

Mindsports® Basketball Coaching

One-on-one sports psychology and skills coaching

Discover How to play with skill and passion...every game

- Want to take your talent to the next level?
- Want to become a player who has a unique impact on every game?
- Want to take control of your basketball and life dreams?

Mindsports® is a performance enhancing technique that **integrates mental and emotional toughness, with actual basketball skills. It is unique, powerful, and fast tracks player development.**

Mastering the mental aspects of the game of basketball is a must. It will help you develop into a more accomplished and multi-talented athlete, with self-belief and confidence. It's all about learning to play with determination, mental toughness, and an understanding of the game. Then you aren't intimidated by any situation...or anybody.

"The Mindsports® system demonstrates that given the right motivation, personal instruction, and dynamic learning environment; anything is possible. Every player can become a more complete athlete and person." Larry Holmes

- I am a Former Neptune High School player during the string of seven consecutive Shore Conference titles, and earned a scholarship to Division 1 college, FDU. After transferring to the University of Michigan, I started a teaching career, before developing my own consulting businesses.
- The Mindsports® system is the result of what I've learned through my playing, coaching, academic education, and corporate leadership and team development programs.

Using Mindsports® techniques, a player learns to control and direct their thinking, before, during, and after competitions. This skill is equally applicable to their schooling, and other areas of their lives. That's why parents also love it.

"Larry is the only sports psychologist that I trust to work with. He's the only one I've seen who knows the mind and the game...and me." Paul Maley, former Ivy League player of the year at Yale, and all-star and championship player, Australian National Basketball League.

In the introductory session, you get:

- Introduced to the Mindsports® process. With an assessment of both mental, tactical, and basketball skill levels.
- To start the work of making you capable of performing at your peak level, everyday, every game!



Book Now! Schedule a one and a half hour Introduction. Contact:

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