



P
ERFORMANCE

A
NALYSIS

WHAT SKILLS DO YOU NEED?

TECHNICAL SKILLS NEEDED:

PHYSICAL SKILLS NEEDED:

OTHER SKILLS NEEDED:

MENTAL SKILLS NEEDED:

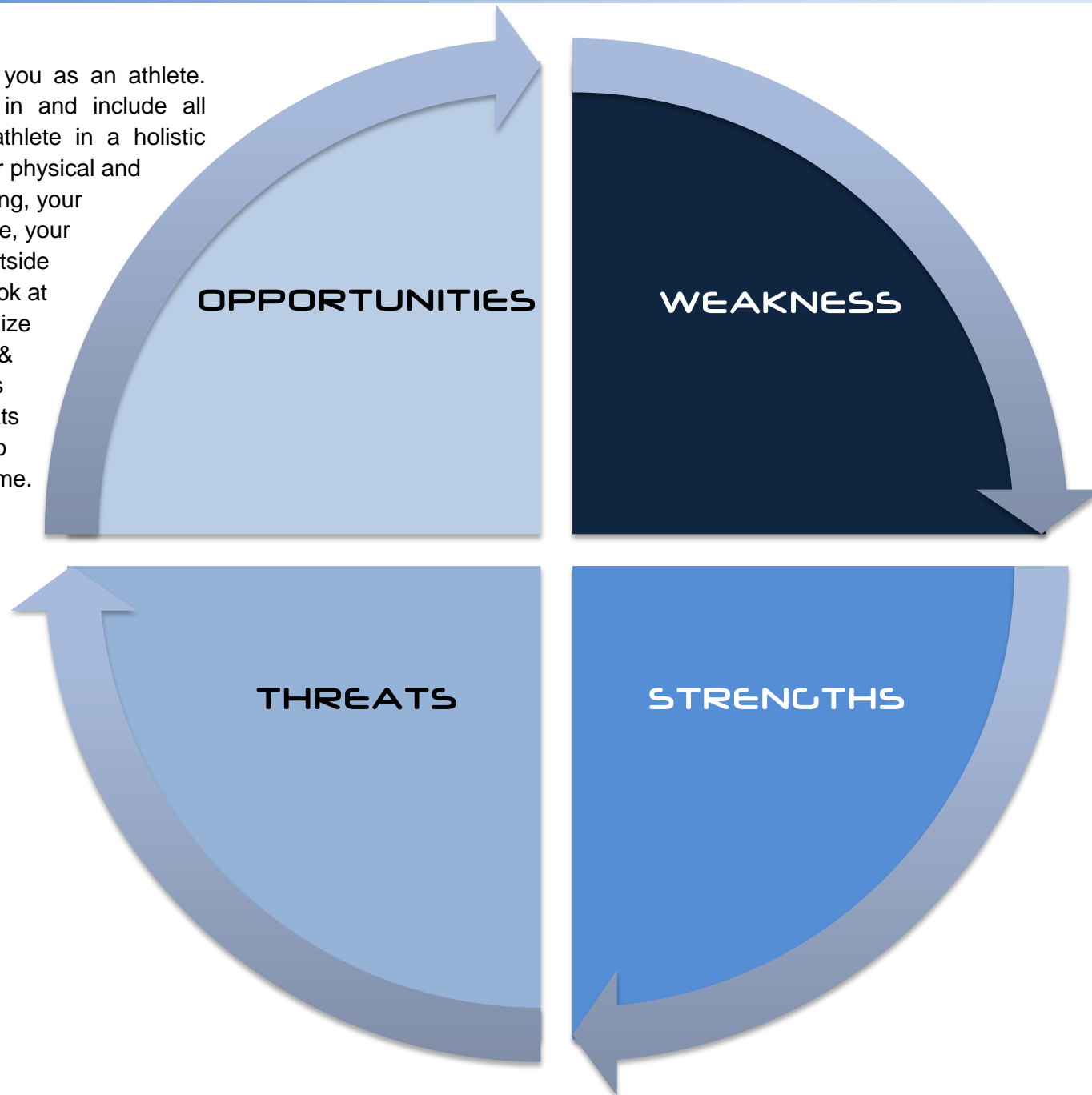


ANALYZING YOU AS AN ATHLETE...



ANALYZING YOU AS AN ATHLETE...

