



Researched Based Baseball

Psychological Skill and Tool Assessed	Percent of Current Skill Level Compared to Performance Potential	Importance of Skill or Attribute
5 Psychological Skills		
Motivation	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
Attention	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
Arousal Management	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
Self Confidence	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
Mental Toughness	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
5 Psychological Tools		
Commitment	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
Goal Setting	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
Mental Imagery	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
Concentration	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10
Self-Talk	10 20 30 40 50 60 70 80 90 100	1 2 3 4 5 6 7 8 9 10