



Killer Athletes: America's Special Operations Warriors Share Lessons & Advice To Help Young Athletes Become Champions!

Cole Tucker

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Navy SEALs, Army Rangers, Air Force Pararescuemen and members of other Special Operations Forces are renowned for their mental and physical toughness. These qualities are also essential for high achievement in the world of competitive sports. Written primarily for young athletes at the youth and high school levels, this book distills lessons and insights shared by these exceptional warriors into actionable advice that can be used by those that are striving for excellence.

The first section of the book introduces readers to Special Operations Forces, the extraordinary men assigned to these units and why athletes should adopt their habits and mindset. Topics covered include;

- The Warrior Code
- America's Special Operators
- 10 Special Operator Traits & Habits
- The Invincible Mindset
- Two Types of Friction Found in War & Sports (And how to neutralize them!)
- The Killer Athletes

The next section contains training concepts, philosophies, techniques and advice shared by former special operators. Please note that this book does not contain specific workout routines, but instead focuses on introducing young readers to some of the fundamental concepts of sports nutrition, strength training, practice methodologies and other issues associated with high-level physical training. Topics covered include;

- Nutrition (How to fuel a high-performance body!)
- Physical Training (Fundamental knowledge used by "Warrior Athletes")
- Heart Rate (Why special operators focus on this)
- Rest and Recovery (The importance of Active and Passive Rest)
- Deliberate Practice and the "10,000 Hour Rule"
- Dealing with Distractions (How to "Focus on the Mission")
- Coping with Injuries (How mental techniques can speed healing)

The final section is focused on the mental toughness, self-confidence and resilience that enables these warriors to succeed in incredibly stressful and dangerous situations. Topics covered include;

- Mental Toughness (How athletes can develop it)
- The Human Stress Response (Mastering the "Fight or Flight" instinct)
- Fear and Stress (Techniques used by special operators to control both!)
- The High-Achiever Mindset

- Pre-Competition routines (How to Reduce Stress and Sharpen Focus)
- Goal-setting techniques

Written primarily for young athletes seeking to gain a physical and mental edge over their competitors, this book can also be used by parents and coaches as a tool to assist in the mentoring and development of their sons, daughters and team members.

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