

## Special Issue

# Current Opinion in Sport Psychology

### Message from the Guest Editors

A trend that has been gaining traction in sport psychology is the increasing emphasis on the importance of mental training for athletes. This involves teaching athletes specific psychological skills such as relaxation, visualization, and coping, which can help them perform at their best in high-pressure situations. Personalized approaches are also on the rise. This involves tailoring psychological interventions and techniques to the specific needs and goals of each athlete. Coaches are now seen as important partners in the development of athletes, and many are taking steps to develop their own psychological skills related to well-being and performance. From the increasing emphasis on mental training and technology to personalized approaches and the role of coaches, sport psychology is providing new and innovative ways for athletes to enhance their performance and achieve their goals. This Special Issue intends to discuss all areas that are related to sport psychology, accepting opinions and trends from well-established researchers around the world combining efforts in generating solid and theory-based research in sport psychology.

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### Guest Editors

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