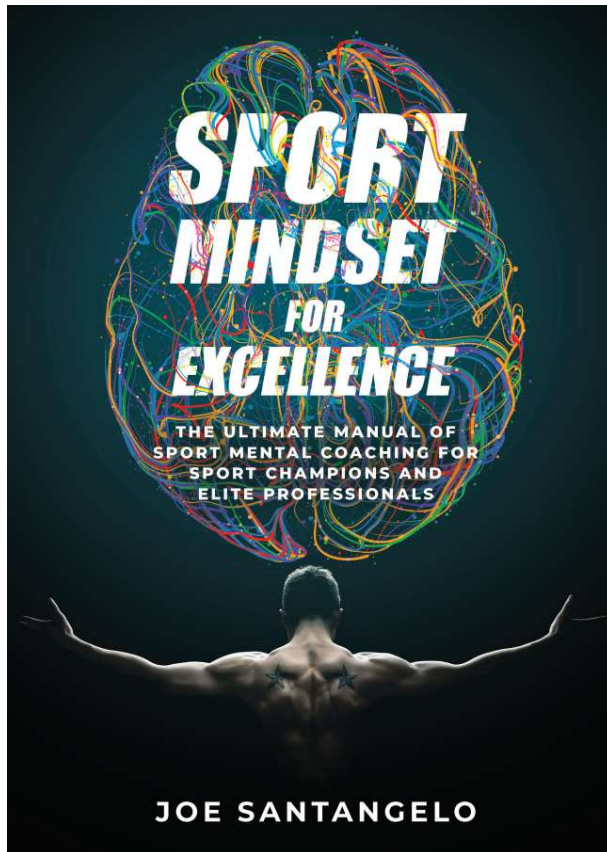


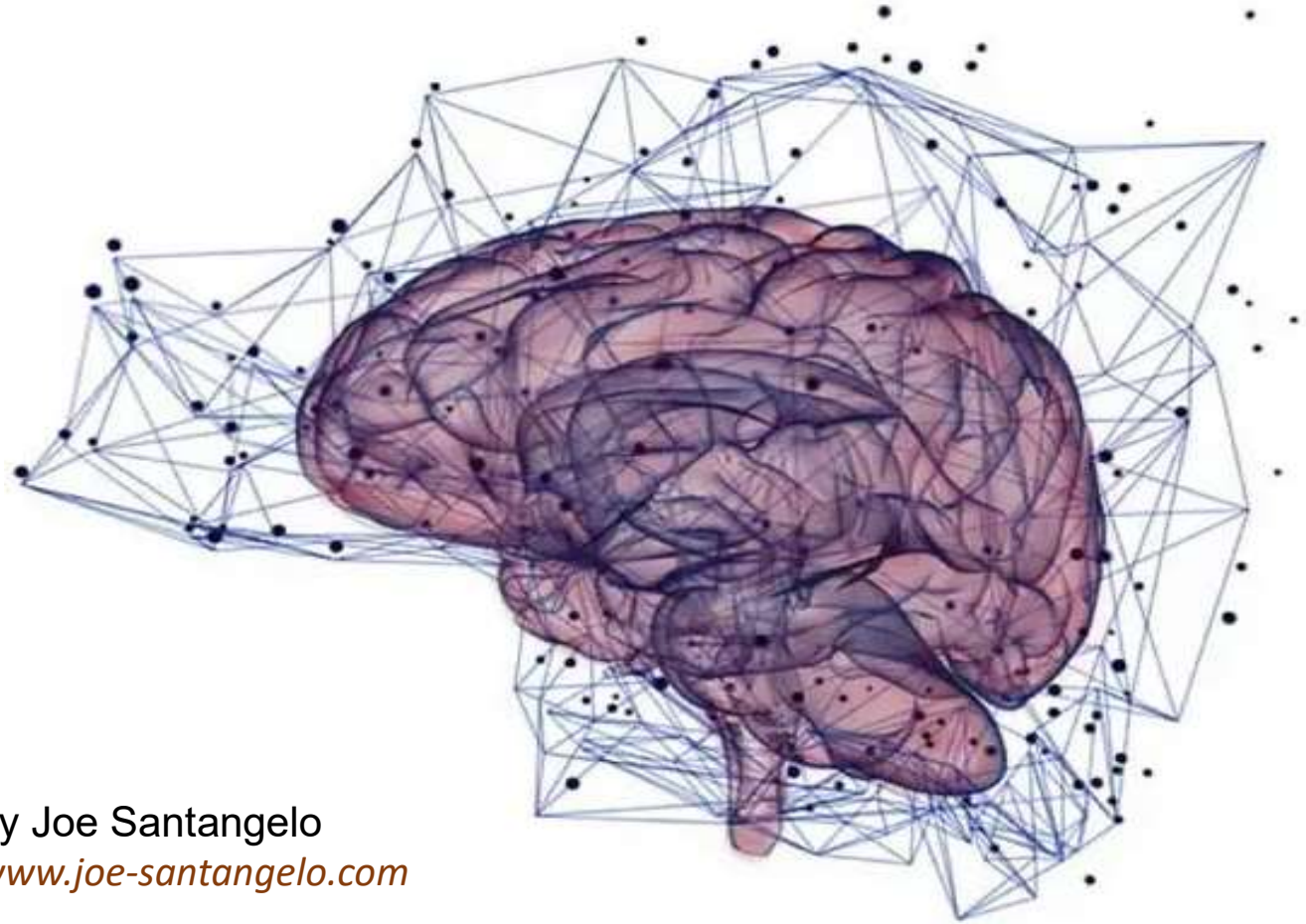
SPORT MINDSET FOR EXCELLENCE

Prime-Seven Publications (USA)- 2023

<https://primesevenmedia.com/>

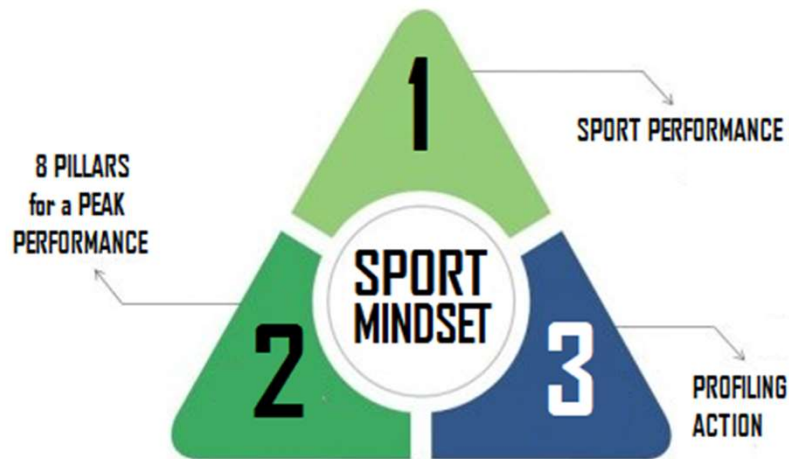


by Joe Santangelo
www.joe-santangelo.com





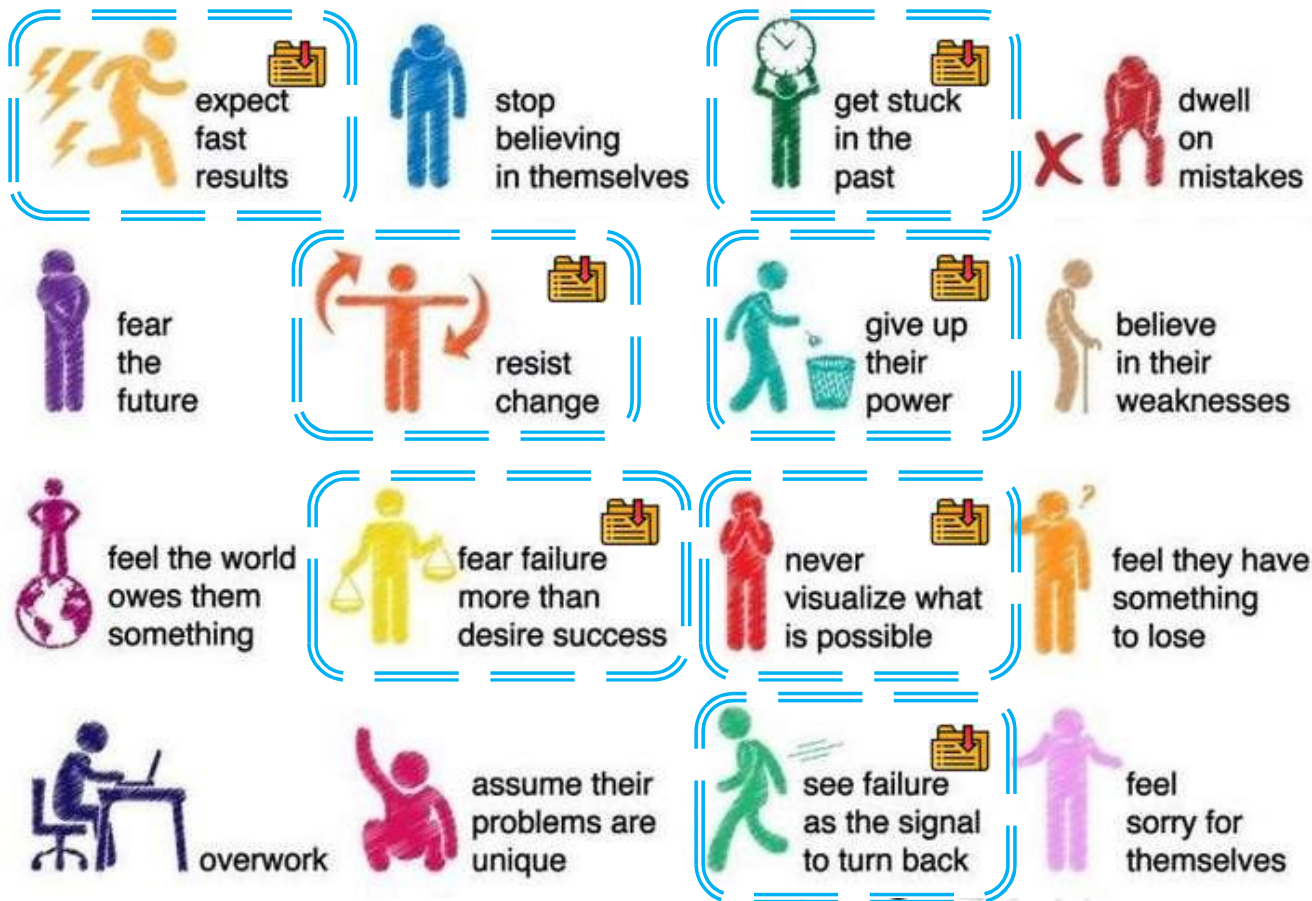
THE CONTENTS OF THIS BOOK



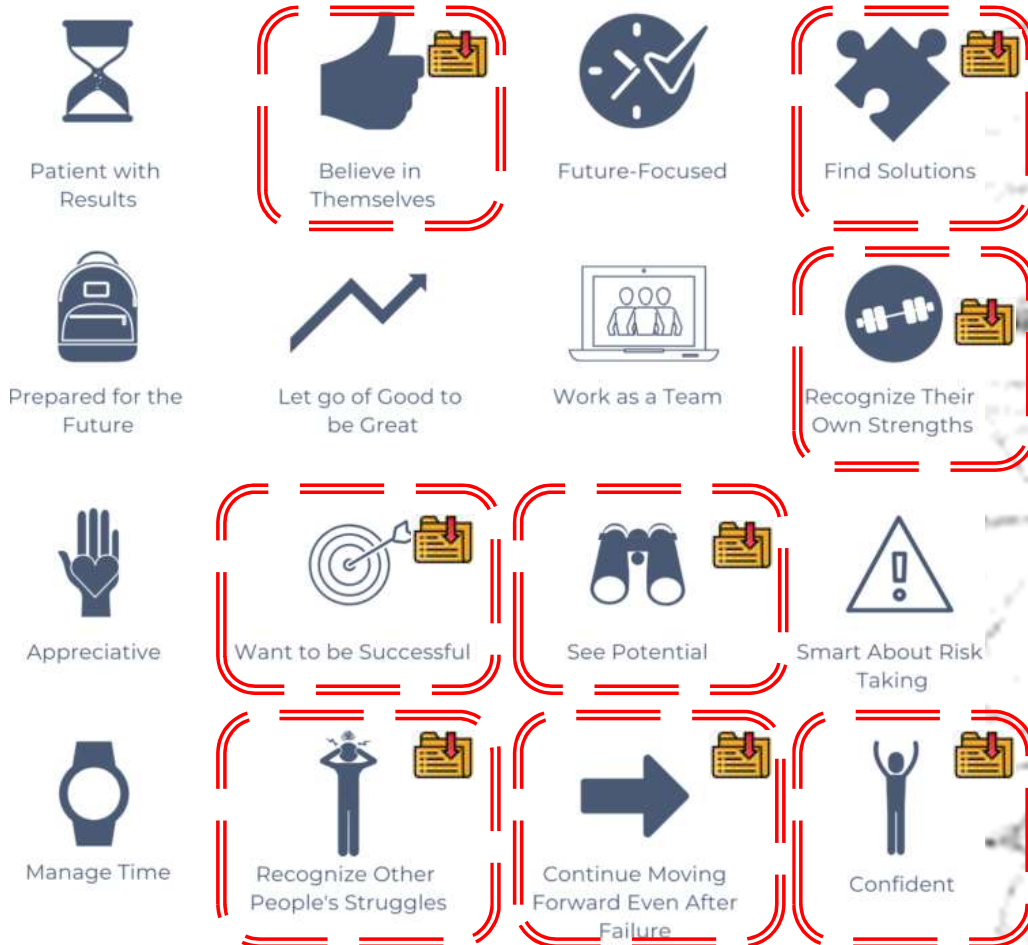
A guide, a teacher, a strong, rude, but comfortable voice in your head. **SM4E** works on you as YOUR PERSONAL COACH. Tells you WHAT-TO-DO-WHEN/WHY. The whole of the recommendations stand so true, because I HAVE BEEN YOU in the past: I was a beginner, I was a loser, I was definitely a «Mr. Nobody». But I was a dreamer, I felt the thrills I might become the Champion and – finally – I became the World Champion and confirmed my status many times.

