

# GET THE MOST OUT OF YOUR ABILITY MENTAL TOUGHNESS TRAINING FOR LACROSSE SEMINAR

***GIVE YOUR PLAYERS THE MENTAL GAME AND GIVE THEM THE EDGE!***



Brian M. Cain, MS CAA is one of the top peak performance coaches in the World today. A highly sought after clinician, Cain has given hundreds of presentations at conferences, clinics, clubs and programs all around the globe. Cain has trained some of the top players in the country at every level to overcome blocks and play to their potential.

Let Cain help train your players with his **ALL NEW PERSONAL RESPONSIBILITY IN DAILY EXCELLENCE (P.R.I.D.E.) PROGRAM**. These new one and two day workshops build on the basics of applied sport psychology and peak performance, and go into more depth to teach your athletes the nuts and bolts of mental toughness, giving them the ability to play at their best when it means the most... Every single day.

## **HERE ARE SOME OF THE TECHNIQUES YOUR ATHLETES WILL LEARN:**

- How to link today's practice with tomorrow's dream – Goal setting that carries over the course of the season
- Staying calm under big game pressure – In depth relaxation training
- How to feel like a winner **before** you play – Using ***great game cues***
- Programming yourself for peak performance – Using ***self-hypnosis and power statements*** to play your best
- How to work with teammates to ***build a winning team***
- Staying cool and loose the ***nights before*** the big game
- Using ***failures & setbacks*** to build success – How to rebound from defeat quickly
- Talking yourself into ***self-confidence***
- ***Mental rehearsal*** for championship preparation and performance
- How to ***play the game of lacrosse one possession at a time***
- Developing ***championship concentration***

*“Brian Cain will help you to be at your best when it means the most. He has helped take my career to another level.” - Georges St. Pierre – UFC Welterweight World Champion*

**P.R.I.D.E. provides you with more strategies you can use and is custom-designed to fit the needs of your program and athletes.**

**GIVE YOUR ATHLETES THE MENTAL GAME & GIVE THEM THE EDGE**  
**Contact Brian Cain today for more information and scheduling**



**Brian M. Cain, MS, CAA – Peak Performance Coach**

Brian Cain Peak Performance, LLC  
96 Pinnacle View, Richmond, VT 05477

H: (802) 487-3046 – O: (802) 858-1774 – C:(802) 999-1096 - brian@briancain.com - www.BrianCain.com