Table of Contents

Chapter 1 Introduction
Performance psychology: developing a peak performance culture
Dave Collins

Section 1 - Preparation
Chapter 2 Aims, principles and methodologies in talent identification and development
Angela Button
Chapter 3 Expertise: the goal of performance development
Nicola J. Hodges and Joseph Baker
Chapter 4 Psychological characteristics of developing excellence
Ã­ine MacNamara
Chapter 5 Talent development environments: key considerations for effective practice
Russell Martindale and Paddy Mortimer
Chapter 6 Implications and applications: views from the performerâ€™s panel
Dave Collins

Section 2 - Provision (of support)
Chapter 7 Introduction: organisational issues in providing support
Dave Collins
Chapter 8 Organising for excellence
Veronica Burke
Chapter 9 The team perspective: promoting excellence in performance teams
Alan C. MacPherson and Patrick Howard
Chapter 10 Planning for physical performance: the individual perspective. Planning, periodization, prediction, and why the future ainâ€™t what it used to be
John Kiely
Chapter 11 Practical dimensions of providing for excellence: views from the performerâ€™s panel
Dave Collins

Section 3 - Practice
Chapter 12 Introduction: practice regimens for excellence
Dave Collins
Chapter 13 â€˜Keeping it togetherâ€™: motor control under pressure
Chris Button, Clare MacMahon and Rich Masters
Chapter 14 Skill acquisition: designing optimal learning environments
Joan N. Vickers
Chapter 15 Effective skill development: how should athletes’ skills be developed?
Andrew Abraham and Dave Collins

Chapter 16 Mental practice: neuroscientific support for a new approach
Paul Holmes and Claire Calmels

Chapter 17 Developing the performance brain: decision making under pressure
Duncan R.D. Mascarenhas and Nickolas C. Smith

Chapter 18 Practical dimensions of developing skill: views from the performers’ panel
Dave Collins

Section 4 - Performance

Chapter 19 Introduction: performing on the day
Dave Collins

Chapter 20 Coping and mental toughness
Hugh Richards

Chapter 21 Emotional issues of peak performance: managing mood
Sheelagh Rodgers and Britt Tajet-Foxall

Chapter 22 Attention
Aidan Moran

Chapter 23 Putting it together: skills for pressure performance
Mark Wilson and Hugh Richards

Chapter 24 Putting them together: skills packages to optimize team/group performance
Dave Collins and Judy Collins

Chapter 25 Practical dimensions of realising your peak performance
Dave Collins

Conclusion Where next? Getting help in your pursuit of excellence
Amanda Martindale and Dave Collins