



This month's M.A.P. is about concentration. I have included a [PDF explaining some ways to help your athletes focus](#) – apart from yelling stay focused – at certain times in games or practice.

Also, below I include some information on “Attentional theory” and ways other sport psych people and coaches use it to improve concentration in their athletes:

- Video - Great video explaining the attentional theory
-- <http://www.youtube.com/watch?v=ejAE2yP7n34>
- Article - This is a great article about getting in the zone – what it takes and ultimately how to help athletes calm their mind to get focused enough to do this.
--- <http://www.taisdata.com/articles/calming.php>
- Video - Pretty good stuff on working with youth athletes in order to build focus.
-- http://www.youtube.com/watch?v=Ow_-6r8CjjQ
- Article – AWESOME article (and website to be honest) – some very good researched based articles and ideas from a leading university...this one is about attentional theory and its application <http://www.hokiesports.com/psychology/concentration.html>