



Rush Soccer Sports Psychologist Dr. Lee Hancock has prepared some great material for coaches, parents and players for this months MentalSkills Acquisition Program (MAP) topic - CONCENTRATION!

Whether a professional athlete, or player kicking the ball around for the first time, the ability to concentrate on a given topic can help players make great strides in short periods of time.

[Check out this months exercises here.](#) Just click on Coach, Parent or Player to get specific information!