

Playing Principles

The Drive, The Fuel, The Skill are the basis for Sporting Performance

Nutrition

Revolves around finding the right balance for your body from the:

Macronutrients

Micronutrients

Proteins

Minerals

Good Fats

Vitamins

Complex

Carbohydrates

Enzymes

Are the work horses for food digestion

Sporting Skills

Revolves around finding the keys for your sport within the following areas:

Skills

Techniques

Tactics

Fitness Components

Way one trains

Fuel

Skills

Drive

Succeeding Mind

Revolves around the aspects for improvement and enhancing success:

Growth Mindset

Proactive Learning

Internal Motivation

Strong Character Strengths

Simplicity Thinking

Inner Peace

To obtain more information on coaching visit,
www.beawinningcoach.com