GOLF MENTAL TRAINING FEEDBACK SHEET

1. What were the stressors (pressures) that you had to contend with during this tournament?

2. When you were in the midst of a stressful experience, what were the most noticeable physical, emotional,+/or cognitive changes you observed in yourself?

3. List some of the things you did to regain control. How did they work? (0-ineffective, 10-extremely effective.)

4. How was your concentration for this tournament - putting, hitting, routine, between between holes?

5. What were two things you learned this tournament to reach your long range goals as a golfer?

6. What was your most enjoyable experience during this tournament?

7. What are two goals that you have for next week as a result of this tournament?

8. Anything you want to say about your mental game?

9. How did the technique go on putting and hitting?

10. How solid was ball hitting...... putting...... (%)?

11. How was the flight of ball? 0 - poor, 10 - great:
BASEBALL MENTAL TRAINING FEEDBACK SHEET

1. What were the stressors (pressures) that you had to contend with during this series?

2. When you were in the midst of a stressful experience, what were the most noticeable physical and/or emotional changes you observed in yourself?

3. List some of the things you did to regain control.

4. How was your concentration for this series? fielding, pitching, hitting.

5. What was one thing you learned this series to reach your long range goals as a ballplayer

6. What was your most enjoyable experience during this series?

7. What are two goals that you have for next week as a result of this series?

8. Anything you want to say?
PITCHING FEEDBACK SHEET

1. What are your stressors for today's game?

2. How did you experience the stress before the game?

3. How did your pre-game bullpen go for you?

4. How did you stress level effect your actual pitching performance, i.e., rushed, hope pitch would be a strike, etc.

5. How much self-control did you experience before your pitches?

6. What did you do to regain control when you felt that you were not where you needed to be?

7. What did you learn from today's performance?

8. How was the support that you received from your coach and teammates?

9. Anything you want to say?