

## Pre-Performance Anxiety Worksheet Guide for Coaches

Please read through your athlete's responses and take note of how each athlete interprets their anxiety symptoms.

In *Section A*, you can see their interpretations of each symptom of pre-performance anxiety they experience. If an athlete indicates that they feel positively (ready to perform) about most of their symptoms, they may not need support or strategies to help them cope. If this is the case, reassure the athlete that they are interpreting their pre-performance anxiety symptoms well and that they may not need to learn coping strategies, but they could if they're interested. If an athlete indicates that they feel negatively about most of their symptoms, it may be best to offer extra support and some strategies for pre-performance anxiety management.

*Section B* provides insight into the strategies your athletes are aware of. This section tells you whether your athletes have tried to manage their pre-performance anxiety before and how they have tried to address it. If an athlete indicates they have not tried any strategies, you can suggest some strategies that may help them manage their symptoms. If they have tried a strategy in the past, but didn't find it effective, it doesn't mean they should skip that strategy. Perhaps they weren't using the strategy effectively or it has been a while since they last tried it and the strategy may be more helpful now.

*Section C* provides insight into how athletes feel their performance is impacted by their experiences with pre-performance anxiety. This may help you to better understand your athlete's performance and explain why there may be inconsistencies.

*Section D* allows you to get a big-picture idea of what areas athletes feel are negatively affected. See below to find the resources on the website that correspond to each impacted area. Some strategies are listed for more than one area of impact, as they can be applied in multiple situations!

Confidence	<a href="#">Pre-Performance Anxiety</a> , <a href="#">Goal Setting</a> , <a href="#">Imagery</a>
Motivation	<a href="#">Performance Routines</a> , <a href="#">Anxiety Regulation</a> , <a href="#">Goal Setting</a> , <a href="#">Self Talk</a> , <a href="#">Imagery</a>
Concentration/Attention	<a href="#">Performance Routines</a> , <a href="#">Concentration</a> , <a href="#">Biofeedback</a>
Performance	<a href="#">Performance Routines</a> , <a href="#">Pre-Performance Anxiety</a> , <a href="#">Goal Setting</a> , <a href="#">Athlete Roles</a> , <a href="#">Anxiety Regulation</a> , <a href="#">Imagery</a> , <a href="#">Concentration</a>
Relationship with teammate(s)	<a href="#">Group Cohesion and Team Building</a>
Relationship with coach(es)	<a href="#">Athlete Roles</a>
Thoughts about yourself	<a href="#">Athlete Roles</a> , <a href="#">Pre-Performance Anxiety</a> , <a href="#">Self Talk</a> , <a href="#">Goal Setting</a>
Stress Level	<a href="#">Anxiety Regulation</a> , <a href="#">Pre-Performance Anxiety</a> , <a href="#">Athlete Roles</a> , <a href="#">Biofeedback</a>