

**Alex Von Ludwig Academy (AVLA) Psychological and mental teaching**

<b>Prepare Age ( 6 – 10 )</b>	<b>Basic mental period ( Age 10 – 14 )</b>		<b>Special Mental Period ( Age 14 – 18 )</b>	<b>AGE</b>
	<b>Basic mental fitness ( Age 10 – 12 )</b>	<b>Special mental period (Age 12 – 14 )</b>		
<ul style="list-style-type: none"> <li>-group truly integration</li> <li>-how you acting with team meets</li> <li>-visiting the practices</li> <li>-practice discipline</li> <li>-trying your best always</li> <li>-mistake is part from any game</li> <li>-focus</li> <li>- more interest after sport</li> <li>- how important the school</li> <li>-communication with the parents</li> </ul>	<ul style="list-style-type: none"> <li>- Time important</li> <li>-make your staff ready</li> <li>-responsibility for sport and team meets</li> <li>-How you acting in the field</li> <li>-how you acting in the game</li> <li>-respect team meets and adults</li> <li>-Respect your Club</li> <li>- how important the school</li> </ul>	<ul style="list-style-type: none"> <li>-Personal Tate</li> <li>-appurtenance</li> <li>-courage</li> <li>-hardiness</li> <li>-Respect your Club</li> <li>-Respect opponent</li> <li>- how important the school</li> <li>-passion for the game</li> </ul>	<ul style="list-style-type: none"> <li>-Special Personal Tate</li> <li>-volitional quality developments</li> <li>-right way of living</li> <li>-respect opponent</li> <li>- how important the school</li> <li>- be ready for the life</li> <li>-be ready for conflicts</li> <li>-passion for the game</li> </ul>	<b>M E N T A L  strength</b>

**Alex Von Ludwig  
Master Coach**

