

MENTAL DYNAMIC REVIEW

MENTAL SCORES



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Mental Scores 1 - 48

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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

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

Please note the characteristic values here:

S	A	O	P	Sti	Sic

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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!



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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

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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					
Game 13					
Game 14					
Game 15					
Game 16					
Average					

Important comments

Goals for the next season



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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				
Mental Score / Average				

Important comments

Goal(s) for the upcoming training week

Goal(s) for the upcoming game/competition

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