were winning even though the score said otherwise. There is so much more to the book than that and I recommend this to any coach or parent at any level, particularly for the those of pre-teens and teenage travel players. It gives you much insight and will help give you direction as your players seek higher levels of play and a possible scholarship if that is the goal. It also talks about how to deal and interact with a coach of your daughter as well as how a coach can

deal with parents. It is well written and filled with great quotes. I have been focusing so much of my effort as a coach into the physical part of the game and working on skills, that this book was just what I needed to start working on the mental part of the game with my players. It has without a doubt made me a better dad of a female athlete and a much more understanding and positive coach because it has put many things into perspective.

This book brings together a number of fantastic strategies for the new coach or assistant coach to read and understand in a few hours. A solid read - many of these strategies are in our team's portfolio, but some new ones or at least a different look at some old ones as well. Take the time - read on a cross country flight or a Sunday afternoon after practice.

Good book for my daughter pitching for a travel softball team. She has the skill but needs to boost her own confidence when on the mound.

Awesome book. Very informative! As a softball Mom this book brought lots of insight.

Great book for any level coach.

A lot of good insight to the mental game, could do without the URL ad popping up on the pages it's really distracting

As a former softball player, I was really excited to get to read this book! I loved how John Michael Kelly was able to write a book showing parents of softball players better ways to help their kids improve on their game and improve as people. Growing up with my Dad as my softball coach for many years, I wish he would have read a book like this! He definitely needed to read the chapter about Confusing Winning with Success. If my fiancé and I have a daughter one day who decides to play softball, he will definitely be reading this book before getting to coach her!!! This would be a great read for softball coaches as well! Many softball coaches become like second parents to their players so this book would be great for them as well!

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