



MSPI Soccer

Mental Strength Performance Indicator

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Overview

Dimension Score (70-130)

MSPI TALENT

1. Fairness		85
2. Ambition		107
3. Emotional Stability		92
4. Leadership		120
5. Integrity		102
6. Teamwork		82

MSPI TRAINING

7. Self-Motivation		103
8. Learning Orientation		128
9. Goal Orientation		108
10. Fighting Spirit		117
11. Self-Confidence		77
12. Emotional Control		80
13. Game Focus		107
14. Game Strength		72

CONCENTRATION

15. Speed		77
16. Inhibition		102
17. Flexibility		92

MSPI TALENT

In these six dimensions, relatively stable characteristics are assessed with respect to social behavior, enduring attitudes and temperament. This profile forms the basis for a deliberate team composition and subsequent team development. A good team is made up of different players whose strengths are complementary.



Im Profil zeigen sich in zumindest einigen Bereichen Hinweise auf Verhaltensweisen, die problematisch sein könnten. Players with a score well above average for leadership, like with this profile, enjoy taking responsibility and act decisively and assertively. They actively seek out and happily lead discussions. Playing a leading role in the team is a very clear desire for them. For John, top performances, wins and recognition are clear drivers in both training and the career. Being compared with others is both sought after and enjoyed. The score for the area of integrity falls within the middle range, which suggests loyal and conscientious behavior when it comes to the goals of the team and the club. Rules and instructions are usually followed and are seen as important. Setbacks, criticism and mistakes throw John off-balance a little more easily than others, and the effects last longer. The score for fairness is significantly below average. This suggests that they resort to aggressive behavior to achieve their personal goals, for example, or just spontaneously out of frustration. Although this can serve a purpose in individual cases, it still often leads to direct problems during games or in practice, and can limit the performance. The well below average score for teamwork suggests distinct lone-wolf behavior. Personal advancement is the most important thing, and the team is viewed and needed primarily as a means to success.

CONCENTRATION

In soccer, a good ability to concentrate is a prerequisite for fast and correct actions and reactions. Speed captures the raw speed with which stimuli are responded to, inhibition refers to the ability to block out distracting stimuli, and flexibility to the degree of alertness in dealing with changes and the effects of mistakes. All three dimensions can, to a certain extent, be improved.

