

MENTAL DYNAMIC REVIEW

# MENTAL SCORES



MENTAL  
DYNAMIC®

Heiko Hansen

## Table of Contents

**Page 7**

MiD Code

**Page 8**

MD Profiling Comments

**Page 10**

MD Season Goals

**Page 11**

Important Notes  
Explanations of Mental Scores

**Page 16**

My Season Performance / Mental Scores

**Page 20**

Mental Scores 1 - 48

MENTAL  
DYNAMIC<sup>®</sup>

*If you have passed the MiD Test (Mental Implicit Dynamic: ViQ® or PST® Test), please note the following data here:*

**Name:** \_\_\_\_\_

Shirt number \_\_\_\_\_ Club \_\_\_\_\_

Season 20 \_\_\_\_ / \_\_\_\_ Date of MiD-Test: \_\_\_\_\_

**MiD Code** (ViQ® or PST®)

My mental implicit priority / First dynamic, f.e. SO.1

<b>Recognition priority (S or A)</b>	<b>Memory- priority (O or P)</b>	<b>Motivation orientation 1/2/3 oder 4</b>

Please note the characteristic values here:

<b>S</b>	<b>A</b>	<b>O</b>	<b>P</b>	<b>Sti</b>	<b>Sic</b>

*www.mentaldynamic.info*

## MD Profiling Comments

If you would like an evaluation interview with a certified MD Profiler, then please note your most important Insights and comments for your sporting mental success!



MENTAL  
DYNAMIC®

## Important notes

### 1 / Items

From my more than 25 years of experience, I have defined the most important mental criteria that determine mental performance. Ultimately, it's all about success in the competition and showing your talent and potential in a sustainable way. The feeling of having achieved, if not exceeded, one's performance is another than having failed.

It is primarily about learning success through a fair review: for an attentive, recognizing development and the view of the momentum. And: It's about a basis for discussion and knowledge that should enable the development of mental talent for a successful overall performance.

**1a** / In consultation between player/athlete and coach, the given criteria can be changed or exchanged and/or up to three additional criteria can be entered.

The item "team spirit" should be less interesting for individual athletes. In golf, for example, the team would be the "4er" and in tennis the "Double".

You can decide for yourself or as a trainer you can specify specific sports, e.g. for GOALKEEPERS like penalty area control, reaction speed etc.

Another reason can be special mental goals for the season, e.g. those resulting from the MiD test or for the mental training of meaning are.

**1b** / After each game / competition please enter the **winner item** (best rated) and the **loser item** in the season

performance. This gives you a quick overview of your mental strengths and what you still have to work on.

### **1c / Tactical implementation**

Tactical task reliably fulfilled / acting in momentum / behaviour during tactical change / tactical ideas - solutions

### **1d / Self-activation / power**

Energy potential fully exploited / everything given / willingness and joy to perform / pushes yourself (self-talk) / activation in the half-time break or before the game

### **1e / Focus and concentration**

Attention level / sustainable or changing phases

### **1f / Emotion control**

Emotional stability / creativity - surprising actions / dealing with fear or provocation

### **1g / Fighting Spirit**

Two-fight leadership / has fought back / has asserted / acted with courage / effective aggressiveness / opponent - opponent impressed

MENTAL  
DYNAMIC®

## My Season Performance / Mental Scores

<b>GAMES</b>	<b>ME</b>	<b>Coa ch</b>	<b>3.Per son</b>	<b>Winner- Item</b>	<b>Loser- Item</b>
Game 1					
Game 2					
Game 3					
Game 4					
Game 5					
Game 6					
Game 7					
Game 8					
Game 9					
Game 10					
Game 11					
Game 12					
Game 13					
Game 14					
Game 15					
Game 16					
<b>Average</b>					

Important comments

Goals for the next season



MENTAL  
DYNAMIC®



# Game / Competition 1 \_\_\_\_\_

Date: \_\_\_\_\_ Play time: \_\_\_\_\_ H/Min

- League Game   
  Cup Game   
  International / CL / EL  
 Nationalteam   
  Practice Game   
  Test-/Pre Season Game

Items	Me	Coach		Average
Tactical implementation				
Selfactivating / Power				
Focus / Concentration				
Courageous, self-confident action				
Fighting Spirit				
Competition setting				
Action / handling security				
Mental stability				
Body language				
Team spirit				
<b>Mental Score / Average</b>				

**Important comments**

**Goal(s) for the upcoming training week**

**Goal(s) for the upcoming game/competition**

**MENTAL  
DYNAMIC<sup>®</sup>**