DON MACNAUGHTON
COACHING

Parenting for High Performance Learning

Delivered by
Don Macnaughton
for Coerver Scotland

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adidas

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SOCCERMINDSET
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COACHING

PARENTING FOR HIGH PERFORMANCE LEARNING

is an innovative programme designed for parents of Coerver Players. The aims of the programme is to equip parents with the knowledge, attitudes and skills in order to support their sons in their journey within the soccer world .

ONLINE CONTENT

Dedicated Facebook Private Group only for Members

** Skill based tutorials*
** Weekly content relating. to learning and performance.*
** Discounts on One to One sessions with Don MacNaughton*

Some of the Areas Covered:

** The importance of a Growth Mindset in developing player confidence*
** How to have conversations to develop a "Growth Mindset"*
Understanding Motivation
Developing Grit and resilience
** Stress Management for Parents*
** How to balance competing priorities in football and life*
**Playing the long game in player development*
** How to review, adjust and kick on to next level of learning and performance.*
** How to develop Confidence*
** How to develop Resilience and Mental Toughness*

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HIGH PERFORMANCE COACH

Donald is an experienced practitioner whose approach utilises group work and one-to-one activites that equip individuals to unleash their potential in both football and life. Through his personal energy. humour and ability to empower. Donald has developed a reputation for getting the very best out of coaches and players alike.

Don has a progressive approach to interpreting the latest thinking in sports psychology, neuroscience and skill acquisition to enhance learning and performance.
With a focus on practical application he empowers his clients and promotes the mindset required for excellence in football and life.

TO BOOK GO TO

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