

Name: Anshu (Left handed)

Age: 7 years/M

Sports: Tennis

Level of sports: Junior Advanced

**Psychological Observation Evaluation
Customized Individual recommendation
Emotional welling**

Observation report

As per the interaction with Anshu, he is an introverted child, it takes time for him to connect with people. Since 1 and half years he is connecting with people and opening up, as per parents observation.

Recent incident in the match shows that he is overly attached with reinforcement given by parents to reach his goal where he is forgetting about realistic goals. As per the observation he is good in confidence, competency and consistency. The area which needs improvement is emotional control.

Recommendation:

About Counselling & Performance Routines

The goal of counselling is to build mental skills to enhance performance, especially performance under pressure. Mental training is the means by which psychological skills are built. There are 5 cardinal skills of mental training. These are: intensity control, concentration, self-talk, imagery and performance routines.

The Mental Training presents a performance routine. It prepares the player for the game by developing an action plan and by rehearsing this plan – so that it is ready to use on game day. Like any performance routine, the purpose of the Mental Training is to bring a systematic and disciplined approach to the game, from the first event to the last event of the day.

The building blocks of the performance routine are intensity control, concentration, self-talk, and imagery. This mental training exercise begins with a practice of intensity control methods, and is followed by a series of imagery based scenarios that incorporate concentration and self-talk.

Notes: As Anshu's emotion is not under his control, the focus will be on building a champion's mindset

Number of sessions recommended: 1 session per week specifically after S & C. In session, Physical activity, psychological activity and mental toughness activity will be included with realization activity.

