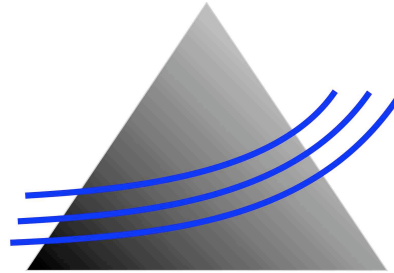


Stress Profile

Predicting Performance Under Pressure

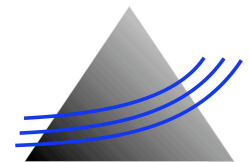


John Crampton
Performance Enhancement Systems

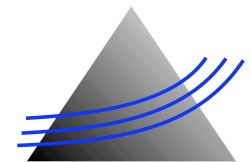
What predictors are there for performance under pressure?

Do individual athletes have typical patterns of reactions to pressure situations?

Can we identify individual projects for skill & personal development from this perspective?



Technique
Competitiveness **Rhythm Control**
Focus **COG Control**
Energy Levels **Composure**
Routine Usage
Coachability **Commitment**
Communication
Risk Management



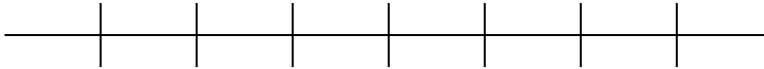
 **Stress Profile**

Name _____

Date _____

Risk Management

Pressing, Poor Risk Mgt

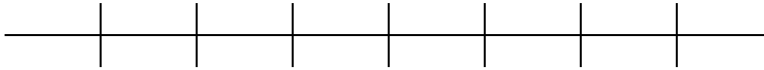


High % Strategic Approach

Risk Management

Competitiveness

Increasing Difficulties Competing on Each Play Phase

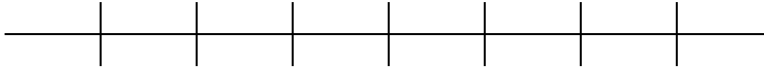


Competitive in Each Play Phase

Competitiveness

Focus

Distractible Externally and/or Internally



Task Focused, Able to Stay In Present

Focus

Technique

Breaks Down to Previous Errors/Patterns

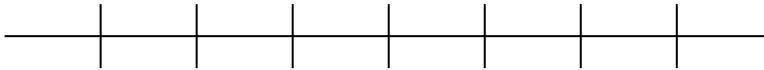


Quality of Skill Work Maintained

Technique

Rhythm Control

Rushing, Poor Timing Control. Flustered

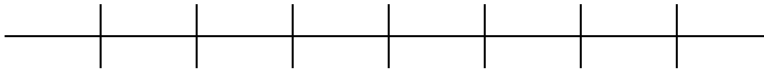


Rhythmical in Skill Work & General Movements

Rhythm Control

COG Control

Poor Tension Control Leading to Loss of Balance



Superior Tension Control Compatible with Skill Work

COG Control

Energy Levels

Easily Fatigued, General Tendency to Quit



High Energy Levels, Enthusiasm Maintained

Energy Levels

Composure

Obviously Rattled, Agitated



Composed in Thinking, Movements, Psycho-phys

Composure

Routine Usage

Loss of Patterns, Breakdown of Routines



Patterns Repeat in Rhythm, Timing & Content

Routine Usage

Coachability

Impulsive/Opinionated



Compliant/Open To Direction

Coachability

Commitment

Hesitant/Careful



Committed, Dynamic

Commitment

Communication

Increasingly Withdrawn



Remains Communicative

Communication

Stress Profile

Player

Date

Projects

