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Athletes' skill acquisition, success, enjoyment, continued participation, and physical and psychological well-being are all strongly influenced by coaching behaviors. Not surprisingly, therefore, research on coaching behaviors and their consequences have been a strong focus of research in sport and exercise psychology.

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Paul Castle (Author of Psychology of Motorsport Success)
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Having taken a sabbatical from his motorsport consultancy, Brain-Tuned Sport Psychology Solutions, he is currently employed as a Senior Lecturer and Director of the Sport Performance & Coaching Centre at the University of Worcester. He has worked as a sports psychologist in the motorsport arena since 2002, both with motorcycle and car racing teams.

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A book for all motorsport competitors, whether on four wheels or two, as well as for the armchair audience wishing to gain an insight into how competitors at the top level of the sport use psychology to gain an edge. The information is accessible to all with an interest in psychology, whether competitor, practitioner or student. Explanations of key points aided by informative diagrams and ...

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Paul Castle is the author of **Psychology of Motorsport Success** (4.50 avg rating, 4 ratings, 0 reviews, published 2008), **Shooty Dog Thing** (4.67 avg rating,...

Psychology Of Motorsport Success

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