

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

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

Name:	
Shirt nummer	Club
Season 20/	Date of MiD-Test:

MiD Code (ViQ® or PST®)

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

Recognation priority (S or A)	Memory- priority (O or P)	Motivation orientation 1/2/3 oder 4	

Please note the characteristic values here:

S	Α	0	Р	Sti	Sic

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!



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

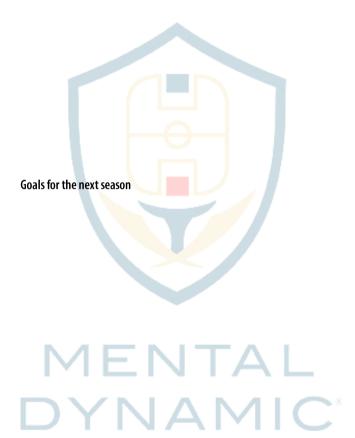
Two-fight leadership / has fought back / has asserted / acted with courage / effective aggressiveness / opponent - opponent impressed



My Season Performance / Mental Scores

GAMES	ME	Coa ch	3.Per son	Winner- Item	Loser- Item
Game 1					
Game 2					
Game 3					
Game 4					
Game 5					
Game 6					
Game 7					
Game 8					
Game 9					
Game 10					
Game 11					
Game 12	4 5		<u> </u>	T ^	
Game 13					
Game 14			Λ	NΛ	108
Game 15					
Game 16					
Average					

Important comments



Game / Competition 1					
Date:	Play tir	ne:	_ H/Min		
O League Game	O Cup Game O	International ,	CL / EL		
O Nationalteam	O Practice Game	O Test-/Pre Se	eason 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			
	Λ	ML	· ·
Mental Score / Average			

Important comments



Goal(s) for the upcoming game/competition

