

## Eft Tapping Sports Performance

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### **Eft Tapping Sports Performance**

Since applying EFT, the team has played eight games and in those eight games they skyrocketed to a team average of 75 out of 100. Shooting averages for the eight games previous to tapping was 37 out of 100. Shooting percentage in the last eight games since the EFT session is now 54 out of 100. That's a 46% improvement.

### **How to Enhance Sports Performance with EFT Tapping ...**

Please register for classes using this link. [visibook.com/eftsportsperformance](http://visibook.com/eftsportsperformance) For over 25 years EFT Sports Performance has been bridging the gap between strength training and sport training. Through the use of dynamic, movement-based exercises EFT has helped hundreds of college, professional, and Olympic athletes compete at their highest level.

### **EFT Sports Performance | Athlete Training | Adult Workout ...**

EFT removed any of his performance mental blocks so he could perform well under pressure at what he already knows how to do. This is true for all my athletic clients. EFT simply removes the mental blocks that stand in the way of performing at their highest level, whatever that is. The highest level isn't the same for every athlete.

### **Sports Performance Statistics and EFT Tapping | Sports ...**

<http://tappingaddicts.com/> Using EFT tapping for sports performance. See EFT on the field. Baseball stars using EFT to reduce anxiety while waiting to hit.

### **EFT Sports performance - YouTube**

EFT for Sports Performance starts with eliminating knee pain Note: This is one of 3,000 articles written prior to the updated Gold Standard (Official) EFT Tapping Tutorial™. As a result, it is likely outdated.

### **EFT for Sports Performance starts with eliminating knee ...**

EFT brings about 80.7% sports performance improvement; EFT "Field of Dreams" - Little League Baseball; EFT Sports Specialist Stacey Vornbrock featured in Golfweek magazine; EFT used to eliminate golfers' "Yips" Enhancing performance by tapping along with the TV; Enhancing Sports Performance: Basketball Team and A High School Gymnast; Enhancing Sports Performance by Improving Range of Motion

### **EFT for Sports & Other Personal Performance | Sports ...**

Using EFT to Improve Athletic Basketball Free Throw Performance Citation: Church, D. (2009). The Effect of EFT (Emotional Freedom Techniques) on Athletic Performance: A Randomized Controlled Blind Trial. The Open Sports Sciences Journal, 2, 94-99.

### **Sports Performance Archives - EFT Tapping Training Institute**

Professional athletes at the highest levels of competition use EFT not only to improve their sports performance, but to change their lives. That includes a major league baseball team—one that has won the World Series in the past ten years. (That's as specific as I can get without breaking confidentiality agreements.)

### **Tapping - How Professional Athletes Use EFT - Tapping by ...**

As for sports performance there are results there too. Gary Craig, the creator of EFT, detailed a study using EFT with basketball teams. Greg Warburton at the Oregon State University tested the results of EFT compared to a placebo on free throws. The results were a 38 percent improvement.

### **Is EFT the Secret to Enhanced Athletic Performance ...**

Purpose: To determine whether a single session of Emotional Freedom Techniques (EFT) could reduce the emotional impact of traumatic memories related to sports performance and lead to increased confidence levels in athletes.

### **EFT for Sports Performance - Practical Happiness**

Let's start focusing on the real benefits of EFT and sports performance...that EFT can remove mental, emotional, physical, and mechanical blocks so that athletes can perform at their highest level possible, whatever that is based on their talent, commitment to practice, nutritional practices, competition conditions, weather, and the defense.

### **What is an Athlete REALLY looking to improve? | General ...**

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### **Enhancing Sports Performance by improving range of motion ...**

sports of every kind; and just about anything else you can name. With EFT you can jump farther, sing that higher note, double your sales, improve your batting average, write with a new creative freedom and let your

fingers dance on those piano keys like never before. And you don't need to learn anything new about EFT.

### **Improve Performance With EFT Tapping | EFT Bonus Articles ...**

EFT is also known as Tapping. EFT often brings rapid and permanent relief for many emotional and physical issues. We try EFT on everything. Programs for Corporate Performance including weight management and smoking cessation, motivation and increase sales performance.

### **TouchPointsEFT dba Healing Shift Blueprints - SPORTS ...**

Within 20 minutes of EFT tapping she was pain-free and she felt more confident about her athletic abilities. A third athlete was a young woman who played softball. She was very concerned because she played two games the day before and she was scheduled for two more that afternoon and evening.

### **Four Positive Results with EFT Tapping for Athletes ...**

Tapping is also known as EFT (Emotional Freedom Technique). It is a powerful holistic healing technique that resolves a range of issues. It's based on the combined principles of ancient Chinese acupuncture and modern psychology.

### **The Tapping Solution (EFT): How To Get Started**

There are many potential points for applying EFT / SET to enhance performance in sports. These include: Releasing tension/anxiety associated with performance - Have the athlete visualise the situation beforehand and apply EFT / SET to any anxiety that comes up. EFT / SET can be especially useful to sort through any particularly difficult situations or scenarios.

### **EFT / SET for Enhancing Sports Performance: - EFT Downunder**

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