

VIRTUAL TRAINING OPTION

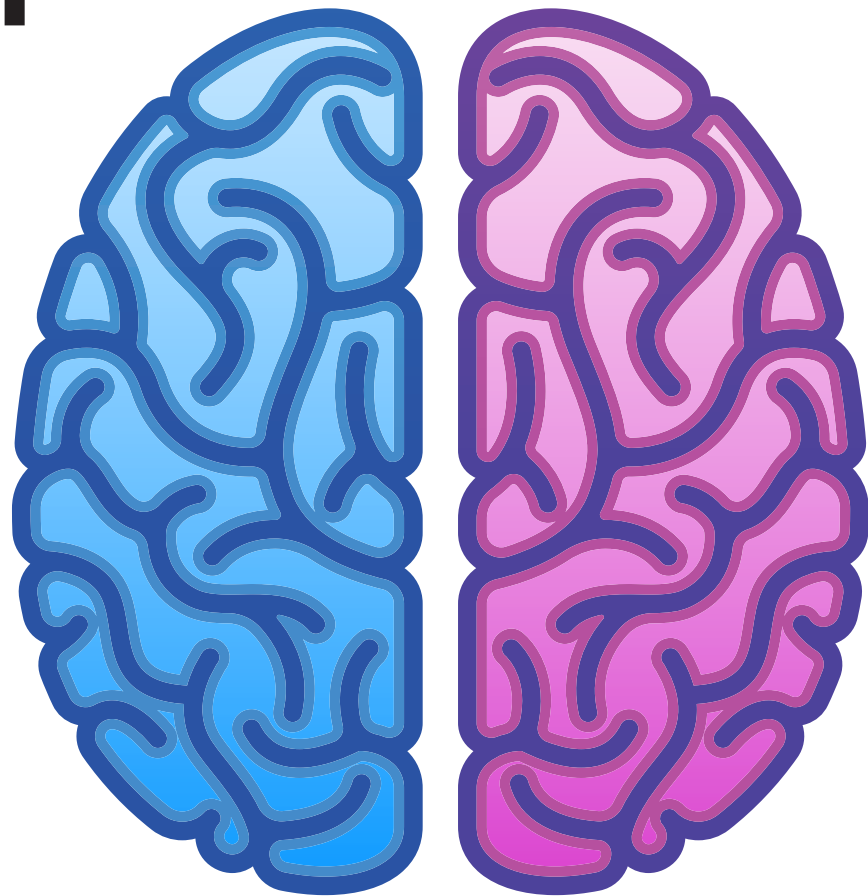


# MENTAL STRENGTH TRAINING

*Example: players often fear failure and a primary reason is because they often fear what others may think of them when they fail. They are quickly taught that what others think has no bearing on their performance at all. In fact if they care too much about what others think, it is inevitable this will hurt their performance*

This service began in June 2019 and has resonated with the many players who have chosen it. We have worked with players now in 10 different sports, it's applications are obvious across the spectrum.

Additionally in this uncertain time, it's clear that the training can help kids off the court as well. We address confidence, handling failure, commitment, attitude and also understanding things that we can and cannot control.



Private Training

**\$95**

per 1 hour session

Includes

- Mental Strength Assessment
- Discussion of exposed strengths and weaknesses
- Techniques and strategies to assist players in how they think
- All training with Coach Jim McGannon

**APPLICABLE FOR ALL SPORTS**

**ALSO AVAILABLE FOR TEAMS  
AND PROGRAMS**

**TO REGISTER, CONTACT COACH MCGANNON AT 616-402-1600 OR INFO@BASICSSPORTS.COM**