



Ganar con la cabeza: Una guía completa de entrenamiento mental para el fútbol (Deportes n° 14) (Spanish Edition)

Rafi Srebro, Joaquín Dosil

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En el fútbol como en cualquier otro deporte se necesita más que talento para triunfar. Se necesita la capacidad mental para poder desarrollar el mejor juego en los partidos más importantes. Un jugador mentalmente fuerte sabe cómo entrar en cada partido y en cada competición con el nivel de motivación más adecuado a su máxima habilidad, y sabe cómo mantener y dosificar esa motivación durante todo el partido. Los autores presentan los factores mentales que están presentes en el fútbol, analizan su influencia y explican cómo entrenarlos para llegar a dominarlos. La preparación mental incluye: la relajación, la visualización, el control de pensamientos, la planificación y el análisis. También se desarrolla un programa semanal de entrenamiento mental.

Este libro está dirigido tanto a futbolistas como a entrenadores de cualquier nivel y edad, y a todo aquel que ame el fútbol o esté implicado de alguna manera en él: comentaristas, árbitros, periodistas, aficionados, etc.

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