THIS BOOK INCLUDES MY ACHIEVEMENTS AS A COACH AND A CHAMPION.

WHY PEOPLE GIVE UP AND FAIL TO SUCCEED



SM4E starts investigating the circumstances, the causes, the motivations, the roots, which actually prevent the Sportsman succeeding. The FOCUS is on the Athlete's BIAS and INNER MOTIVES, which are explicated and – finally – ought to be overcome, to drive him towards the victory.



Champions and successful persons are pushed by strong ideas, by a level of self-confidence, which cross any aspect of their professional and personal life. They find themselves in a course of action, which **FORCES THEM TO SUCCEED.**

A supreme sense of pure conscience and awareness is the main pillar on which a stable success is really funded.



Amateur Sportsmen (full of ambition)



Sport Professionals (any Sport Discipline)



Competitive Sportsmen



Champions and Elite Sport Professionals

ATHLETES



Sport Mental Coaches



Sport Trainers



Sport Managers

COACHES



Business-Men – Managers – Executives



Business Strategists



Sport Psychologists

PROFESSIONALS

If you want to succeed.

If you think you deserve more than you currently got. If you feel there is something, which prevents you from succeeding, but you cannot yet name that, specifically. If you have students and you see they have talents, but they definitely need a boost, to switch to the higher level.

If you want to be the World Champion in your sport discipline, but you are even frightened in admitting that to yourself.

THIS BOOK HAS BEEN JUST WRITTEN FOR YOU.



INDEX

VOLUME'S INTRODUCTION

PREFACE

ELECTIVE ADDRESSEES

CHAPTER ONE – THE SPORT PERFORMANCE

- 1 - DEFINITION
- 2 - FACTORS AFFECTING THE SPORT PERFORMANCE
- 3 - SPORT PERFORMANCE MODEL
- 4 - MINDSET AND PEAK-PERFORMANCE
- 5 - MINDSET FACTORIZATION

CHAPTER TWO – PHYSICAL TRAINING

CHAPTER THREE – TACTICAL/STRATEGIC TRAINING

CHAPTER FOUR – SPORT CODE OF ETHICS

CHAPTER FIVE – GOAL SETTING

CHAPTER SIX – CLARITY

CHAPTER SEVEN – SELF CONSCIOUSNESS

CHAPTER EIGHT – ADAPTATION

CHAPTER NINE – COURAGE

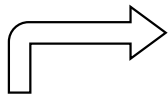
CHAPTER TEN – PEAK PERFORMER'S PROFILES

- 78 – THE FIVE MINDSET'S TOOLS
- 79 – THE PERFORMER'S PROFILE
- 80 – THE ROOKIE
- 81 – THE SPECTATOR
- 82 – THE PARTICIPANT
- 83 – THE PRIMA DONNA
- 84 – THE SILENT KILLER
- 85 – THE SUBCONSCIOUS COMMANDO
- 86 – THE CONTENDER
- 87 – THE CHAMPION AND THE PEAK PERFORMER
- 88 – THE HABITS OF THE CHAMPION
- 89 – THE ATTITUDES OF THE CHAMPION
- 90 – FIVE LEVELS OF MENTAL TOUGHNESS

CHAPTER ELEVEN – ACTION

- 91 – THE MINDSET AS A GOAL
- 92 – METHODOLOGY
- 93 – THE MAIN PRINCIPLES AND METHODOLOGIES TO ACHIEVE
- 94 – SW-ANALYSIS
- 95 – MWR: MENTAL WORKOUT ROUTINE
- 96 – HURDLES AND DIFFICULTIES
- 97 – THE CHAMPION AS A SUPER HERO
- 98 – SPORT MENTAL COACHING FOR PEAK PERFORMERS
- 99 – PRELIMINARY CHECK AND STRATEGY DEFINITION
- 100 – ATHLETES' PROFILE, WAMFs & SEMFs DEFINITION
- 101 – COACHING IN ACTION

- 69 – DEFINITION
- 70 – CONTEXTUALIZATION
- 71 – FACTORS
- 72 – THREATS
- 73 – OPPORTUNITIES
- 74 – METHODOLOGIES
- 75 – PRACTICAL TECHNIQUES
- 76 – POWERFUL QUESTIONS
- 77 – INSTRUCTIONS & RECOMMENDATIONS

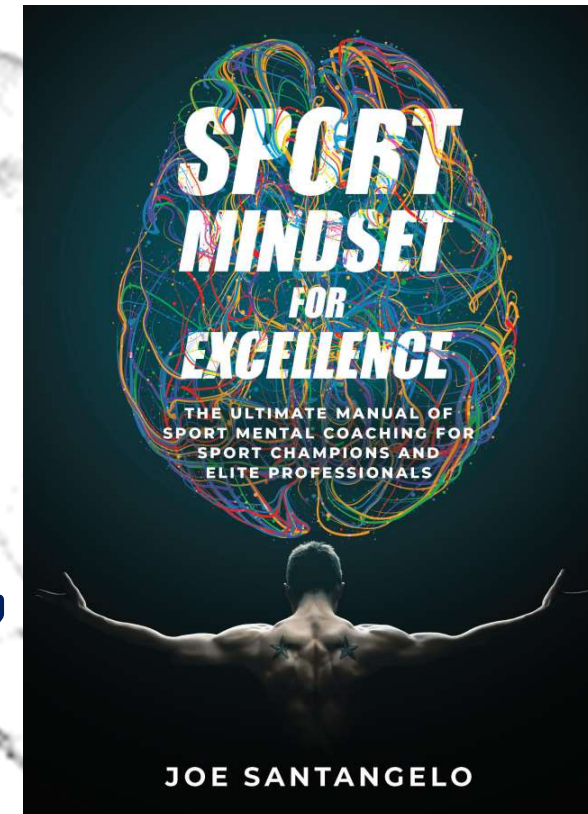


Any of the 8 PILLARs which generate the SPORT-MINDSET is factorized, explicated and clearly explained.

