

Formation program and operation oriented to the development of psycho-partner-affective capacities in the scope of the sport yield.

It is a tool that will help improve coaches' interventions, both qualitative and quantitatively, by broadening their area of involvement and making their job easier, while keeping an integrated approach

- ▶ 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.
 - Coaches' self-evaluation of the Technification model...
- Orientation and intervention
 - Provides relevant information regarding the interaction of psycho-social variables with athletic performance.
 - Helps with decision-making patterns.

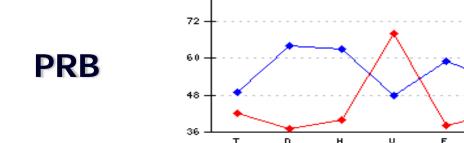


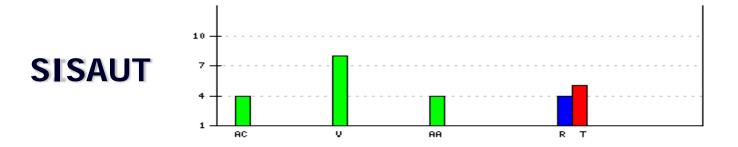
- Basic Performance Profile.
- Achievement Expectations.
- Self-Regulation Skills.
- Psychological Tolerance.
- Training Performance Profile.
- Competition Performance Profile.
- Competition Coping Skills Diagram.
- **▶** Performance Evaluation.
- Degree of Satisfaction Season.

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
 - GRACO.
 - Self-Regulation Skills
 - Self-control
 - Visualization
 - Self behaviors
 - **▶** OMP

DIAGNOSTIC AND EVALUATION (2)





DIAGNOSTIC AND EVALUATION (3)

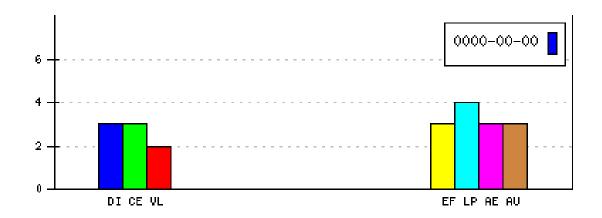
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- Psychological Tolerance to Stress
 - **▶** 3 Generating Dimensions.
 - ▶ 4 Recovery Dimensions.

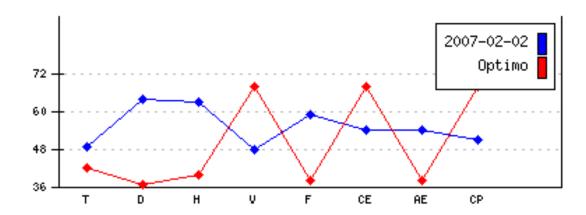


DIAGNOSTIC AND EVALUATION (4)

- **▶** 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.



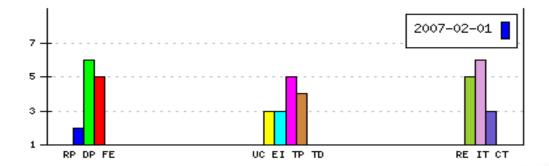
- Season Evaluation
 - Degree of Satisfaction Season
 - **▶ Individual Elements**
 - Personal Performance
 - Personal Commitment
 - Group Elements
 - ▶ Team performance
 - ▶ Team Contribution to Task
 - **▶** Ethical Performance
 - Coach's Elements
 - Skill Usage
 - Teaching and Instruction
 - Decision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

IN SEASON FOLLOW-UP (2)





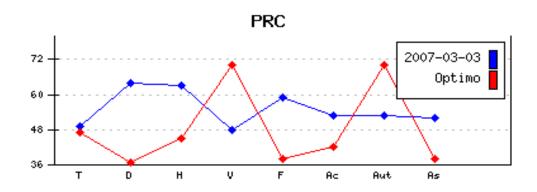
Collective

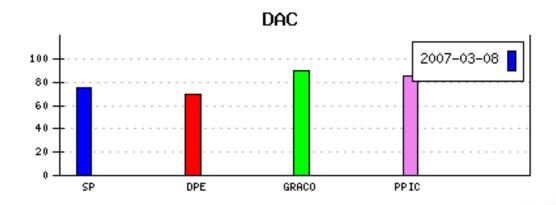


IN SEASON FOLLOW-UP (3)

- 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 (1)

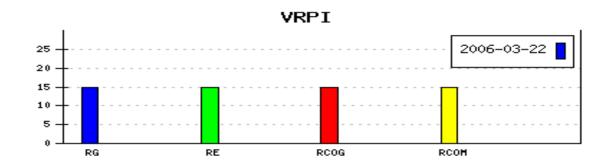


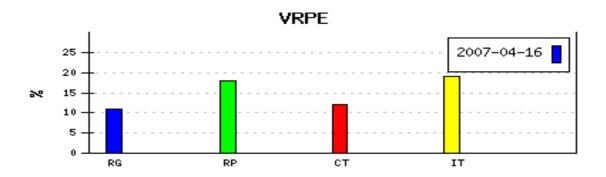


COMPETITION SUPPORT (2)

- 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 (3)





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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