

competencies in the area of sport performance.

It is a tool that will help improve coaches' interventions, both qualitative and quantitatively, by broadening their area of impact and making them more effective.

- ▶ To evaluate and diagnose the developmental level of the athlete's psycho-social and emotional skills.
- To increase coaches' and athlete's knowledge base of psycho-social and emotional issues.
- To allow for a season-long follow-up, addressing training needs, competition behavior and season evaluation.



Diagnostic and Evaluation

 Evaluates the development of the athlete's psycho-social and emotional skills.

Orientation and intervention

- Provides relevant information regarding the interaction of psycho-social variables with athletic performance.
- Helps with decision-making patterns.



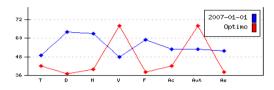
- Basic Performance Profile.
- Achievement Expectations.
- Self-Regulation Skills.
- Psychological Tolerance.
- **▶** Training Performance Profile.
- **▶** Competition Performance Profile.
- Competition Coping Skills Diagram.
- Performance Evaluation.
- Degree of Satisfaction Season.

DIAGNOSTIC AND EVALUATION (1)

- Basic Evaluation
 - Basic Performance Profile
 - Mood Status: 5 dimensions.
 - Anxiety: 2 dimensions.
 - > Self-Confidence.
 - Season's Expectations
 - ▶ 4 Goals
 - Perceived Difficulty
 - Degree of Confidence
 - Self-Regulation Skills
 - > Self-control
 - Visualization
 - Self behaviors
 - Motivational orientation to Task and Ego

DIAGNOSTIC AND EVALUATION (2)





Self -regulation System



DIAGNOSTIC AND EVALUATION (3)

- Psychological Tolerance to Stress
 - 3 Stress Generating Dimensions.
 - 4 Recovery Dimensions.

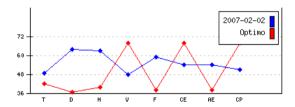


DIAGNOSTIC AND EVALUATION (4)

- ▶ Achievement Motivation.
- Self-Efficacy.
- ▶ Emotions and Mood States.
- ▶ Relaxation.
- Attention and Concentration.
- Psychological Tolerance.
- Assertiveness.
- Communication.
- Competition.
- Stress/Pressure.

ORIENTATION AND INTERVENTION

- Training Performance Profile.
 - Mood States 5 Dimensions.
 - Achievement Motivation 3 Dimensions.
 - Self-Efficacy Level.



Season Evaluation

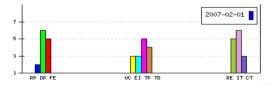
- Degree of Satisfaction Season
 - **▶ Individual Elements**
 - **▶** Personal Performance
 - Personal Commitment
 - Group Elements
 - Team performance
 - ▶ Team Contribution to Task
 - **▶** Ethical Performance
 - Coach's Elements
 - Skill Usage
 - Teaching and Instruction
 - Decision Making
 - Interpersonal Skills

IN SEASON FOLLOW-UP (2)

Individual

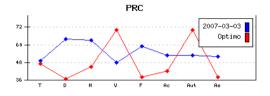


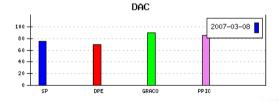
Collective



IN SEASON FOLLOW-UP (3)

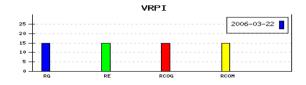
- Pre-Competition Evaluation
 - **▶** Competition Performance Profile.
 - ▶ Mood States: 5 dimensions.
 - ▶ Anxiety: 2 dimensions.
 - > Self-Confidence.
 - Competition Coping Skills Diagram.
 - Personal Meaning.
 - Difficulty Level.
 - ▶ Confidence Level.
 - Perceived Integral Competition Plan.

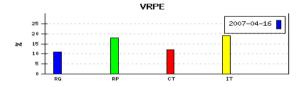




COMPETITION SUPPORT (2)

- ▶ Post-Competition Evaluation.
 - ▶ Perceived Performance Evaluation.
 - ▶ Global Performance.
 - **▶** Emotional Performance.
 - Cognitive Performance.
 - Behavioral performance.
 - Perceived Group Performance Evaluation.
 - ▶ Global Performance.
 - Contribution to Task.
 - ▶ Task Integration.
 - Personal Performance.





COMPETITION SUPPORT (4)

Mental Skills

- Achievement Motivation.
- Confidence.
- Concentration.
- Visualization.
- Competition and PIC.

Emotional Skills

- Mood States.
- Arousal regulation.
- Psychological tolerance to stress.
- Assertiveness.

Social Skills

- Communication.
- Role Definition.
- Leadership.
- Group Cohesion.





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