



D1 VBC

Mental Performance Curriculum

Glossary of Skills

Productive Thinking:

The ability to manage thoughts to effectively prepare for and respond to life events in a way that facilitates personal success and well-being. Having thoughts about the task at hand, planning strategies, problem-solving, and focusing on enabling feelings and beliefs about your ability to succeed during and after each point.

Self-Awareness:

The ability to understand your thoughts, feelings, and behaviors through intro- and retrospection. The ability to engage in honest self-appraisal to enhance self-awareness.

Interpersonal Competence:

The ability to interact effectively with others by demonstrating effective communication skills. The athlete's ability to provide and use social support for/from one another.

Identity Achievement:

The establishment of a clear sense of identity, or "who I am" on the court that allows the individual to experience psychological well-being and feelings of self-worth, usually after exploration and introspection about competition experiences.

Leadership:

The ability to influence others on the team to think and act in ways that facilitate team success and the quality of the team's culture.

Self-Confidence:

The belief that one has the internal resources, particularly abilities, to achieve success.

Communication:

The process of interpersonal interaction within the team that facilitates team success and athlete's well-being.

Perceptual-Cognitive Skill:

Ability to demonstrate expertise in tactical/strategic knowledge and perceptual and decision-making skill in sport, including superior recall and recognition of patterns of play, faster detection and recognition, more efficient and appropriate visual search behaviors, and better anticipation of likely events. The ability to generate and use vivid and controllable mental images of performance responses.

Energy Management:

The ability to manage/cope with various feeling states (e.g. arousal, anxiety, anger, excitement, fear) to achieve personally optimal physical and mental energy levels for performance. The ability to push back the boundaries of physical and emotional pain to maintain effective performance under distress.

Attentional Focus:

The ability to sustain a focus of attention required for the successful execution of a specific activity. The ability to differentiate peak and failing performances and effective and ineffective coping strategies.

Team Confidence:

The belief that the team has the collective resources, or team abilities, to achieve team success.

Achievement Drive:

The urgent, compelling desire to apply effort, and persistence to overcome obstacles to accomplish something of worth or importance. A commitment to organize and manage daily living in the pursuit of important goals. The extent to which they athlete meticulously plans, displays a willingness to sacrifice and delay gratification, take personal responsibility for training, design and follow behavioral strategies such as routines, and set/achieve goals.

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