

CRITIQUAL PERFORMANCE

THE MENTAL PERFORMANCE TOOLKIT

Four tools from the coaching room. Real frameworks, not theory.



FOUR TOOLS, ONE PAGE EACH

01

The IZOF Model

Find the exact arousal level where your performance is highest. Not your teammate's zone. Yours.

02

The Pressure Loop

The five-stage loop that turns one mistake into a season of pulling back, and the two points where it can be broken.

03

The Self-Assessment Manikin

Three numbers, thirty seconds. The fastest way to know your own state before anything that matters.

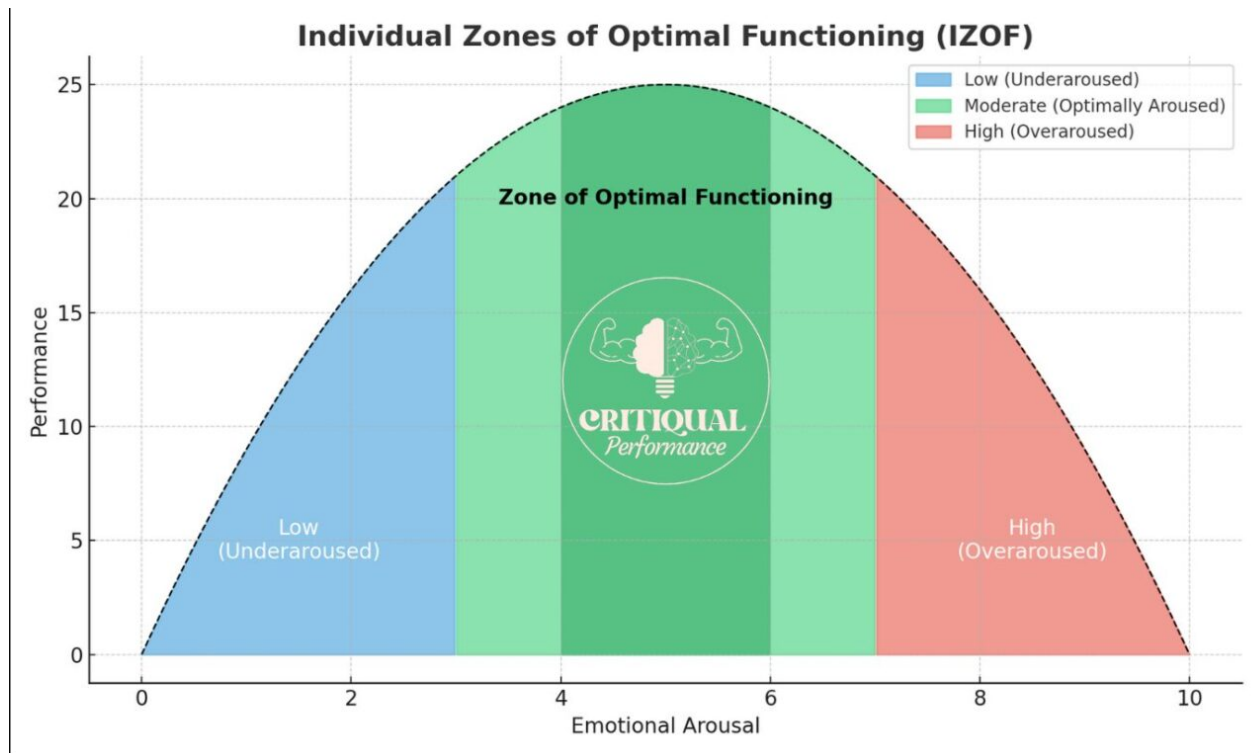
04

The 20-Minute System

Morning, before, after, night. Twenty minutes a day, the same structure I use with the athletes I coach.

