

# Mental Training Plan

\*Activities appear in chronological order

↑ **Competence +**

**4 Months Out = 80%**

**4 Weeks Out = 50%**

**4 Days Out = 20%**

↑ **Confidence = In The  
Zone (↑ Flow)**

**Competence + 20%  
Confidence**

**Competence + 50%  
Confidence**

**Competence + 80%  
Confidence**

*Activity	4 Months Before	4 Weeks Before	4 Days Before
Coach Efficacy	•		
Emotional Intelligence	•		
Player Profile	•		
Individual Goal Setting	•		
Mental Questionnaire	•		
<b>Team Goals/Values</b>	•		
Lax IQ Test	•		
Self/Peer Assessment	•	•	
Gap Analysis	•	•	
Mental Focus Plans	•	•	
<b>Team Builder</b>	•	•	
<b>Meditation/Headspace</b>	•	•	•
<b>Visualization</b>	•	•	•
Competition Debriefs	•	•	•
<b>Athlete Rating System</b>	•	•	
<b>Create Adversity</b>	•	•	
Social Cohesion Q's		•	
Perceived Stress Scale		•	
Program Climate Rating		•	