

## INTERVIEW - MENTAL CHECK

[www.tennis-evaluation.com](http://www.tennis-evaluation.com)

Perform mental self-evaluation. Ask questions: Player should rate himself. Let his coach or/and parents do the player the same way. Compare and take all the rating results into consideration when completing on-line MENTAL section of tennis player evaluation ([www.tennis-evaluation.com](http://www.tennis-evaluation.com)). In order to receive the most objective results, we recommend you to use the help of experienced sport psychologist when evaluating mental section.

*Evaluate one attribute at a time / scale 1-10 (1-worst, 10-best):*

ATTRIBUTE	PLAYER	PARENT	COACH
<b>DESIRE</b> PASSION / DEDICATION / COMMITMENT / MOTIVATION / ENJOYMENT / LOVE & INTEREST FOR THE GAME	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DETERMINATION</b> WILL / SELF-DETERMINATION / EFFORT / INTENSITY	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DISCIPLINE</b> TRAINING DISCIPLINE / SELF DISCIPLINE / WORK ETHIC	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>COMPETITIVENESS</b> FIGHTING SPIRIT / WILL TO WIN	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>PERSISTANCY</b> PATIENCE	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>DECISIONS</b> ADAPTABILITY TO ANY CIRCUMSTANCES / MISTAKE MANAGEMENT	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>CONFIDENCE</b> SELF-ESTEEM, SELF-CONFIDENCE	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>ATTITUDE</b> PERSONAL VALUES / POSITIVE THINKING / SELF TALK	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>CONCENTRATION</b> FOCUS / ATTENTION	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>AMBITION</b> ASPIRATION / HOPE / GOAL-MIND	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>EMOTIONAL CONTROL</b> COMPOSURE	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>CRITICAL MOMENTS</b> DECISIONS UNDER MENTAL PRESSURE / STRESS SITUATIONS WITH HIGH IMPORTANCE	<input type="text"/>	<input type="text"/>	<input type="text"/>