Coaching Mental Training – Part 1
Mental training is like physical training.
There are progressions and developmental considerations.
Advanced mental training technics and mechanics can be applied by professionals.
Yet, a coach can help mentally train an athlete’s progress . . .
Sport Related Mental Development (SRMD) is a path leading to self-instructing the quality and quantity of sport activity.

SRMD teaches the management of emotional, physical, and spiritual response to activity and its outcome.
Here are some guidelines:
- Natural mental development is better than forced mental training.
Incremental progress is better than a forced attempt for instant change.
- Teach athletes to play their sport instead of “perform” their sport.
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(Two examples are Babe Ruth and Michael Jordan.)
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- These negative bias scripts can influence the efficacy of the imagination’s role in skill and activity development.
- A child may also form or learn a positive bias by firing up their positive mental muscle,
A child may also form a positive bias,
Or rather,
may need to learn how to “fire up” this positive mental muscle . . .

“I love this sport!”
“So-and-so always wins, but someday, I will be good enough to win!”
“Oops, I made a mistake, next time I will do better!”
In the end, when the athlete retires from their career in their sport, they need to leave with . . .
. . .their positive self-bias,
. . . their next chapter on the radar,
... and an imagination as believing as a child.