FIND YOUR ZONE

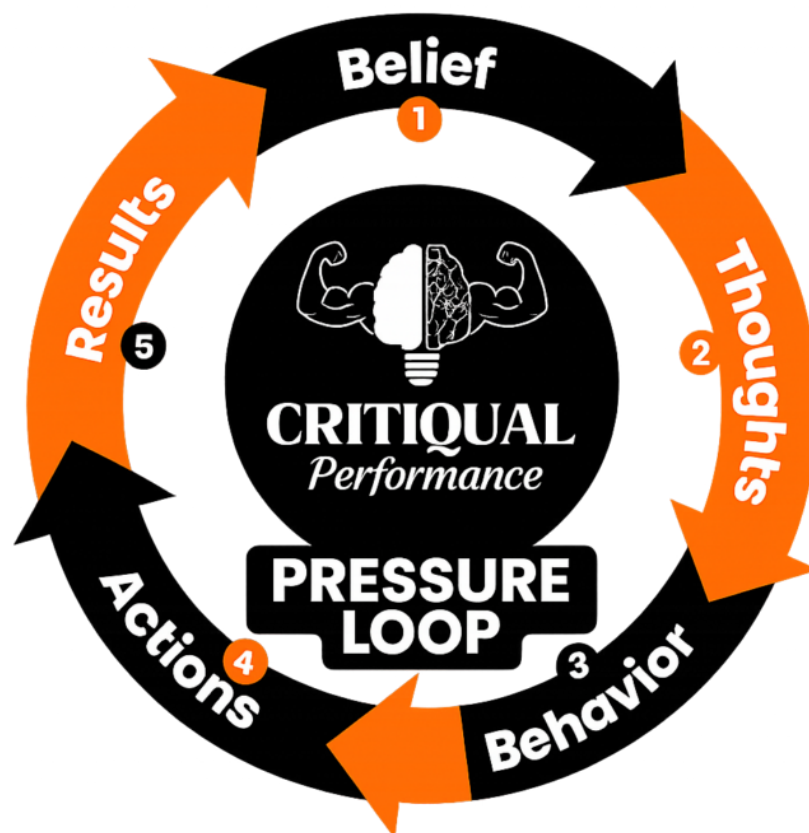
Most people think the goal under pressure is to feel calm. It is not. Some athletes perform best highly activated, excited, almost restless. Others need quiet focus. The optimal state is different for every athlete. The IZOF model maps your individual zone, the arousal level where your performance is highest.



"STOP TRYING TO FEEL CALM. START TRYING TO FEEL RIGHT."

THE PRESSURE LOOP

Most young athletes do not quit because they are weak. They get trapped in a loop: a mistake happens, doubt creeps in, confidence drops, effort drops, results drop. Left alone, the loop hardens into withdrawal. It can only be interrupted at two points: how the body responds, and what the mind does next.



BELIEF. THOUGHTS. BEHAVIOR. ACTIONS. RESULTS.

THE SELF-ASSESSMENT MANIKIN

A validated tool used in sport psychology to measure emotional state across three dimensions before anything that matters: how happy you feel about what is coming, how excited it makes you, and how confident you are in your own ability to handle it.

Self-Assessment Manikin

The Self Assessment Manikin (SAM) is a tool used to measure emotional responses. Use it to assess your feelings, excitement level, and confidence in relation to a specific task.



Follow these **three** steps:

Step 1: Rate Your Happiness
Using a scale from 0 to 10
0 being not happy at all
10 being extremely happy



Step 2: Rate Your Excitement
Using a scale from 0 to 10
0 being very calm
10 being extremely excited



