Sport Psychology 11 Assignment Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Helping Teens Learn the Mental Aspect of the Game**

1. Why do teens seem to be particularly vulnerable to sport related anxiety?
2. What symptoms of anxiety do teens experience?
3. What could happen if this anxiety goes untreated?
4. What type of coping mechanisms could they develop? What problems could develop by only using these methods?
5. What types of strategies are recommended?
6. How can parents and coaches help?
7. What other signs could show up that may mean its time to seek help?