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a "choke" is the failure of an athlete or an athletic Choking in sport Choking under pressure decreases the standard level of athletic performance,

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Keywords. IZOF model; Emotions; Mental training; Gymnastics; Hockey; Much of the work in applied sport psychology is based on experiential knowledge, and

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Activation Regulation. Self-regulation in sports was often equated the intuitive and emotional self. pp. 23 37 [Activation, self-regulation, and performance.

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Emotion regulation and sport performance

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