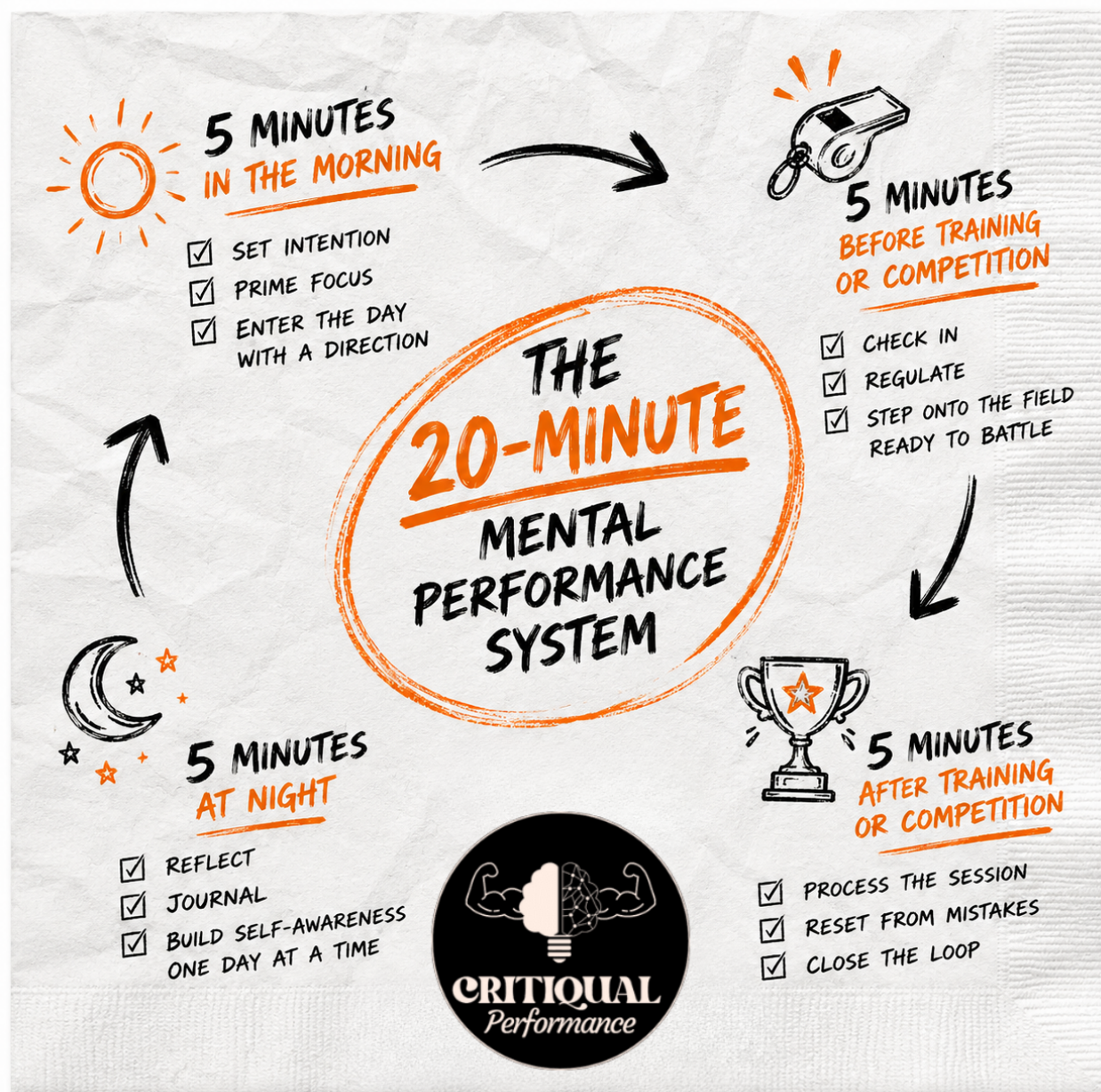
Step 3: Rate Your Confidence
Using a scale from 0 to 10
0 being not confident at all
10 being extremely confident



THREE NUMBERS. THIRTY SECONDS.

THE 20-MINUTE SYSTEM

Five minutes in the morning to set intention. Five minutes before training or competition to check in and regulate. Five minutes after to process the session and reset from mistakes. Five minutes at night to reflect and build self-awareness, one day at a time.



ONE SYSTEM. TWENTY MINUTES A DAY.

WHAT COMES NEXT

THESE TOOLS WORK BETTER TOGETHER.

This toolkit is the reference. The free Mental Performance Workbook is where you actually work through them, session by session.

If you coach a team, run a club, or lead a school, this same system works at scale, group sessions, workshops, and term partnerships are available.

I RESPOND PERSONALLY. ALWAYS.

– RISHAAN