Digital Coaching and Mental Skills Development in Sports: Harnessing the Power of Information Technology

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Abstract

The essential purpose of this research study is to determine the digital coaching and mental skills development in sports. This research study also describes the harnessing power of information technology between them. This research depends upon primary research data analysis for measuring the research develop different research questions related to the variables. Digital coaching and mental skills development are independent variables; the sport and information technology are dependent variables. To determine the research study used, SPSS software results determine descriptive statistics, one-way ANOVA test analysis, the regression analysis, and control chart related to dependent and independent variables. The overall result found that digital coaching shows a positive also significant link in sport harnessing of information technology. Mental skills development also shows a direct link in sports related to information technology.

Keywords: Digital coaching (DC), Mental Skills Development (MSD), Sport (S), Harnessing power (HP), Information Technology (IT)

Introduction

Innovative technology has advanced the coaching style in the sports field. The traditional coaching styles are based on old coaching methodologies in which athletes are trained according to their strengths and abilities. In the sports like martial arts and karate, students are taught with the help of the coach's close coordination process. In close coordination, coaches trained the students with unique exercises based on the athlete's body (Ahir et al., 2020). While in sports like cricket, the athlete is trained in groups to improve the overall team performance in sports. These training methods used in different sports training are physical training methods based on old coaching styles, but with the help of digital technology, the athlete is now being trained using innovative technology. Athletes are trained using the most advanced training methods in digital technology-based training sessions. Also, most education institutes all around the globe provide education about sports using digital technology to provide maximum knowledge to sports students about specific sports (Bernacki et al., 2021). The learning management system of various universities and colleges uses technology-based systems to improve students' learning experience. In the sports educational field, athletes are trained using digital technology sports programs. These programs give young athletes a better understanding of game tactics (Dash et al., 2019).

Digital coaching involves teaching the athletes about the importance of physical exercise .digital coaching motivates the athlete to be active and indulge in minimal exercise activities while at home .e-coaching is a digital coaching platform that teaches athletes to be goal-oriented (Gámez Díaz et al., 2020). E-coaching guides athletes using five effective steps. the first step improves the use of online training sessions that provides support and intervention to athletes. The second step involves the use of sports programs. The third step is to use the train-the-trainer model to provide sustainable and effective home-based sport-oriented physical training to athletes. The e-coaching process is usually carried out with the help of sports organizations. These sports organizations aim to deliver athletes with full strength-based physical training to enhance their performance as skillful athletes (Goulart, Liboni, & Cezarino, 2022). E-coaching provides various benefits. The first benefit is that sports-based e-coaching can influence a large number of people to indulge in sports. The second benefit of e-coaching is to make each athlete more active in physical training sessions. The third benefit of e-coaching is that it improves athletes in such a way that he becomes professional player. The fourth benefit of e-coaching is that it makes communication between athletes and coaches easier. All these benefits help in building an athlete's skillful playing abilities (Souza et al., 2021).

The e-coaching process is based on five principles that ease the online sports-based training process for athletes. The first e-coaching principle is engaging the athlete in various home-based physical exercises. this process further includes providing knowledge to people about the importance of exercise in their life and its role in improving their lifestyles. The second principle of e-coaching in sports is to explore.in this process, athletes are

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given full control to explore their respective sport-related concepts. This process makes the learning experience easier and more enjoyable for athletes (Mâță, Clipa, & Tzafilkou, 2020). The third principle involves the use of explaining features. in this process, coaches explain to athletes how to use modern technology to get benefit from it while sitting at home. the explaining process involves the question-answer phase.in this phase, the coaches answer athletes' every answer regarding the benefit associated with this home-based e-coaching. The fourth principle involves an elaborate phase. In this phase, coaches elaborate to athletes about the type of home-based training they are going to adopt in the e-coaching process. The fifth principle is evaluation. This step assesses the athlete's abilities after completing the e-coaching session. The assessment test helps provide knowledge about the advantages an athlete gets from the e-coaching training sessions (Pihlainen, Korjonen-Kuusipuro, & Kärnä, 2021). All these five principal steps adopted by e-coaching sports organizations for providing the athlete with home-based training sessions improve their performance in the sports field.