Speed Inhibition Flexibility

in descending order



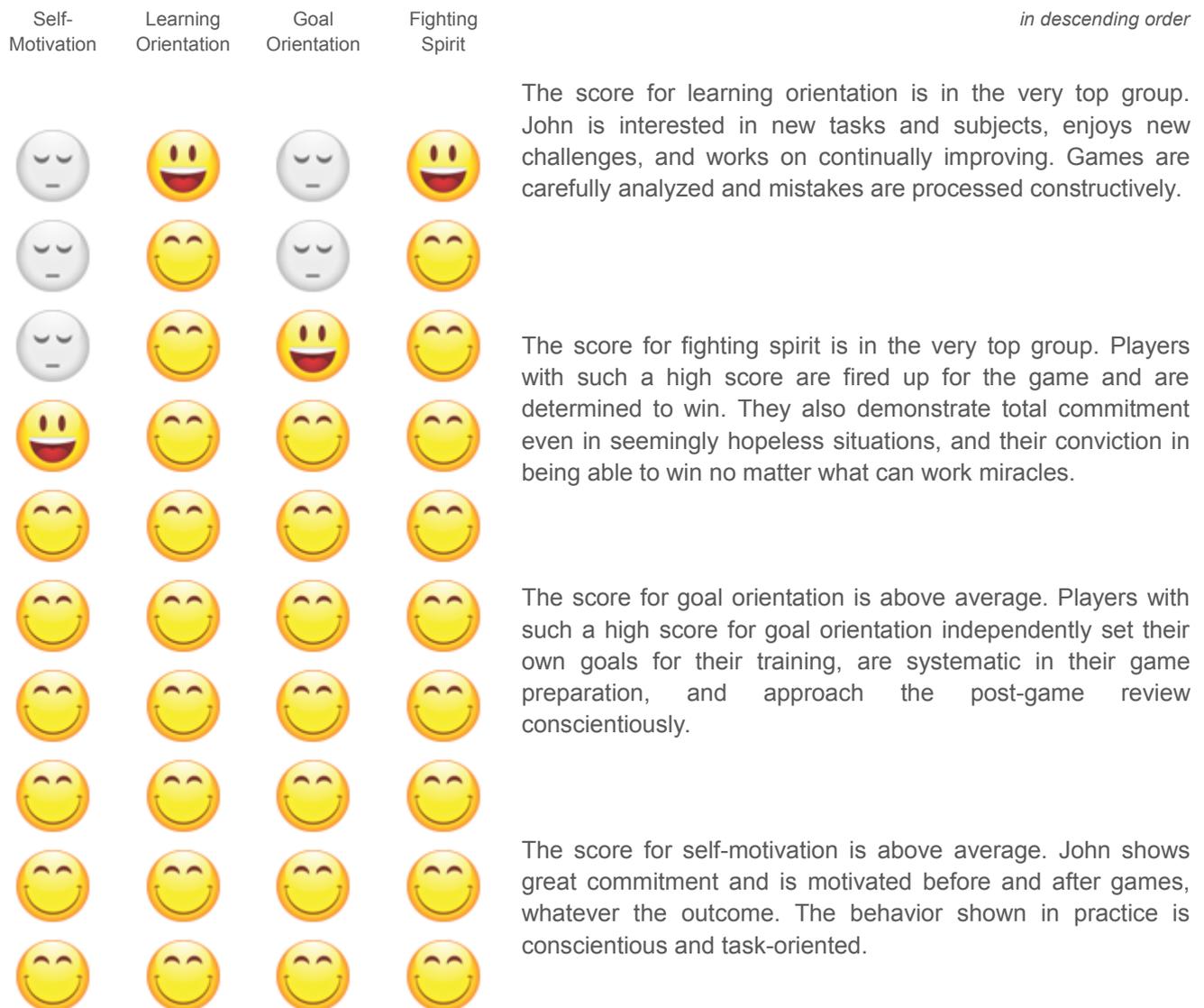
Inhibition is an indicator of resistance to distraction. In John, this is well pronounced. Distracting stimuli are normally ignored well, and the reaction rate barely suffers.

The slightly below average score for cognitive flexibility suggests that it is a little more difficult for John to remain alert and focused, and to break away from past mistakes than it is for others. The percentage rate of error provides additional information about the type of processing - a higher rate of error (over 15%) speaks for an error accumulation with fairly inattentive processing, a lower rate indicates greater delays due to errors: 7.7%

Speed: John has below average short-term concentration. Visual information is grasped more slowly and errors occur more frequently.

MSPI TRAINING

The following eight dimensions capture capabilities, skills, and attitudes that can be trained, mitigated, or improved using sports psychology methods. The first four relate to the approach to practice, games and careers - for example, coping with mistakes, goal orientation, and motivation in practice, before, during and after the game.



MSPI TRAINING

The following four dimensions primarily capture players' individual experiences of strong emotions and of dealing with them - for example, dealing with failure, frustration, and mistakes. The stability of their inner strength is assessed, i.e. their faith in their own talent even during difficult periods, but also their ability to cope with frustration, anxiety, and high expectations in the game and in their career.

Self-Confidence Emotional Control Game Focus Game Strength

in descending order



The score for game focus is above average. Problems and challenges in game preparation are consciously addressed. This means that John can concentrate fully on the game and remain focused when on the field.

