

Name:



ACTION POINTS & MODULE TASKS

Module 6.1 - Frustration

Q1. What is one mistake that players tend to make when they get frustrated and what could they do instead?

Q2. Name the four stages of learning in order they happen:

1 _____

2 _____

3 _____

4 _____

Q3. What is cognitive dissonance?

Q4. What are 3 signs of frustration?

1

2

3

Q5. What is the best way to approach a player that is frustrated?



Module 6.2 - Anger

Q6. What is the reason that 1 in 5 teenagers have anger issues?

Q7. Why do some players become angry?

Q8. Name 3 things that can trigger anger in sport?

1 _____

2 _____

3 _____

Q9. What is the difference between assertion and aggression?

Q10. What are 3 ways to deal with anger and aggression?

1 _____

2 _____

3 _____



Module 6.3 - Anxiety

Q11. Briefly explain these two types of anxiety:

Trait anxiety: _____

State anxiety: _____

Q12. What are two examples of external sources of anxiety:

1 _____

2 _____

Q13. Name 3 symptoms of somatic anxiety:

1 _____

2 _____

3 _____

Q14. How can we help someone with a mental block?

Q15. How can players control their cognitive anxiety?



Module 6.4 - Get into the zone

Q16. What does being in the zone mean?

Q17. What happens if players arousal is too low?

Q18. What happens if players arousal is too high?

Q19. Name 3 example of how players can increase their arousal level:

- 1 _____
- 2 _____
- 3 _____

Q20. Name 3 examples of how players can decrease their arousal level:

- 1 _____
- 2 _____
- 3 _____

Q21. How do you think a ritual or a superstition help players?



Module 6.5 - Present moment

Q22. What are players likely thinking about if they are distracted?

Q23. How can being in the present moment help us?

Q24. What happens when we are not fully present?

Q25. What is the first step of being in the present moment?

Q26. What happens when we bring our attention to our 5 senses?

Q27. Give one example of a mantra your team could use:

Q28. How can being in the present moment help us on the sports field?



Module 6.6 - Emotional Patterns & States

Q29. What are the 3 patterns that determine how we feel AND give a brief explanation of each one:

1

2

3

Q30. What are the 4 ways that people deal with negative emotions?

1 _____

2 _____

3 _____

4 _____

Q31. What is the action signal or message of discomfort?

Q32. What is the action signal or message of fear?

Q33. What is the action signal or message of inadequacy?



Module 6.7 - Managing emotions

Q34. Why do we need to confront our emotions?

Q35. Name and briefly explain the 7 steps to dealing with difficult emotions?

1

2

3

4

5

6

7

Q36. How can a 1 minute time out help me as a coach?