Most of the e-coaching is provided to athletes that undergo a rehabilitation process after a sports injury situation. athlete facing injury situations are provided with home-based physical exercise that improves their physical and mental health and makes them able to return to the sports ground with full enthusiasm .during the covid 19 pandemic condition athletes were unable to play and developed anxiety and depressions symptoms (Wang & Li, 2022). During the covid period athletes were given training trough e-coaching programs to make sure that athlete mental and physical health does not get worse. Covid 19 destroyed the mental health of athletes and made them homesick and devoid of physical activities .so. To overcome athletes' mental health problems during the covid 19 pandemic, they were given intervention-based e-coaching that improves their mental health and makes them mentally fit. One of the most important advances brought about by the fusion of sports and technology is digital coaching and improving mental skills. Information technology-based digital coaching gives athletes individualized training plans, data-driven performance analysis, and virtual simulations to hone their tactics and strategies. Technology-driven mental skill development provides athletes the tools they need to improve focus, overcome psychological obstacles, and develop mental toughness in the face of grueling competition. Using the rise of digital coaching and its potential to completely alter how athletes practice and compete as its primary case study, this essay examines the dramatic effects of information technology on sports training and the development of mental skills. We'll also explore the cutting-edge ways technology fosters athletes' mental toughness so they can deal calmly and confidently with pressure-filled circumstances. Athletes stand to unlock their full potential and redefine the limits of excellence in the contemporary sports arena by utilizing information technology while preserving the essential human aspect of coaching and support. On this voyage, we will see how technology is changing the face of sports and enabling athletes to achieve new heights and make a lasting impression on their domains.

E-coaching helps develop self-efficacy features in athletes, and for this purpose, digital technology is used in e-coaching programs. Making training session digitalized reduce the chance of sports injury in athletes. Digital coaching is needed to provide each athlete with personalized guidance and information about sports. One month of training provides significant changes in athlete game playing skills, and when these athletes return to the field, their game-playing skills strengthen more. So digital coaching can improve an athlete's knowledge about his sports field and guides him to adopt the unique skill to excel in his career (Willson et al., 2023). Many sports organizations and sports industries provide their sports team players with e-coaching programs to level up their game-performing activities .for make the e-coaching programs more effective; the sports industries ensure the use of VR and AR in the coaching process. The use of VR and AR improves the efficacy of e-coaching programs (Zhang, 2022). Moreover, to advance the development of e-coaching programs, various sports organizations allows trained instructor to run these e-coaching programs to provide professional sports training to athletes. Professional sports trainers teach the athlete more expert skills than nonprofessional trainers.

Research Objective

The research objectives of this study are to comprehend the concept of e-coaching or digital coaching using a digital technology-based system. Moreover, the use of e-coaching for promoting athletes' mental and physical has also been dissuaded in the article.

This research study determines digital coaching also that mental skills development in sports. This research study is divided into five sections first portion determines the introduction and includes the objective of the research. The second portion represents the literature review and presents hypothesis development. The third portion represents the research methodology, explain the sample, research participants, the methods, tool, and techniques,

also the present model between them. The fourth section presents the result and description the last portion summarizes the overall research study and present some recommendation about the topic.

