



SAMPLE TEST

Players Mental Aptitude Sample Statements

Directions: Please respond to the following questions with true or false below. Select true (most like me) or false (least like me) next to each statement. Please be as honest as possible.

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| 1. I want to win so badly that I get tense and play tight or scared. | _____ |
| 2. My mind wanders to end results and I have trouble focusing on the process. | _____ |
| 3. When the pressure to produce is on, I do not perform my best. | _____ |
| 4. I usually perform better in practice than I perform in a game. | _____ |
| 5. I worry about embarrassing myself in front of others who watch me play. | _____ |
| 6. I think about avoiding mistakes instead of thinking about playing well. | _____ |
| 7. Sometimes I think about letting my team or others down if I play poorly. | _____ |
| 8. It's hard for my confidence to recover after a poor start in a game. | _____ |
| 9. I over-analyze my mistakes and this often leads to less than good performances. | _____ |
| 10. I compare myself to other players who I think are better than me. | _____ |

Results:

For the sample test, an answer of true indicates a mental game weakness. If you indicated false, you are mentally tough in regards to that statement.

If you answered true to any of statements 1, 4, & 6 then you likely have issues with taking your practice game to competition—you probably don't perform as well in a game as you can because of some mental game issues.

If you answered true to any of statements 6, 8, & 10 then you likely have issues with confidence and probably sabotage your confidence with doubt and negative thinking.