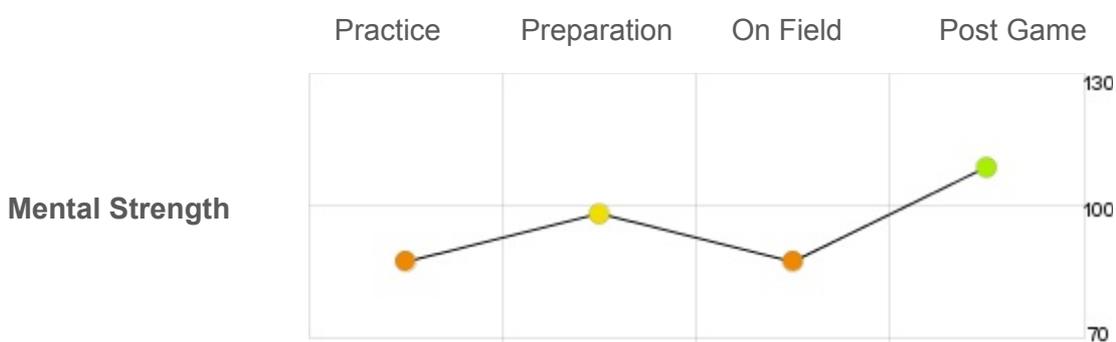
The score for emotional control is in the bottom group. Feelings of frustration and anger aren't processed well and affect both behavior and performance; failures and mistakes are also poorly dealt with. Coping mechanisms, relaxation techniques, and constructive plans for processing bad experiences help John to gain better emotional control.

The score for self-confidence is in the bottom group. This is usually a warning sign - often, players with very low self-confidence are also poor at evaluating themselves. In sports psychology consultation, background considerations should be cleared up, and self-imposed, unrealistic expectations should be questioned. With the use of appropriate methods (e.g., success journals, goal setting, physical feeling), direct work to build up self-confidence can also be carried out.

The score for game strength is in the bottom group. This is a sign that John suffers more strongly from nerves and anxiety. Failures increase this feeling. The pressure to perform is often seen as stressful. Relaxation methods, support, and strengthening of self-confidence are good foundations for further work.

MSPI PHASES

For players, the eight dimensions of self-motivation, fighting spirit, self-confidence, emotional control, game focus, game strength, learning, and goal orientation can be very much dependent on the situation. Some players are mentally stronger during games, some in practice; some have particular problems ahead of the game, others in recovering after a defeat. A relative phase-specific strength or weakness is present when the value in one of the phases of the dimension value deviates sharply downwards or is significantly higher than the dimension value (see the two preceding pages). If all phase values are in a similar area, the dimension score is stable and not situation-dependent.



Training

Situations in this phase are often characterized by uncertainty and require stamina. They require the individual to focus on long-term goals and on their own development, and also include challenges when dealing with events such as slumps or injuries.

Area	Score
Self-Motivation	96
Learning Orientation	122
Goal Orientation	84
Self-Confidence	77
Emotional Control	78



Comparatively strong in practice: -

Comparatively weak in practice: - Zielorientierung -

Preparation

This phase extends from the days leading up to a difficult/important game to just before kickoff. Situations are about the type and intensity of preparation, the impact of both pressure of expectation and bad experiences from the past on behavior, as well as the individual's general attitude and any possible nervousness.

Area		Score
Fighting Spirit		114
Game Focus		116
Game Strength		75
Goal Orientation		103
Self-Confidence		70
Emotional Control		105

Comparatively strong in preparation: - Spielkonzentration - Emotionale Kontrolle -

Comparatively weak in preparation: -

On Field

Situations are about how mistakes and refereeing decisions on the field are coped with, reactions to superior or unfair playing opponents, focusing on the game, and the emotional state during the game and in certain game stages.

Area		Score
Fighting Spirit		116
Game Focus		99
Game Strength		78
Goal Orientation		122
Self-Confidence		74
Emotional Control		70

Comparatively strong on field: - Zielorientierung -

Comparatively weak on field: - Spielkonzentration - Emotionale Kontrolle -

Post Game

In the post-game review, similar challenges to the practice situation are met. Situations in this phase refer to development processes and the processing of mistakes. Reflection and dealing with victory and defeat are in the foreground.

Area		Score
Self-Motivation		107
Learning Orientation		125
Goal Orientation		119
Self-Confidence		103
Emotional Control		88

Comparatively strong post game: - Zielorientierung - Selbstvertrauen - Emotionale Kontrolle -

Comparatively weak post game: -