Literature Review

Researchers explain that innovative technology used has revolutionized the field of football sports. The development of football sports products using technology has advanced the sport of football. The football ecosystem has been enhanced globally through the help of emerging technology. Football industries use information technology to make the working mechanism of their industries more modernized to meet the challenges of the emerging world (Beiderbeck et al., 2023). Studies claim that using an e-coaching system improves athletes' game-performing ability by enhancing their behavioral activities. E-coaching is a training session provided to athletes that work on a technology-based algorithm. By assessing athletes' physical health condition, this algorithm-based coaching system provides them with personalized training in specific sports. maintaining an athlete's physical health is very important for saving him from harmful health disorders (Ryan & Deepak, 2022). The athlete having regular virtual-based physical exercise sessions at home has fewer chances of developing any health-related problems (Chatterjee et al., 2023). scholars predict that telehealth is a technology system based on smart devices that detect a person's health state .smart devices uses AI to provide the most authentic information about an individual health tele-exercise is a technology-based exercise program that indulges individual in exercise activities while being at home. Tele exercises are a personalized technology-based system that provides virtual exercise videos to people through various apps. these apps track athletes' nutrition intake as well as their daily physical activity. The online workout sessions are provided through video conferencing in which the health instructor guides the induvial to perform an exercise-based task at home without using any exercising equipment (Fabbrizio et al., 2023). Studies reveal that exercise provides numerous health benefits and improves the overall physical health of athletes. For providing athletes with home-based sports training, various digital apps are used for providing virtual training. wearable sensors-based smart devices based on AI technology are tracking the playing trajectory of athletes (Guo et al., 2023). Studies explain that regular physical exercise holds great importance for a healthy cognitive aging process. the home-based intervention provided to people based on digital technology greatly improves people's health. the cognitive abilities and functioning of an individual performing home-based exercises using digital technology strengthen (Herold et al., 2023). Studies show that mobile cloud computing is a digital technology that aids the teaching process of home-based physical education. This computing software provides e-learning platforms with all the subject-related material and knowledge to improve the learning experience. for training individual athletes for para Olympic the physical education system faces great hurdles .using mobile cloud computing-based digital software makes the home-based training process of para Olympic players easier (Hong, Wang, & Li, 2023). Studies explain that sports-based e-coaching platforms greatly helps athlete in overcoming their skill-related problems, but the overuse of e-coaching and eLearning platforms can sometimes develop emotional detachment factor in athletes. Also, using digital technology to provide e-coaching to athletes first helps coaches learn the right training practices and then teach the right sports training to the athlete (Kirkland & Cowley, 2023). Studies claim that digital technologies greatly help sports patients in their rehabilitation process in sports-related health sectors. To save patients from using reusable medical devices, they are provided with technology-based immersive teaching to ensure their safety. The use of real-time digital technology for educating people about the safety and prevention needed to maintain during the reprocessing of medical-based devices (Kremer et al., 2023). Studies show that video games play an effective role in improving the context of education on physical exercise. combining physical training-based exercises with video game playing improves an athlete's reasoning skills (Merino-Campos, del-Castillo, & Pascual-Gómez, 2023). Studies reveal that the endurance factor is established in athletes using home-based physical training programs .some studies predict that young athletes develop performance-oriented psychological changes through sports endurance digital technology-based programs (Mishica et al., 2023). Studies explain that sports officials provide sports athletes with a training environment that improves their decision-making skills. The sports officials help establish an artificial intelligence-based environment for athletes in which they are provided with interventions to support them in sport-related challenges (O'Brien & O'Keeffe, 2022). Scholars predict that the performance assenting tool is used in the sports field to assess the performance of sports organizations that work using AI. the performance assessment scale provides information according to sports organizations' use of various artificial intelligence technologies. Sports organizations using AI-based technologies like VR and AR are considered high-

performing (Obaid & Khalaf, 2023). Studies claim that the main aim of infusing technology in the sports education field is to improve the practice opportunities for students .practice based approach infused with technology improves teachers' teaching methodologies and students' learning experience (Sprague et al., 2023). Studies explain that using digital technology gameplay effect student language learning behavior. using digital technology improves the EFL(English as a foreign language) students' self-efficacy and intentions to learn a new language (Tawafak et al., 2023). Studies suggest that using digital technology in training programs improves the efficacy of training plans (Warf, 2023). Studies explain that extended technology is the combination of VR, AR, And mixed technology .this extended technology when used in training programs, improves cognitive performance and improve operating skills of these programs .through the extended technological use in a training session, the knowledge-gaining ability of athletes improves (Yong et al., 2023). Studies show that the learning process is a metaverse evolving process. The content-providing industries use metaverse technologies in their platforms based on digitalized systems for providing physical education to university students for strengthens the utilization process of metaverse technology in educational institutes (Almeida et al., 2019; Yu, 2022). Moreover, the future of society is based on the use of metaverse technology in various fields, developing metaverse-based sports interactive environment facilities for the sports training process. To make the efficacy of the metaverse sport interactive system more advanced triboelectric nanogenerators are used in its working system (Zhu et al., 2023). Studies explain that sports industries organize professional gaming environments for athletes based on digital technology .organizing professional gaming platforms helps in making gaming a profession for pro gamers (Bihari & Pattanaik, 2023). Studies explain that the learning process becomes easier using modern technology. the technology-based learning environment develops an optimistic thinking approach in students. digital technology used in educational institutes has replaced the traditional education process. They are provided with technology-based teaching systems for teaching sports players about sports field-related information. The technology-based coaching and training enhance the athlete's ability to improve as a player (Erin et al., 2023).

Hypothesis Development

H1= digital coaching in sports with information technology has positive and significant impacts.

H2= The sport has significant and positive relations of mental skills development.

H3= There are negative but significant relations between coaching and mental skills development in sports.

Research Methodology

The research determines that digital coaching and mental skill development in sports this research determine information technology link with them. This research is based on the primary data analysis to determine the different questions related to digital coaching and mental skills development. According to the research, digital coaching is the main independent variable, also that mental skills development is the independent variable. the sport and information technology present dependent variable related to them.

