

Performance Profiling: When You're Looking For A Quick Boost

Recalling Your Best Performances

When and where did they take place, make importance notes about these performances:

Identify the qualities that are most important for you to perform at your best (List 25 if you can, they can include psychological, technical, tactical, physical and lifestyle – the profiling components sheets on pages 2 and 3 may help you):

Profiling Components Sheet

Technical elements of your sport (FILL IN THE BLANKS)

Tactical/ Organisation

Match Prep
Playing percentages
Knowing team strengths
Decision making
Rest & Recovery
Game Strategy
Team Plan B
Winning Ugly
Knowing individual strengths
Additional training habits
Additional training planning
Warm Up
Cool Down
Communication with coaches and support staff

Psychological/ Lifestyle

Thrive in pressure
Handle Criticism
Confidence
Self-belief
Attitude
Focus
Concentration
Emotional control
Anger
Frustration
Despondency
Motivation
Body Language
Intensity control
Discipline
Determination
Coping with tough times
Routine
Self talk
Optimism
Enjoyment
Self-awareness
Self-evaluation
Commitment
Refocusing after mistakes
Calmness
Adapting to different environments and situations
Communication Skills with team mates

Prioritising The Most Important Qualities

Follow Warren Buffett's 25/5 Goal Setting Rule

Narrow your list down to the five most important qualities that are important for you to perform at your best by rating each quality on the previous page on a scale of 1-10 as to how important they are to attaining your best performances. Then transfer the 5 most important qualities to the list below.

- 1.
- 2.
- 3.
- 4.
- 5.

Short Term Performance Profiling

- To achieve your best performances - list the 5 key areas that you will work on in the next week to make it happen, if a change is required to the above list this is fine.
- Also, rate yourself for where you sit with this quality right now.

	Key Areas	Scoring out of 10										
		1	2	3	4	5	6	7	8	9	10	
1												Where I am today
2												Where I am today
3												Where I am today
4												Where I am today
5												Where I am today

Short Term Weekly Goals - Action Planning

- Write down the top 5 key areas which are the most urgent and you will address during the next week, also detail how you will do so bearing in mind SMART principles. Specific, Measurable, Achievable, Relevant, and Time-Bound.

Example Goal: *Rest and Recovery – I will make sure I switch electronics off at 9pm and aim to get to sleep at 10pm every night this week.*

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5: