



Sports Psychology Resources

[Changing the Game Project](#) is a great resource for parents and coaches on how best to support their athlete and make sports a fun, purposeful experience.

[Association for Applied Sport Psychology](#) has a bank of resources for parents, coaches, and athletes, put together by practicing sport psychologists from all over the World!

Mindfulness Apps:

- [Headspace](#)
- [Insight Timer](#)
- [Smiling Mind](#)
- [Calm](#)
- [Stop, Breathe, and Think](#)

Podcasts:

- [Mindset Matters - Riley Jensen](#)
- [Increase your Impact - Justin Su'a](#)
- [High Performance Mindset - Cindra Kamphoff](#)
- [Finding Mastery - Michael Gervais](#)
- [Impractically Perfect - Casey Cooper](#)

Books:

- Mind Gym - Gary Mack and David Casstevens
- The Champion's Mind - Jim Afremow
- The Way of the Champion - Jerry Lynch
- How Champion's Think - Bob Rotella
- Endure - Alex Hutchinson
- Spirit of the Dancing Warrior - Al Huang and Jerry Lynch

Blogs:

- [Tiny Buddha](#)
- [The Positivity Blog](#)
- [Mindful](#)