Basics, recommendations, practical exercises, hacks and tricks to achieve the highest value of those peculiar items – competence, skill, talent – are clearly declined and explained.



What's this book for? –How can I use this book?
What does this book enable you to do/achieve?
What kind of expectations do this book fulfill?
How can I use this book?
Is this book difficult for me to understand and to apply?
Is this book useful for any Athlete? Any Sport discipline?





Each paragraph of the main 8 Chapters (8 Pillars) is tagged with a special icon to facilitate the reader's comprehension:



DEFINITION



CONTEXT



FACTORS



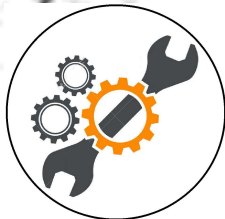
THREATS



OPPORTUNITIES



METHODOLOGIES



TECHNIQUES



POW-QUESTIONS



INSTRUCTIONS



FORECAST



SPORT PERFORMANCE MODEL: SKILLS/COMPETENCE PROGRESSION

6 PSYCHIC COMPETENCES

3 TECHNICAL COMPETENCES

5 STRATEGIC COMPETENCES

2 CONDITIONAL COMPETENCES

4 TACTICAL COMPETENCES

1 COORDINATIVE COMPETENCES



The levels of any competition are as many as the level of competence and understanding of the big-picture of the competitor: any person can only perform what this person can understand and govern. There is nothing happening «by chance». You always get back what you deserve and you can only deserve what you really understand.

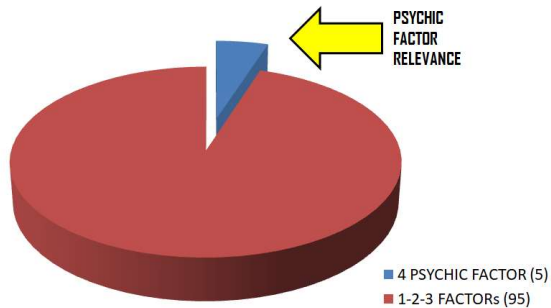
THE SUCCESSFUL PATTERN IS: *BEING* \Rightarrow *KNOWING* \Rightarrow *DOING* \Rightarrow *HAVING*



The Highest is your competence, the higher is the incidence of Psychic Competences and Skills, involved in the performance.

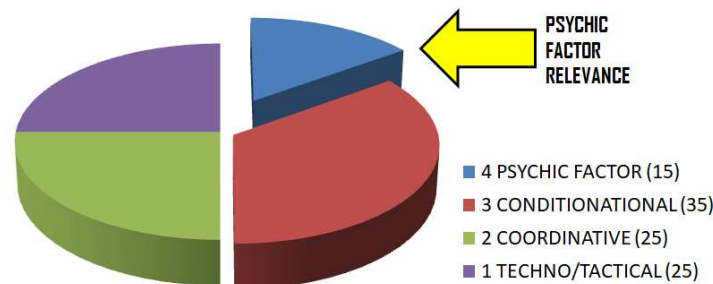
5%

COMPOSITION FOR THE AMATEUR



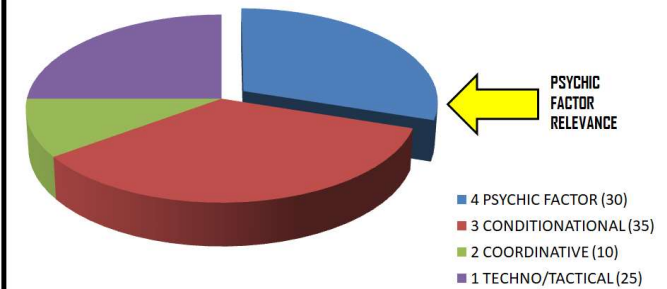
15%

COMPOSITION FOR THE AVERAGE PROFESSIONAL



30%

IDEAL COMPOSITION FOR THE PEAK-PERFORMER





THE MAIN DIFFERENCES OF APPROACH BETWEEN THE AMATEUR (Ordinary Performer) AND THE CHAMPION

AMATEUR - GOOD-ATHLETE

- WAITS FOR CLARITY
- REACTION (WAITING ROOM)
- WANTS TO ARRIVE (ACHIEVE)
- ACHIEVEMENT
- PRACTICES AS MUCH AS NEEDED
- LEAST EFFORT
- LEAPS FOR HIS DREAM
- BELIEF IN CHANCES
- IS AFRAID OF FAILING (FEAR)
- FEAR SUBDUED
- BUILDS A SKILL (ONE)
- SPECIALIZATION
- WANTS TO BE NOTICED
- SHOWING OFF
- NEEDS EXTERNAL PUSHES
- NEEDS COACHES AND MASTERS

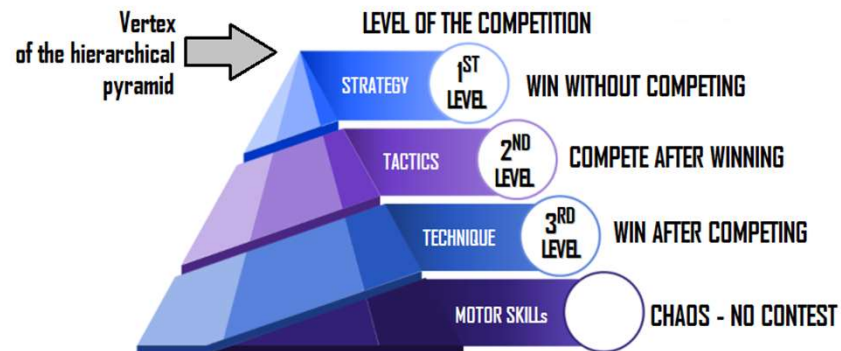
PROFESSIONAL - CHAMPION

- TAKES ACTION
- PROACTION
- WANTS TO GET BETTER (IMPROVE)
- IMPROVEMENT
- NEVER STOPS
- LIFE LONG TRAINING
- BUILDS A BRIDGE
- STRATEGY
- CRAVES THE FEAR (FEARLESSNESS)
- EMBRACING FEARS
- BUILDS A PORTFOLIO (MANY)
- COMPLETENESS
- WANTS TO BE REMEMBERED
- HISTORY/LEGEND
- HAS GOT AN INTRINSIC MOTIVATION
- STRONG MOTIVATION AND DESIRE

Basically the **VICTORY** may be qualified as follows:

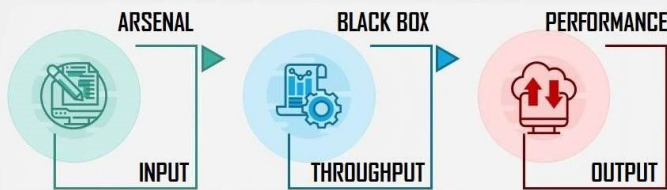
- 4th LEVEL: UNEXISTENT
- 3rd LEVEL: UNCERTAIN
- 2nd LEVEL: CERTAIN
- 1st LEVEL: WORTHLESS