Research Tools and Techniques

This research is based on primary data to determine whether the research used SPSS software and generated informative results. The descriptive statistic, the one-way ANOVA test analysis, and the regression analysis also present the control chart between them. The graphical analysis between dependent and independent describe the overall relationship between digital coaching and mental skills development.

Digital coaching and mental skills development

While there are many advantages to digital coaching, it's important to take into account any potential drawbacks as well, such as the absence of a physical presence that may affect the depth of the coaching connection. Sessions might occasionally be interrupted by technical difficulties and poor internet connectivity. Therefore, both parties must be ready to handle them. Due to technological advancements and the rising need for remote services, digital coaching has become increasingly popular. It complements conventional coaching techniques and can be useful for people looking for direction, support, and personal growth. The development of mental abilities is essential in sports since it greatly impacts an athlete's performance, consistency, and capacity to handle the pressures and difficulties of competitive sports. Mental training is just as important for optimum sports performance as physical training. Athletes frequently concentrate on honing the following critical mental competencies. A crucial component of developing mental skills is setting clear, demanding, and reachable goals. Goals provide athletes with a clear sense of what they need to work towards, direction, and motivation (Caulfield, May-Washington, & Jennings, 2022). Sportspeople utilize their minds to create images of themselves succeeding, performing at their peak, and mastering their techniques. Athletes can improve their confidence and get ready for competition through

visualization. Maintaining concentration during practice and competition is essential for achieving peak performance. Athletes acquire methods for focusing, staying present, and ignoring outside distractions. In order to perform at their peak, athletes must cultivate and sustain self-confidence. Confident Athletes may take chances, learn from their failures, and have faith in their talents. Athletes learn to replace negative thoughts and self-doubt with uplifting and motivating self-talk. Confidence is increased, and using encouraging self-talk can assist athletes in maintaining their composure under pressure. Competition can result in a great deal of strain and stress. Athletes that receive mental skills training learn how to control their nervousness, their jitters, and their performance under pressure. Resilience and mental toughness are two skills that athletes can develop to help them overcome obstacles and keep a positive outlook despite difficulties. In sports, it's important to recognize and control your emotions. The ability to successfully manage one's emotions helps athletes perform better. Establishing pre-performance rituals aids athletes in mentally preparing for competition. Rituals aid the sensation of familiarity and readiness for the forthcoming activity. Mental skills training strongly emphasizes paying attention to the process of performing well rather than being wholly fixated on the result. This kind of thinking encourages athletes to focus on the areas they can control, which results in more reliable performances.

Result and Descriptions

Table-1

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
digital coaching 1	50	1.00	5.00	1.7000	.97416
digital coaching 2	50	1.00	3.00	1.5000	.64681
mental skills development 1	50	1.00	4.00	1.6800	.74066
mental skill development 2	50	1.00	3.00	1.4000	.57143
sports	50	1.00	3.00	1.3600	.56279
information technology	50	1.00	3.00	1.3800	.56749
Valid N (listwise)	50				

The above result represents the descriptive statistic analysis result describing the mean values and minimum values, and also the maximum rates and standard deviation rates of each variable, including dependent and independent. Digital coaching is the main independent variable. According to the result, its mean value is 1.7000 the standard deviation rate is 0.97, showing that 97% deviates from the mean. Similarly, digital choking 2 is another independent variable. The result presented that the mean value is 1.5000 and the standard deviation rate is 0.64, showing that 64% deviate from the mean value. Mental skills development is also considered an independent variable. The result describes that the mean value is 1.6800, its standard deviation rate is 0.74, present 74% deviates from the mean value. The overall minimum value is 1.000, the maximum value is 5.000, respectively the number of observations is 50. the result describes that mental skills development 2 is another independent variable result representing the mean value is 1.4000 and a deviation value is 0.57, showing that 57% deviate from the mean. Sports consider a dependent variable according to the descriptive statistic. The mean value of sport is 1.3600, and the standard deviation rate is 0.56, showing that 56% deviate from the mean. Information technology plays a meditative role in digital coaching and mental skill development. Its average value is 1.3800, and the standard deviation value is 0.56, showing that there is a 56% significant probability value between them.

