REFERENCES

Accuracy Task under Fatigued and Non-fatigued conditions. *Unpublished Master’s Dissertation*, West Virginia University, West Virginia, USA


Competitive Anxiety, Self-Confidence, and Tennis Performance, *Journal of Applied Sport Psychology*.


Crust, and Azadi, (2010) Mental toughness and athletes’ use of psychological strategies


Finch (1998) Relationships between Coping Strategies, Trait Anxiety, and Motivational


Golby, J., & Sheard, M. (2004). Mental toughness and hardiness at different levels of


Horikawa, M & Yagi, A (2012) The Relationships among Trait Anxiety, State Anxiety and the Goal Performance of Penalty Shoot-Out by University Soccer Players, PLOS ON a peer reviewed open access journal Received: November 4, 2011; Accepted: March 23, 2012; Published: April 23, 2012


Mamassis, G. & Doganis, G. (2004) The Effects of a Mental Training Program on Juniors Pre-


*Sport Psychology*, Volume 16, Issue 2, pages 118-137.


Walker (1998), An Exploratory Examination of Psychological Techniques Employed by


Women's Swimming & Diving 1 Monday, January 16, 2012 info@condorperformance.com


Yukelson, D. *What is mental toughness and how to develop it?* (Retrieved on April 10, 2009) http://www.mascsa.psu.edu/dave/Mental-Toughness.pdf