THE ATHLETE'S ARSENAL - THE HYERARCHICAL PYRAMID AND THE LEVEL OF THE COMPETITION

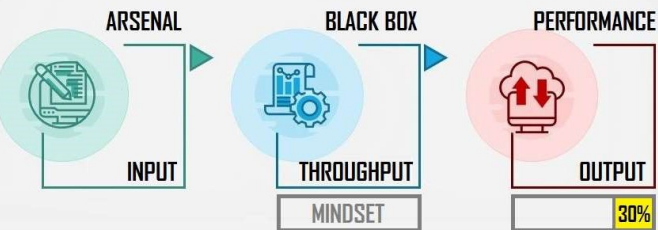




MINDSET AND PEAK PERFORMANCE - INPUT/THROUGHPUT/OUTPUT AND MINDSET



1st and 2nd LEVEL COMPETITION - Technical/Tactical Approach - MINDSET IMPACT: max 15%



WHY DO WE DO WHAT WE DO, THE WAY WE DO, WHEN WE'RE DOING?

1st level (TECHNICAL) → **WHAT**

"What do we do when we do what we're doing?"

2nd level (TACTICAL) → **HOW**

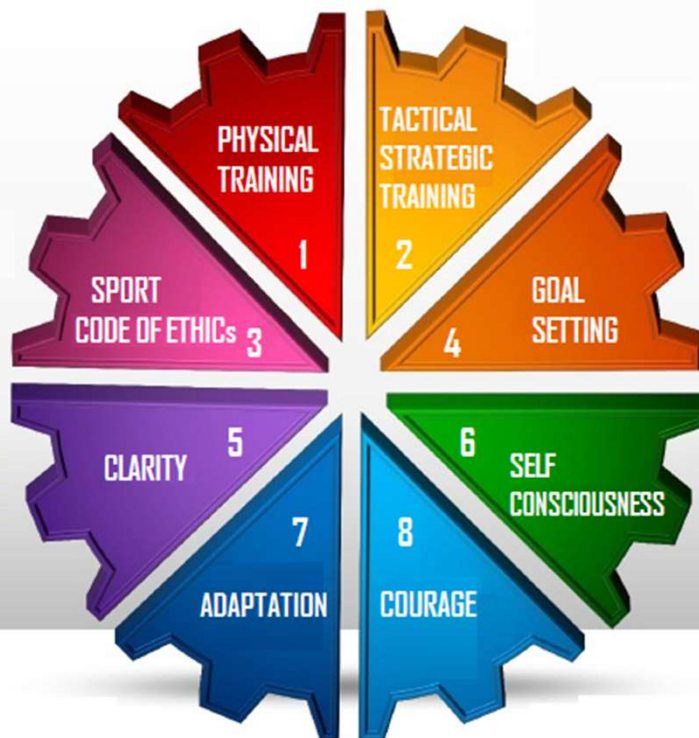
"How do we do what we do, when we're doing?"

3rd level (STRATEGIC) → **WHY**

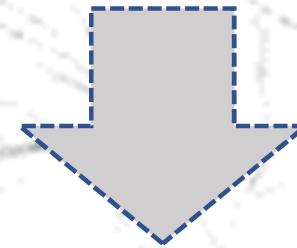
"Why do we do what we do, the way we do, when we're doing?"



8 PILLARS FOR SPORT EXCELLENCE AND PEAK-PERFORMANCE



- **PHYSICAL** (Coordinative/Conditional)
- **TECHNICAL** (Discipline's Basics)
- **PSYCHIC** (8 PILLARS):



The 8 Pillars ought to **GROW-UP** simultaneously, otherwise one bundle may take over the others and you result **UNBALANCED**.

Every Champion is a **BALANCED-ATHLETE**



8 PILLARS FOR A PEAK PERFORMANCE - SUB-ELEMENTS FACTORIZATION

1 PHYSICAL TRAINING	PASSION	2 TACTICAL/STRATEGIC	TACTICS	3 CODE OF ETHICS	HONESTY
	STEADYNESS - PERSEVERANCE		STRATEGY		FAIRPLAY
	CONTENTMENT		EMULATION		INTEGRITY
	ENDURANCE		VISION		COHERENCE
	SACRIFICE		RESPONSIBILITY		PROGRAMMING
4 GOAL SETTING ATTITUDE	SPORTS GOAL	5 CLARITY OF DESTINATION	SITUATION DEFINITION	6 SELF CONSCIOUSNESS	SELF CONFIDENCE
	MONITORING		EXPECTATIONS MANAGEMENT		CRITICISM MANAGEMENT
	MOTIVATION		HERE AND NOW FOCUS		STRONG WILL
	SELF-IMPROVEMENT		SENSATIONS MONITORING		RESISTANCE TO FLATTERY
	EXCELLENCE		CONCENTRATION		UNIQUENESS
	PROGRAMMING		SW-ANALYSIS		FRAMING THE FAILURE
	PERIODIZATION		EMOTIONS CONTROL		AMBITION
	PERFORMANCE DEVIATION		B-PLAN ATTITUDE		FRAMING THE VICTORY
	METODOLOGY				INNER SELF VULNERABILITY
					MANAGING THE INTERNAL ENEMY
7 ADAPTATION	LEARN FROM FAILURES	8 COURAGE	PROPENSION TO RISK	54 Psychic Skills	
	SUSPENSION		RISK MANAGEMENT		
	INJURY		NON CONFORMITY		
	HURDLES		INTERNAL LOC		
	RESILIENCE		FEARLESSNESS		
			RESPONSIBILITY		

SPORT MINDSET FOR EXCELLENCE (© 2023)

There are more than 50 items (or skills) which ought to be known, explored and governed by the MINDSET.

Any champion actually does, whether he is aware or not, any Sport Champion goes through the most of them.

YOU OUGHT TO DO THE SAME.