Table-2

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	digital coaching 1 & sports	50	-.134	.354
Pair 2	digital coaching 2 & sports	50	.224	.117
Pair 3	mental skills development 1 & sports	50	.110	.448
Pair 4	mental skill development 2 & sports	50	.305	.031
Pair 5	digital coaching 1 & Information technology	50	.159	.271
Pair 6	mental skills development 1 & information technology	50	.101	.485

The above result describes that paired correlation related to digital coaching and mental skill development. The result represents the correlation values and significant values of each pair. The first pair is Digital Coaching 1 and Sports. Its correlation rate is -0.134, and the significant rate is 0.354, showing a negative and 35% significant level between them. The second pair is digital coaching two and sports. Its correlation rate is 0.224, showing that a positive correlation with a significant rate is 0.117, presenting that there is an 11% significant level between them. The third pair is mental skill development. Its correlation rate is 0.110 the significant rate is 0.448, showing that 44% significant level also that positive relation between them. The fourth pair is mental skill development and sport. It presents that the correlation rate is 0.305 and the significant rate is 0.031, showing that positive and 100% significant relation between them. The fifth pair is digital coaching 1, and information technology shows that the correlation rate is 0.159 and its significant value is 0.271, presenting that positive and 27% significant level. The last pair is mental skills development and information technology. According to the result, its correlation rate is 0.101, and its significant level is 0.485, presenting that 48% significant level.

Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.599	.442		3.620	.001
	digital coaching 1	.039	.085	-.067	.457	.650
	digital coaching 2	.149	.134	-.171	1.113	.272
	mental skills development 1	.062	.110	-.081	.562	.577
	mental skill development 2	.298	.152	.303	1.958	.057
	information technology	.191	.149	-.192	1.282	.207

a. Dependent Variable: sports

The above result presents that the coefficient value results describe the unstandardized coefficient rate, and the standardized coefficient also that results describe regression analysis between sports and independent variables. Digital coaching 1 is an independent variable. Its beta value is 0.039, the standard error value is 0.085, the t-statistic value is 0.457, and the significant value is 0.650, showing that positive and significant relation between digital coaching and sports. Digital coaching 2 is another independent variable t statistic value is 1.113. Also, the significant rate is 0.272; it's present that positive and 27% significant rate between them. Mental skills development 1 is another independent variable. According to the result, its beta rate present that 0.062, and the standard error value related to the unstandardized coefficient rate is 0.110; the result presents that the t statistic value is 0.562, and 57% significant level between them. Information technology is a mediator variable. The result describes that the beta value is 00.191, the t-statistic value is 1.282, also that its significant rate is 0.207, showing a 20% significant value between them. The beta value of the standardized coefficient represents -0.67, -0.171, -0.081, and -0.192. Some describe negative and some positive values between sports and digital coaching, also mental skills development.

Digital Coaching

Digital coaching, often known as online coaching or e-coaching, is a type of counseling that takes place online, through mobile apps, or through other digital platforms. It entails using technology to establish a connection between coaches and their clients, enabling coaching sessions and other interactions to take place remotely.

The following are important aspects of digital coaching:

1. Remote Communication: With digital coaching, coaches, and clients can communicate with one another from a distance. Clients can obtain coaching support through this flexibility without having to attend in-person meetings.
2. Various Communication methods: Video conferencing, instant messaging, emails, and voice conversations are just a few of the methods that coaches and customers can use to connect. With so many choices, coaching can be tailored to suit each person's preferences and requirements.
3. Coaching Platforms and Applications: There are specialized coaching platforms and applications that support digital coaching by giving users access to tools for setting up appointments, exchanging materials, monitoring progress, and keeping in touch.
4. Accessibility and Convenience: By removing geographical and time restrictions, digital coaching increases the accessibility and convenience of coaching services for clients with hectic schedules or limited mobility.
5. Data Privacy and Security: Reputable digital coaching platforms provide data privacy and security measures to safeguard client information and maintain client anonymity throughout coaching sessions.

Digital coaching offers a variety of coaching specializations, including life coaching, career coaching, health coaching, executive coaching, and others.

7. Use of Digital Tools and Resources: To improve the coaching experience and give their clients helpful insights, coaches can make use of a variety of digital resources, including online exams, goal-tracking software, and multimedia content.

Model Summary

Model	R	R Square	Adjusted R Square	Std. The error of the Estimate
1	.399[a]	.159	.063	.54471

a. Predictors: (Constant), information technology, mental skills development 1, digital coaching 1, digital coaching 2, mental skill development 2

The above result represents the model summary result describing R-value, R square value, adjusted R square value, and also that defined standard error of the estimated value. The regression model presents the R-value as 0.399 and the R-square value as 0.159. According to the result, its adjusted R square value is 0.063, showing a 6% adjusted R square and the standard error value is 54%, respectively.

