

MENTAL TOUGHNESS: PART 2

Feedback on how mental toughness training can improve performance



THAT MENTAL TOUGHNESS TRAINING WORKS IS CLEAR. DON'T BE A WUSS, PUT YOUR MIND TO WHERE YOU WANT YOUR MUSCLES TO GO.

This review represents the second part of mental toughness research coming out of the University of Western Australia; click here for [Part 1](#). In the current research review we share with you how the researchers dug deeper into mental toughness enhancement and what meaning it held for athletes, coaches, and parents. This is a unique approach as it goes beyond just the athlete's feelings, thoughts, and interpretations. By including the observations of parents and coaches, it nearly eliminates athlete bias. Thus, a higher degree of confidence in the results and effectiveness of mental toughness training can be elucidated.

Original Research

Gucciardi, D., et al. Evaluation of a mental toughness training program for youth-aged Australian footballers: II. A qualitative analysis. *Journal of Applied Sport Psychology* 21:324-339, 2009.

Power Key: parent, coach, mental toughness training, resilience