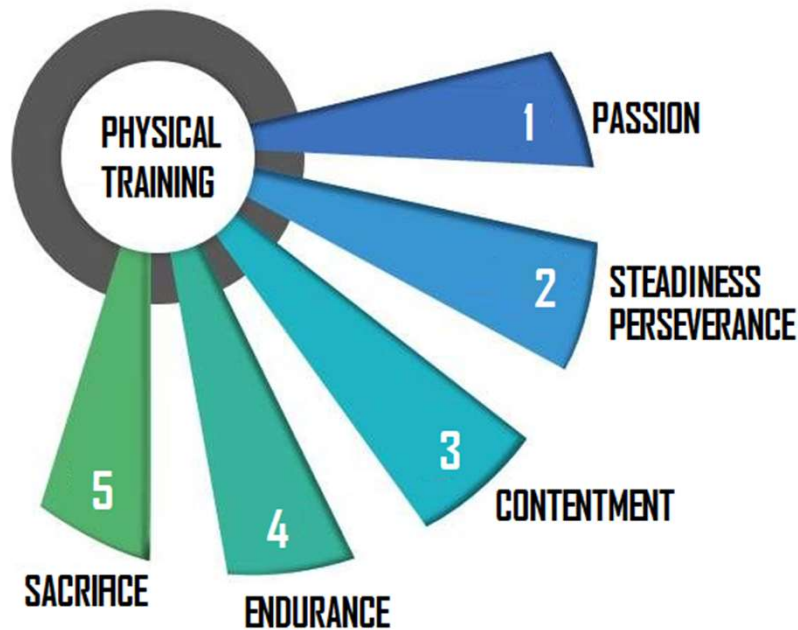
You definitely need to govern each of these items, to succeed.

JOE SANTANGELO (AUTHOR/COACH)





PHYSICAL TRAINING: FACTORIZATION



What you actually do while training.
The Techniques.
THE BASICS.

A man - to get there - must hold his own: *PERSEVERANCE* is one of the supreme virtues.



TACTICAL/STRATEGIC TRAINING FACTORIZATION



A first batch of Strategic Mindset, Responsibility and Self-Talking is a strong example of that «mysterious mix» which a beginner actually neglects, condemning himself to be unsuccessful.

You need Strategy.

You need a Strategic Approach to your Sport.

You need your MINDSET to take control.



CODE OF ETHICS: FACTORIZATION



A package of elements, which may easily drive your career: your training, your behaviour, your style, your crucial choices.

The MIX of them can be INSPIRING for any Sportsman, who is applying to become the World Champion.





GOAL SETTING: FACTORIZATION



All you want is the GOAL.

So what you really need is a Strategy to finalize the whole of your efforts and to apply to the highest possible performance.

You can really do that: «Your Possible Best» **YPB**

You need a methodology to design your sessions to achieve clear, reasonable, measurable, achievable and challenging GOALS.





CLARITY: FACTORIZATION

DEFINE THE
CIRCUMSTANCE

01

EXPECTATIONS
MANAGEMENT

02

HERE AND NOW
FOCUS

03

SENSATIONS
MONITORING

04

CONCENTRATION

05

SW-ANALYSIS

06

EMOTIONS
CONTROL

07

B-PLAN
ATTITUDE

08

Clarity of destination drives yourself to ENTER THE FLOW, ultimately.

You need a precise ROADMAP to select your moves, time by time. If you are subjected to emotions and openly ignore your S&W. If you neglect to B-Planning, then you have higher expectations than deserved. The FLOW means being *Here-and-Now*. The FLOW means that you do not decide any more: you only recessively OBEY to your SPORT-Discipline.



SELF-CONSCIOUSNESS: FACTORIZATION

SELF CONFIDENCE 01

CRITICISM
MANAGEMENT 02

STRONG WILL 03

RESISTENCE TO
FLATTERY 04

UNIQUENESS 05

FRAMING
THE FAILURE 06

AMBITION 07

FRAMING THE
VICTORY 08INNER SELF
VULNERABILITY 09MANAGING THE
INTERNAL ENEMY 10

A strong will is not enough.

You need to route your motivation to the real sources, to go through physical injuries, psychic traumas, failures and humiliations.

You need to boost your ambition.

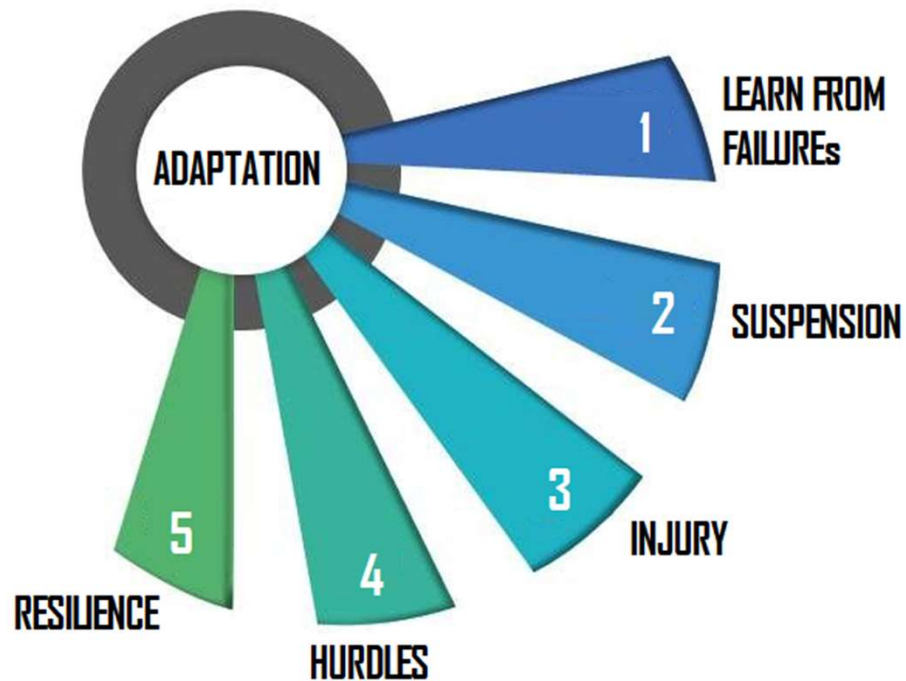
Sometimes is not you competing, but your INTERNAL-ENEMY, a person living inside, who takes the control of your body and mind.

And you lose. Time after time, race after race: you get used to losing, to failure.

You need to catch him, put him on the ropes and kill him, once and for all.



ADAPTATION: FACTORIZATION



A strong man adapts himself to any kind of internal and external circumstances, looks for and find the best compromise and fights hard until his last hope is vanished.

He wants to overcome hurdles: obstacles are the fuel to quicken the inner mechanism to the ultimate victory.

Postponing increases fear, acting increases courage





COURAGE: FACTORIZATION



A CHAMPION IS NOT AN ORDINARY PERSON.

A champion is a HERO. He never saves energy for the coming back: he always gives everything. He presents a strong INTERNAL-LOC for he believes that everything is up to him, that the outside world depends on the inside.