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.465	5	.493	1.661	.164[b]
	Residual	13.055	44	.297		
	Total	15.520	49			

a. Dependent Variable: sports

b. Predictors: (Constant), information technology, mental skills development 1, digital coaching 1, digital coaching 2, mental skill development 2

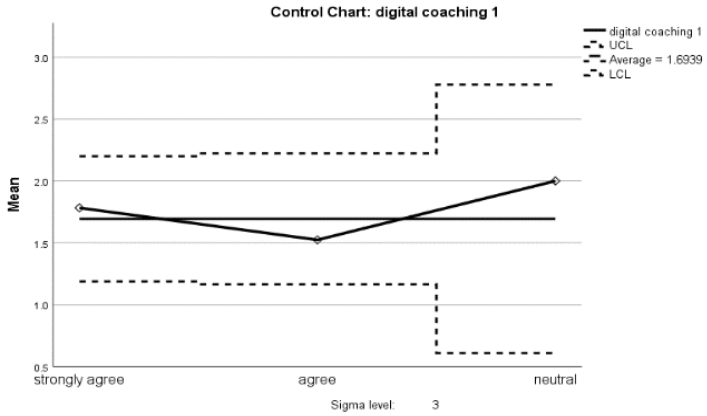
The above result present that ANOVA test analysis result describe sum of square values, the man square values also that explain the significant level between regression and residual values. The sum of square values are 2.465, 13.055, and 15.520 all of them are consider as positive rates. The mean square values are 0.493 and 0.297 both present 49% and 29% average square values. The significant value is 0.164 shows that 16% significant level between them. the residual rate shows 29% average the F statistic value is 1.661 present that positive F statistic value between them.

Total Variance Explained

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	1.842	30.693	30.693	1.842	30.693	30.693
2	1.216	20.259	50.952	1.216	20.259	50.952
3	1.003	16.713	67.665	1.003	16.713	67.665
4	.861	14.353	82.018			
5	.592	9.873	91.890			
6	.487	8.110	100.000			

Extraction Method: Principal Component Analysis.

The above result represent that total variance analysis result describe that percentage of variance, percentage of cumulative the result also present initial eigenvalues and extraction sums of squared values of each components. The total values are 1.842, 1.216, 1.003, 0.861 also that 0.592 and 0.487 respectively. The variance rate are 30.693, 20.25, 16.713 also that 14.35 respectively shows that positive rates of variance analysis.



The above graph represents that control chart graph shows mean value in vertical side its range is 0.5 and end point is 3.0 respectively. The horizontal side present strongly agree, agree and neutral level. The result shows average point is 1.639 respectively present positive rate between them.

Conclusion

Athletes are often guided through the development of their mental skills by coaches, sports psychologists, or mental skills coaches. They assist athletes in incorporating these talents into their training regimens and competition performances by creating customized training plans, providing feedback, and working with them. The improvement of an athlete's mental toughness, self-assurance, attention, and capacity to handle pressure situations are all benefits of developing their mental talents in sports. When it comes to obtaining peak performance and realizing an athlete's potential on the field or court, it can be a game-changer. In conclusion, the development of mental abilities is a critical component of well-being, performance improvement, and personal growth across a variety of fields, including sports. Training the mind is crucial for realizing potential and succeeding in everyday life, academics, business, or athletics. The development of mental skills in athletes is now widely acknowledged as a crucial aspect of achieving peak athletic performance. Along with improving their physical skills, athletes who put more effort into improving their mental traits also perform more consistently and with greater resiliency. Athletes can overcome challenges, handle pressure, and maintain a positive mindset through the systematic practice of mental skills like goal-setting, visualization, focus and concentration, self-confidence, positive self-talk, stress management, resilience, emotional regulation, and pre-performance routines, which results in improved performances in training and competition. The guidance of athletes through specialized mental training programs, assistance in integrating these abilities into daily life, and important feedback to help athletes improve their mental approaches are all crucial functions played by coaches, sports psychologists, and mental skills specialists. The overall research concluded that there are positive and significant relation of digital coaching and mental skills development in sports. The development of mental abilities affects many facets of life, supporting personal growth, increasing well-being, and equipping people to succeed in all of their endeavors. It goes beyond success on the pitch or court. People can achieve new heights, realize their full potential, and lead successful, meaningful lives by investing in mental skill development. The pursuit of achievement in athletics has always been fueled by a steadfast dedication to training, talent improvement, and mental toughness. With the incorporation of information technology in recent years, the landscape of sports has experienced a significant transition.

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