

# Mental Skills



**Are your players mentally tough?  
Want to know how to coach it?**

The Mental Skills module will equip you with the tools to add mental skills into your training session with the use of goal setting, imagery, relaxation and relaxation to help improve their confidence and performance on court.

**Date: 10<sup>th</sup> December 2014**

**Time: 6pm – 9pm**

**Venue: Trust Waikato Hamilton City  
Netball Centre  
Minouge Park, Moore Street  
Hamilton**

**Cost: \$20**

**What to bring: Pen, water, comfortable shoes  
and clothes**



Please confirm attendance by 8<sup>th</sup> December 2014 by registering online at:  
[www.netballhamilton.org.nz](http://www.netballhamilton.org.nz) 07 847 4007 for assistance

**Payment Options:**

Cash or Cheque: Post to Trust Waikato Hamilton City netball Centre, P. O.  
Box 848, Hamilton 3240

HCNC Internet bank 03 0318 0664616 00 reference; MSkills... Full Name

**Registration is essential so enough resources can be provided.**



**Sport for Development**