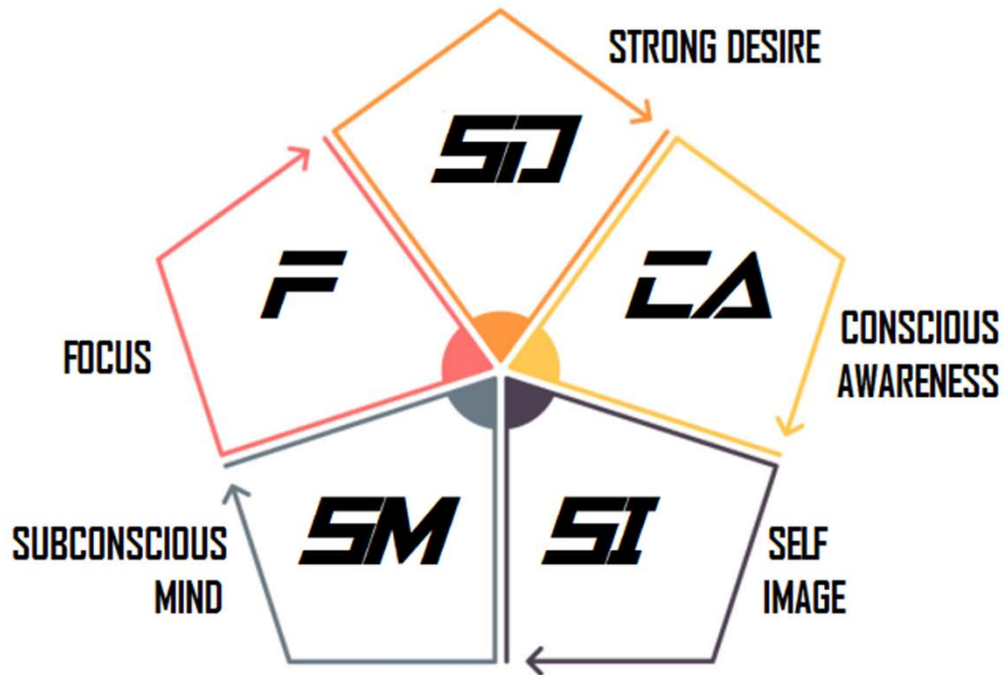
He entrust the whole of external achievements are the results of an inner work.

The Champion works inside himself much more than outside.





MINDSET's TOOLS WORKING AT THE UNISON



The 5-TOOLS Model of the SPORT-MINDSET represents an easier and denser understanding of the mindset functionality.

You need to apply your efforts to each of the 5 items to balance your Champion's MINDSET.

Any of them is explored and explicated with lots of practical examples.



THE 9 PRIMARY EMOTIONS WHICH AFFECT PERFORMANCE

1 ANGER

2 DISCOMFORT

3 BITTERNESS

4 DISAPPOINTMENT

5 RESENTMENT

6 GUILT

9 WORRY

8 ANXIETY

7 SHAME

Learn how to handle each of them, according to Mental Military Endurance



FOUR HACKs TO COPE WITH FEAR (PEAK-PERFORMERs')

01

FEAR IS CONTROLLED
WITH CONFIDENCE

02

FEAR IS CONTROLLED WITH CONFIDENCE

03

FEAR IS CONTROLLED BY KEEPING IT AT
THE FOREFRONT OF YOUR MIND

04

FEAR IS CONTROLLED BY
STUDYING FAILURE





FIVE ACTIONs TO CONTRAST AND WIN YOUR INTERNAL ENEMY

YOUR INTERNAL ENEMY
Problem



YOUR WILL POWER
Solution

- 1 FLOODs YOU WITH IMPULSES
- 2 CONVINCEs YOU DISENGAGE
- 3 GETs YOU GIVE UP (SETBACKs)
- 4 STOPS YOU FROM RECOVERY
- 5 WANTS TO BE CELEBRATED

- 1 TURN INWARD (INSIDE/OUT)
- 2 EMPOWER YOUR ENGAGEMENT
- 3 TRAIN AND BE RESILIENT
- 4 EMOTIONAL DEATH
- 5 PROVE HE IS WRONG

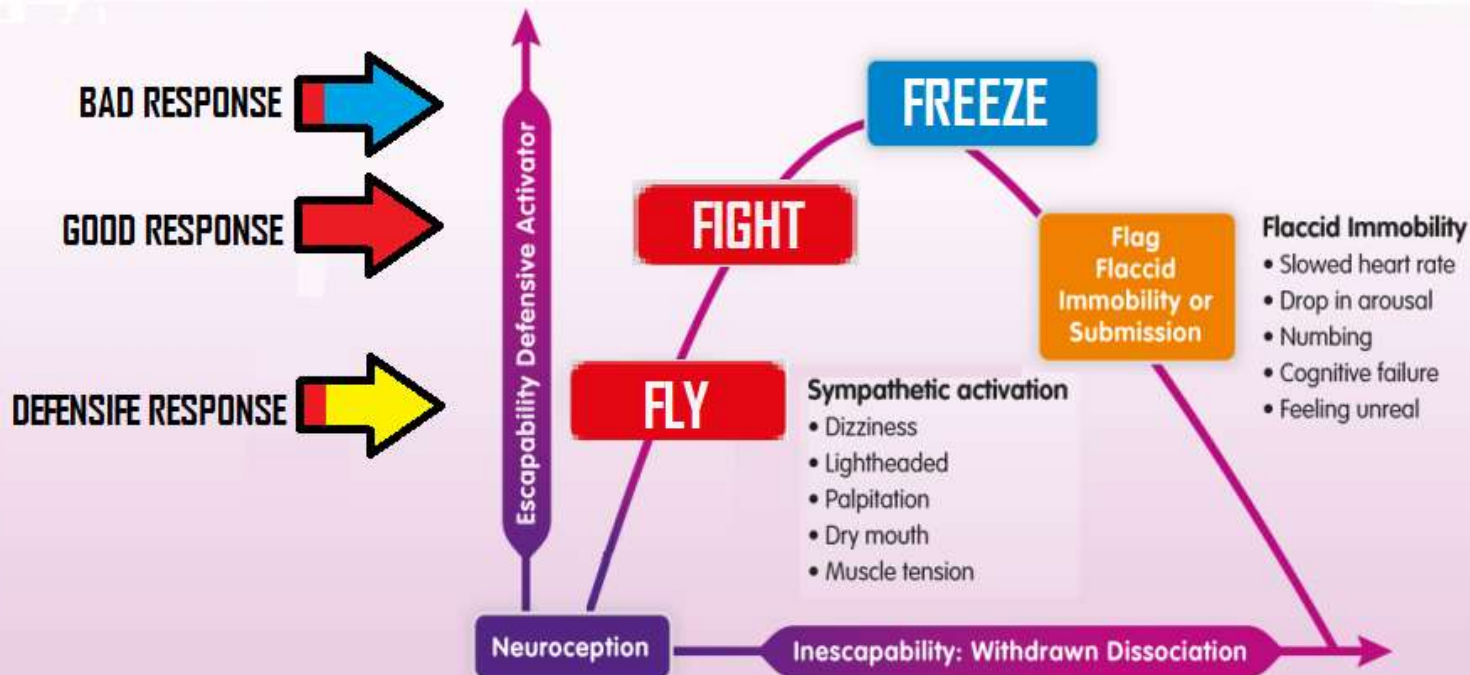
Your INTERNAL-ENEMY is your NEMESIS.

