



## **Becoming the Focused Athlete**

### **Train Your Mind for Athletic Success**

#### **A 6-week Plan for Superior Concentration, Build Confidence within, Create Motivation and Intensity Plus Develop the Mindset to Succeed**

Welcome to **Becoming the Focused Athlete: A 6-week Plan for Superior Concentration, Build Confidence within, Create Motivation and Intensity Plus Develop the Mindset to Succeed.**

Next to self-confidence, the ability to focus is critical for peak performance in sports. World championship athletes know how to harness the power of a zone focus, and I want to teach you how to do the same. I am contacted regularly by many athletes who either want to improve their confidence or have trouble focusing on the playing fields. Since focus is so important to your success and reaching peak performance, I have decided to create this 6-week program to help the athlete refocus, prepare for the next season.

The focused athlete teaches everything I share when working with my individual mindset coaching students. At the end of this program, you will have learned the key concentration skills so you can achieve a zone focus for peak performance in your sport. In the Focused Athlete program, I provide you with a system to understand what to focus on, how to focus on what is important, and how to deal with common distractions that all athletes must learn to overcome to be successful. Plus, plan and execute.

***"I think the key is not to worry about the future or the past, not to think about whether you are going to win or lose."***

Mary Pierce, 1997 Italian Open

Superior concentration occurs when you become totally immersed in a task, feel that time is suspended, and lose the sense of being separated from your sports environment, (such as when a baseball player reports he can see the seams of a baseball traveling at over 90 MPH).

Your goal every time you hit the field, ice, or course is to have a razor-sharp focus, a clear mind of daily hassles, and the ability to focus on what is important in your environment.

Most athletes and coaches do not realize that the most important step in developing superior concentration is the ability to **REFOCUS** when you get distracted or off task.

You are human – just like the best athletes in the world – and your focus will drift or become confused at times. When this happens, it does not mean that you lack the skills to be a great athlete, rather that you need to learn how to refocus to excel.

As I teach all my athletes, I remind them that the first step to learning to overcome an issue is to recognize when it starts. To refocus, you must be able to recognize when your mind has drifted from the task, make an adjustment, and get on with focusing on the task-relevant information.

Over the last 15+ or so years of working with athletes from all sports and all levels, I have learned that you must work at improving concentration just as an athlete works at developing a perfect slap shot in hockey. You must also understand how to enhance concentration by coping with the mental gremlins that disrupt concentration.

The Focused Athlete teaches you both how to harness superior concentration to get you into a zone focus for peak performance AND how to fend off distractions and other non-important information that disrupts a zone focus.

So, let's get going!

Coach Nye

**THE LOW COST = \$299 for 6 sessions**

Please email [coachnye@mindoversport.com](mailto:coachnye@mindoversport.com) to register and to get any answers to your questions