

### PERFORMANCE ANALYSIS - WORKSHEET

**COACHES:** One way to help your players improve is to teach them how to analyse past games in order to more consistently achieve their Ideal Performance State.

This form is designed for that purpose. The idea is to start by analysing three past performances representing a worst, average, and best game. Use the scale - 1 = low, and 6 or 10 = high. The ratings don't have to be exact so don't let them spend a lot of time on any item. If they are not sure of something, skip it and move along. The whole exercise shouldn't take more that 20 minutes or so.

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1. Rate your overall performance.

	Terrible, couldn't Get it together	Really great, Everything in place
WORST	1 2 3 4 5 6 7 8 9 10	
AVERAGE	1 2 3 4 5 6 7 8 9 10	
BEST	1 2 3 4 5 6 7 8 9 10	

2. Rate yourself in each of the following categories during these performance.

	<u>WORST</u>	<u>AVERAGE</u>	<u>BEST</u>	
No Activation	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	Highly Energized
Felt very Negative	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	Very Positive
Worried about not Performing	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	Not worried at all
Unable to maintain Focus	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	Completely Focused
Unable to Relax	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	Fully Relaxed
No Confidence in my ability	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	Total Confidence

**PERFORMANCE ANALYSIS (CONT'D)**

3. Circle the number that best represents your level of Energy and the degree of Pleasant Feelings you had during these performances.

WORST PERFORMANCE

AVERAGE PERFORMANCE

	High				High			
	Energy				Energy			
	10				10			
	9				9			
	8				8			
	7				7			
Pleasant	6	Unpleasant	Pleasant	6	Unpleasant			
10 9 8 7 6 5 4 3 2 1			10 9 8 7 6 5 4 3 2 1					
Feelings	4	Feelings	Feelings	4	Feelings			
	2			2				
	1			1				
	Low			Low				
	Energy			Energy				

BEST PERFORMANCE

	High	
	Energy	
	10	
	9	
	8	
	7	
Pleasant	6	Unpleasant
10 9 8 7 6 5 4 3 2 1		
Feelings	4	Feelings
	3	
	2	
	1	
	Low	
	Energy	

**I.P.S. SUMMARY**

Summarize the results of your analysis for discussion with another player or a coach. During the discussion look for ideas you can use to achieve your I.P.S. every day.

**NOTE:** How you want to feel before a game or performance can be different from how you would like to feel during the contest.

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**ANALYSIS SUMMARY**

4. How would you like to feel BEFORE an important performance?

Low Activation	1	2	3	4	5	6	7	8	9	10	Highly Energized
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worried about not doing well	1	2	3	4	5	6	7	8	9	10	Not Worried at all
No confidence in my ability	1	2	3	4	5	6	7	8	9	10	Total Confidence
Tense	1	2	3	4	5	6	7	8	9	10	Relaxed

5. How would you like to feel DURING an important performance?

Low Activation	1	2	3	4	5	6	7	8	9	10	Highly Energized
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worried about not doing well	1	2	3	4	5	6	7	8	9	10	Not Worried at all
No confidence in my ability	1	2	3	4	5	6	7	8	9	10	Total Confidence
Tense	1	2	3	4	5	6	7	8	9	10	Relaxed

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**PERFORMANCE ANALYSIS (CONT'D)**

6. What were you doing, thinking or saying to yourself before and during the performance that may have affected how you felt?

WORST GAME	AVERAGE GAME	BEST GAME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

7. Did you use a planned and precise Routine during these performances?

<u>WORST</u>	<u>AVERAGE</u>	<u>BEST</u>
Yes ( )	Yes ( )	Yes ( )
No ( )	No ( )	No ( )

8. What other factors affected your performance?

WORST	AVERAGE	BEST
_____	_____	_____
_____	_____	_____
_____	_____	_____

9. What could you do to ENERGIZE to the desired level before and during the performance? (see page 35)

BEFORE	DURING
_____	_____
_____	_____
_____	_____

10. What could you do to STAY POSITIVE before and during?

BEFORE	DURING
_____	_____
_____	_____
_____	_____

11. What could you do before and during the performance to reduce your level of ANXIETY or WORRY?

BEFORE

DURING

_____	_____
_____	_____
_____	_____

12. What could you do before and during the game or performance to improve your level of CONFIDENCE?

BEFORE

DURING

_____	_____
_____	_____
_____	_____

13. What could you do before and during the performance to achieve your desired level of RELAXATION?

BEFORE

DURING

_____	_____
_____	_____
_____	_____

14. List the things that seem to interfere most with your performance.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

15. What would you like to coach to do, to help you achieve your Ideal Performance before the game and sustain it during the game?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**IF YOU WOULD LIKE TO READ MORE ABOUT THIS SUBJECT OF "IDEAL PERFORMANCE STATE" THERE IS COMPLETE DOCUMENTATION IN, "GOLD MEDAL HITTING - PART 3" AND IN, "GOLD MEDAL PERFORMANCE", BOTH AVAILABLE IN HARD COPY OR ELECTRONIC FORMAT.**