Is the strongest and most fearsome opponent you will ever encounter during your entire career.

Is actually lethal.

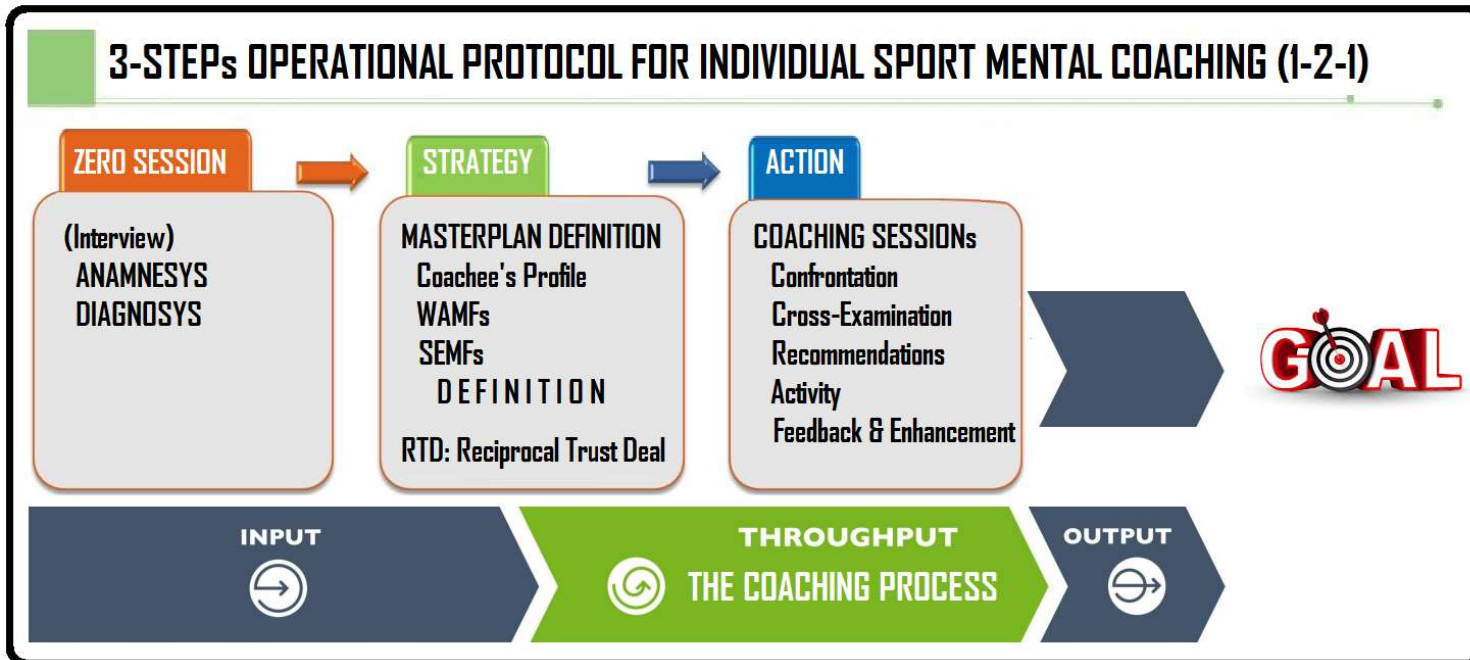
He is the real obstacle that separates you, in time and space, from being the World Champion.

INSTINCT TRILEMMA - FIGHT/FLY/FREEZE RESPONSE - RELATED TO EMOTIONS CONTROL



HOW TO COPE WITH PANIC, before, during and after a Sport Competition.

You can learn how to manage panic and even how to deploy panic to boost your performance.



You will learn how to design a Coaching Program for your students or how to generate a program for Self-Coaching.

POWERFUL QUESTIONS – PRACTICAL AND MENTAL EXERCISES – PROGRAM DESIGN CHECKLIST – PROBLEM SOLVED: THIS BOOK WILL BOOST YOUR COACHING CAREER TO THE NEXT LEVEL.

Joe Santangelo

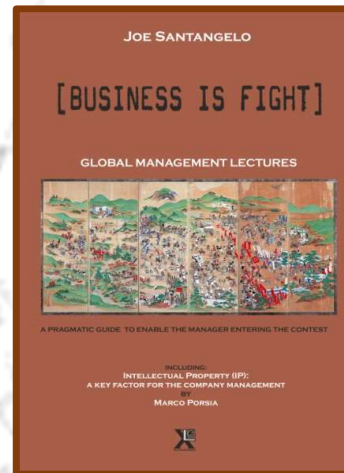
2 times World Champion – 1 European Title – Certified Sport Coach and Trainer – Certified Sport Mental Coach
Sport Psychodynamics Professor – KKB National TEAM Mental Coach – University Lecturer – 19 Publications



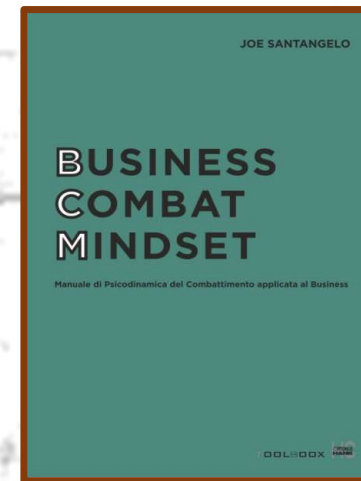
SPORT Strategy
(1995)



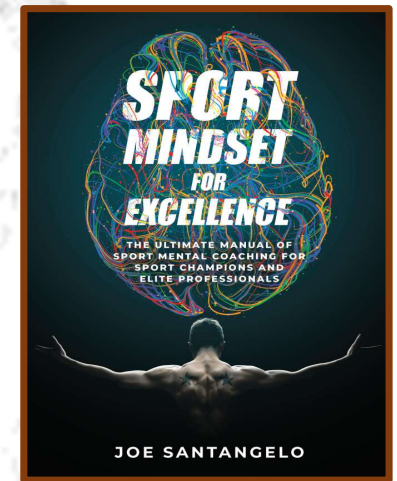
Sport Ethics
(2015)



Business is Fight:
Lectures (2017)



Business Combat
MINDSET (2021)



Sport Mindset for
Excellence (2023)

SPORT MINDSET FOR EXCELLENCE (@ 2023)

JOE SANTANGELO (AUTHOR/COACH)





THX for your kind attention
NOW YOU NEED TO JUMP TO

NEXT LEVEL
SPORT MINDSET FOR EXCELLENCE

