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Who Will Win the Big Game? 50 Championship Characteristics - A Psychological & Mathematical Method for Identifying Winning Players, Teams & Coaches

Jay P. Granat, Carlton J. Chin

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The Big Game Events like The Super Bowl, The World Series, A Championship Fight, The Masters, Wimbledon, The US Open, The Stanley Cup, The World Cup, The Olympic Finals, The BCS Championship, a State Championship, and a Club Championship evoke special interest and a wide range of emotions for both the fans and the participants. Some people collapse under the pressure and others thrive in the spotlight and relish these big moments. What determines which teams, athletes and coaches will succeed when they are in the big game? And what determines who will fail to perform to their potential? This book will address the psychological forces which contribute to winning and to losing. -Why do some athletes excel in the big game? -What causes others to choke when the pressure is on? -What role does psychology play in determining the outcome of sporting events? -Can psychological factors determine how well an athlete or a team performs on a particular day? -What are the key psychological, sociological and emotional variables that impact the way teams, athletes and coaches perform under pressure? -What causes losing streaks and what causes winning streaks? -Why can some coaches win with many different teams and players? -What allows some athletes to play in the zone when the pressure is on? -What causes some athletes to choke and perform poorly? -Why do some athletes seem to always win while other equally talented players seem to always lose in the big game? -What percentage of sports is mental? -What are some of the secrets to winning the big game? Who Should Read This Book? The ideas and information in this book will be of interest to a wide range of sports enthusiasts. If you are a professional athlete, high school athlete, college athlete or a weekend warrior, you can get a better understanding of sport psychology from this book. If you are a coach who wants your team to play better, this guide should give you some new ways to think about your team and some new ideas about how to manage and how to motivate your players. If you're a journalist who writes about sports, you will get some increased understanding about the psychology of winning and losing as well as some good ideas for your column. If you're a parent who wants your child to master the mental aspects of competing in sports, this book will contain some useful information for you. If you are a coach or a recruiter who is trying to decide who to have join your team, you should find the ideas in this book to be helpful in making some of your personnel decisions. If you like to debate the outcome of sporting events with your friends, co-workers or colleagues, you will get some additional fuel to support your view point from this book. If you're a sports fanatic who likes to call in to sports talk radio shows to express your opinion on big games, this book will give you some new ways of looking at the teams you love and the teams you hate. If you like to bet on sporting events, this book will give you some additional insights into the psychology of competing effectively in individual and in team sports. While this book is not intended to encourage gambling, millions of Americans do wager on sporting events every day. Fantasy leagues are now quite popular among baseball and football fans. And events like The Super Bowl and The Final Four attract lots of dollars from casual fans and serious gamblers.

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