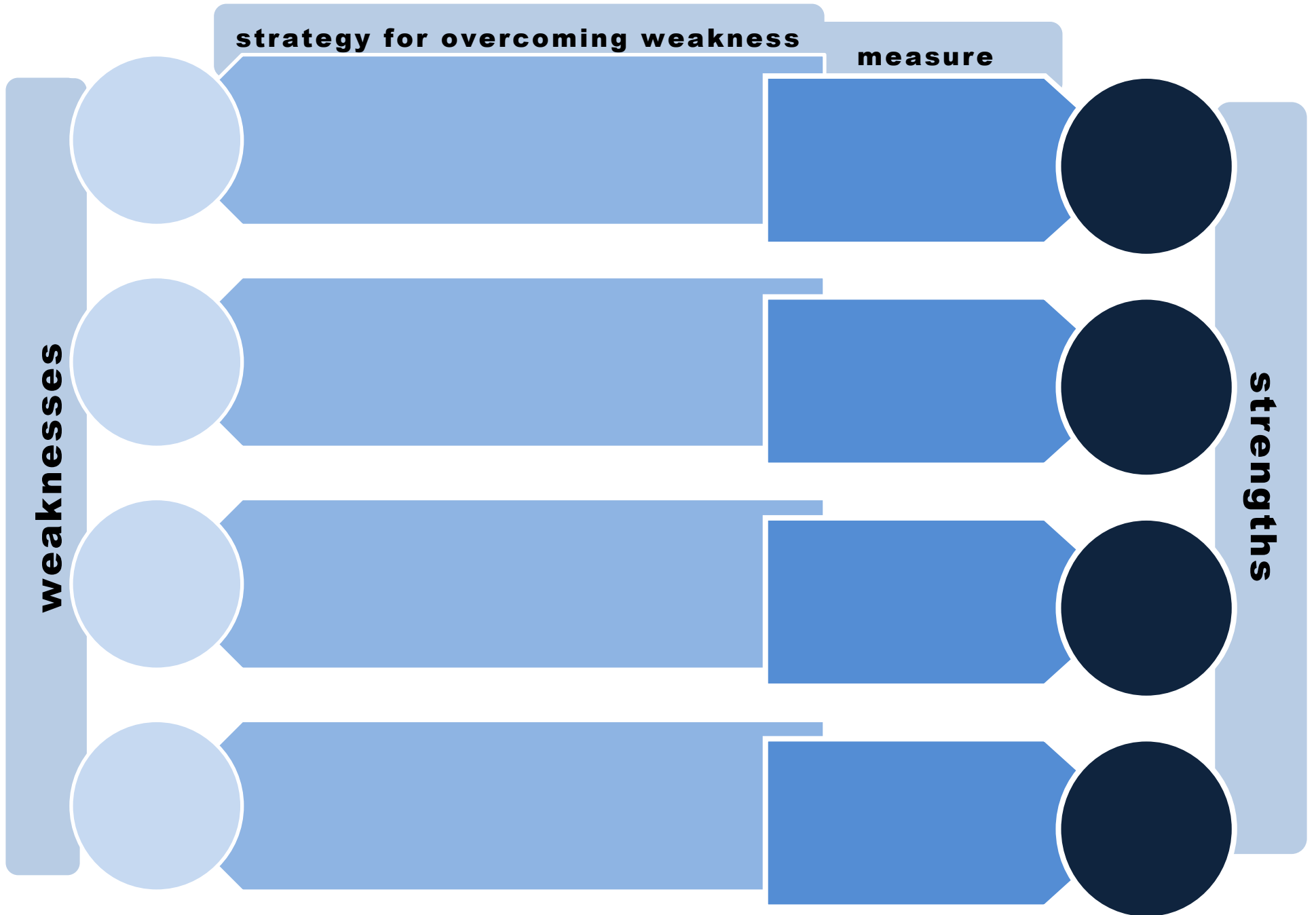
This is an analysis of you as an athlete. Make sure you write in and include all aspects of being an athlete in a holistic sense. Think about your physical and mental skills, your training, your competition performance, your preparation, your life outside of sport. You need to look at the big picture to capitalize on all of your strengths & opportunities, as well as understanding the threats and your weaknesses to ensure they are overcome.



TURNING WEAKNESS INTO STRENGTH...



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MOTIVATION & RELAXATION TRIGGERS...

MUSIC

Incubus

Foo Fighters

ACDC

What things help you relax? How can you wind down after competition or relax nerves before competing?

HOBBIES

Playing Cards

Movies

Reading

TEAMMATES

Discussing Tactics

Amping Up

Team Mottos / Cheers

FOOD / DRINK

Green Tea

Hot Milk

Popcorn

MOTIVATION RELAXATION

VIDEO

Personal Highlight Clips

Inspiring Movies

Game Film

MUSIC

Jack Johnson

Ben Harper

Norah Jones

How do you raise your intensity? What makes you motivated to go out and compete at to the best of your ability? How do you get excited about training?

SELF-TALK

Focus on positives

Specific targets

Reinforcement s

EXERCISE

Walking

Weight Training

Playing Social Sport

MOTIVATION & RELAXATION TRIGGERS...

