

MENTAL GAME VIDEO LIBRARY FOR IMGCA CERTIFICATION STUDENTS AND GRADUATES

IMGCA has compiled links to over 500 videos that teach, describe and embrace the mental approach to learning, practicing and performing, in over thirty categories, in sports, business and life. This library is for the exclusive use of IMGCA certification students and graduates.

We continue to search the web extensively for high quality mental game videos, and place them into handy categories so you can easily find them, view them and come back to them again and again. Our goal is to add five or more videos each week. We want you to make these videos an indispensable part of your mental game training library.

We want to save you the time and difficulty of finding these specialized mental game videos, reviewing them for quality, and archiving them for future use. We have avoided including videos with overtly commercial presentations, unless the mental game content is compelling.

These videos show many of the top mental game experts in the world, and experts in other areas speaking about critical issues that impact what we do as mental game coaches.

We Want Your Suggestions About The Videos

Please help us rate the videos and make suggestions for how we can use these to create excellent learning experiences. As you find other online mental game videos you like, please send us the link and we will review it and potentially add it to this page. If you discover a bad link or video in this library you believe we should remove, please let us know. If you have your own video you have created, we can consider placing it on this page as a resource. Please send us the link and we will review it.

Suggested Questions to Guide Your Viewing of These Videos

We suggest you print these questions and have them with you as you view each video. This will help you know what to watch for, and how to extract the maximum learning from each video.

- What lessons or messages on the mental game does the video contain?

- How could you use the mental game content in this video to help yourself as an athlete, performer and as a coach, teacher and consultant?
- How might you teach the mental game content contained herein to a client?
- If you were the Director/Producer of this video, and could re-shoot it, what would you change?
- How can you take the mental game content contained herein and extrapolate it to other sports and venues? For example, how might you use this material to coach salespeople? Public speakers? Actors? Musicians? Writers? Others?
- What audience do you believe this video best speaks to? Athletes? Parents? Coaches? Other? All the above?
- What do you like best about this video?
- What do you like least about this video?
- How would you rate this video on a scale of 1 star to 5 stars, with 5 stars being best?
- What suggestions or ideas might you have about creating your own videos, and/or having the IMGCA create videos?

Enjoy your IMGCA video learning experiences!

Bill Cole, MS, MA
IMGCA Founder and President

IMGCA MENTAL GAME VIDEOS CATEGORIES

1. Sports Psychology / The Mental Game
2. Air Racing
3. Alexander Technique
4. Archery

5. Auto Racing
6. Baseball & Softball
7. Basketball
8. Bicycling
9. Billiards
10. Bowling
11. Boxing
12. Business
13. Championship Thinking
14. Coaching
15. Cricket
16. Equestrianism
17. Fencing
18. Fitness
19. Football
20. Gaming
21. Golf
22. Gymnastics
23. Hockey
24. Inner Game
25. Lacrosse
26. Martial Arts

27. Meditation
28. Mental Toughness
29. Mental Training
30. Military Mental Game
31. Mind-Body Disciplines
32. Motorcycle Racing
33. Music
34. Racquetball
35. Running
36. Selling
37. Shooting
38. Skiing
39. Soccer
40. Speaking
41. Sport and Society
42. Sports Hypnosis
43. Squash
44. Stress Management
45. Swimming and Diving
46. Tennis
47. Visualization
48. Volleyball

49. Wrestling

50. Yoga

51. The Zone