

Mental Toughness Video Course – Jorge Capestany

Video 4 – Choking & Nerves - Quiz

1. One of the reason so many players struggle in matches is they simply play too few _____.
2. Tennis players need to compete because they need _____ along the way
3. What is the optimal level of arousal/energy for your best performance?
4. Unlike other sports a tennis match is more of a _____ which is why we need endurance
5. What are the two types of **triggers** you can use to bring yourself into optimal performance?
6. What do you remember about Self 1 and Self 2?
7. What are some **verbal** triggers you could use to pump yourself **up**?
8. What are some **physical** triggers you could use to pump yourself **up**?
9. What are some verbal triggers that you could use to calm yourself **down**?

10. What are some physical triggers that you could use to calm yourself **down**?

11. Do you feel personally that pumping yourself up with adrenaline to "fight" could benefit you, or do you feel like you play better in a more neutral, emotionless state like the chair umpire?

12. What is a **goal**?

13. What is a **system**?

14. Even the _____ choke.

15. What is the difference between pros and recreational players in regards to choking?

16. You need to limit choking to a _____ - _____ event.