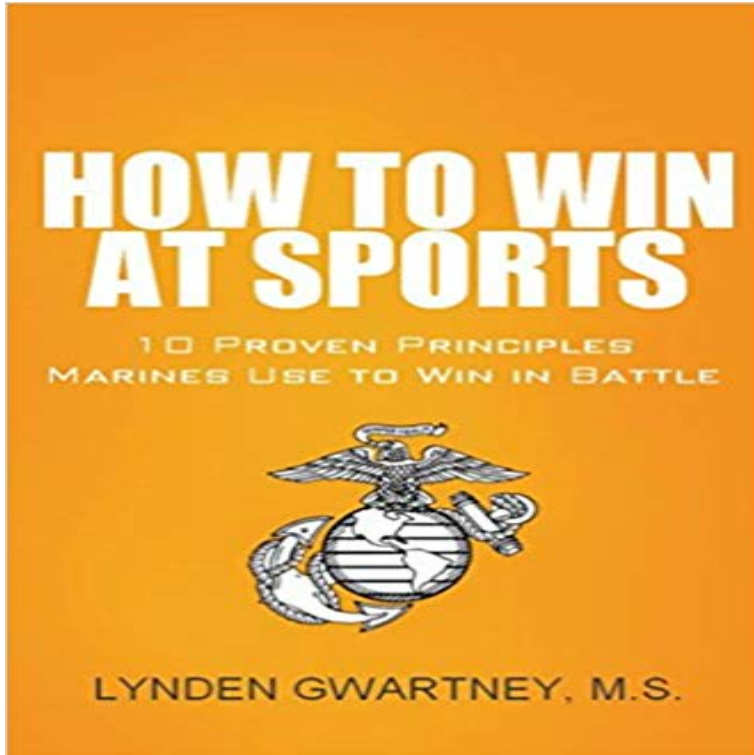


How To Win At Sports: 10 Proven Principles Marines Use To Win In Battle



Have you ever wondered why some coaches and athletes almost always win? Did you know that winning is a skill-set that can be learned? Would you like to discover proven principles for winning in competitive sports that you can use today to win more games? In *How to Win at Sports: 10 Proven Principles Marines Use to Win in Battle*, Lynden Gwartney shares the results of his research into the minds and tactics of winners in sports and military strategy. A doctoral candidate in the field of Sports Coaching with a masters in sports coaching and sports psychology, an Iraq War veteran, and the 2006 Marine Corps RDS Male Athlete of the Year, author Lynden Gwartney reveals the secrets hundreds of thousands of athletes from high school to the pros have used to become champions in their sport. Through examples from current Marine Corps strategy and analysis of the worlds top athletes and coaches as well as thirty years of experience as an athlete and coach Lynden reveals the time tested principles that all champions use to gain an advantage over their opponents. Youll discover:

- * How to score more points quickly and easily
- * How to create gaps in any defense to open more scoring opportunities
- * How to effectively communicate and get everyone on the same page
- * How to reduce the amount of points scored against you
- * How to improve your consistency and decision making
- * And much more . . .

Whether youre an athlete or a coach, these simple and easy to apply principles will give you the competitive edge you need to win more games, earn more championships, and elevate your game to the next level. If youre a true competitor who loves to win, then this book is for you!

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