

Mental Strength

Self check

Answer the following multi choice questions to check your understanding of mental strength. Tick the box next to either A, B or C for the answer that you think is correct. The answers are at the bottom of the other side of this sheet.

1. If officiating a tennis game the width of attention you would most often use would be:
 - a) narrow focus
 - b) broad focus
 - c) long focus

2. An example of an external distraction would be:
 - a) wondering what you're going to have for dinner that evening
 - b) analysing a previous error
 - c) action on an adjacent court of field

3. An easy way to keep a player or coach in the adult ego state is to:
 - a) high five them at the end of each comment you make
 - b) provide advice on what they could do differently in the future
 - c) ask questions.

4. To reduce stress you should make sure you have a small amount of what every day:
 - a) relaxation
 - b) chicken
 - c) ice cream.

5. By introducing one new skill at a time you are more likely to:
 - a) get injured
 - b) build self esteem
 - c) officiate the perfect game.

6. Which of the following will NOT help you to gain respect:
- a) celebrating openly with the winning team
 - b) controlling your emotions
 - c) being honest and straightforward.
7. The main objective for an official once the game has started is to:
- a) penalise regularly to keep control
 - b) allow the game to flow fairly
 - c) work on their own fitness.
8. If a player persistently infringes the best way to memorise the offender is to:
- a) make a mental note of their shirt number or personal characteristic
 - b) take a photo with your cell phone
 - c) ask the spectators who the offender is.
9. Positive self-talk:
- a) is why the US economy is in so much trouble
 - b) is new age fairy language
 - c) energises us.
10. Communicating your decisions with confidence means:
- a) not having to justify yourself to others in the game
 - b) asking the crowd for a "Hell Yeah" at the end of each comment
 - c) giving a quick smile and a wink after you've had a chat with a player.

Answers:

1. a, 2. c, 3. c, 4.a, 5. b, 6. a, 7. b, 8. a, 9. c, 10. a.