

TABLE 1.2 What You Want to Achieve in Rugby

Question	Your answer
What level do you want to play at (e.g., international, county, district, club).	
What do you think you will need to do to play at your desired level?	
What sacrifices are you prepared to make to achieve your goals?	
When do you think it will be possible to play at the level where you want to play?	
What could you do to ensure that you play at your desired level?	
How do you think achieving your goals will make you feel?	

TABLE 1.4 Goal-Setting Sheet

Date: _____

Goals for career, season, and month (circle as applicable).

LIST YOUR OUTCOME GOALS (E.G., RESULTS OF PARTICULAR MATCHES AND COMPETITION).	
Outcome goal	Date to be achieved
1.	
2.	
3.	
LIST YOUR PERFORMANCE GOALS (E.G., KICKING PERFORMANCE, LINEOUT THROWING, NUMBER OF TACKLES) AND THE DATES WHEN YOU WANT TO ACHIEVE YOUR GOALS.	
Performance goals	Date to be achieved
1.	
2.	
3.	
LIST YOUR PROCESS GOALS (E.G., FOCUS ON ACTIONS SUCH AS SHOULDER POSITION DURING TACKLING, PASSING ACTION, AND SO ON).	
Process goals	Date to be achieved
1.	
2.	
3.	
LIST THE BARRIERS THAT MAY PREVENT YOU FROM ACHIEVING YOUR GOALS AND THE POSSIBLE SOLUTIONS, IF THERE ARE ANY.	
Barriers	Possible solutions
1.	
2.	
3.	

TABLE 2.2 Physical, Technical, Tactical, and Psychological Self-Assessment

Physical	Technical	Tactical	Psychological

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics). Adapted from R. Butler, 1996, *Performance profiling* (Leeds, UK: National Coaching Foundation), 10.

TABLE 2.4 Meanings Associated With Qualities

Quality	Meaning
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics). Adapted from R. Butler, 1996, *Performance profiling* (Leeds, UK: National Coaching Foundation), 15.

Date _____	Ratings									
Quality	1	2	3	4	5	6	7	8	9	10

Action points

-
-
-
-

FIGURE 2.2 Performance profile.
 From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 3.1 A Match in Which You Did Not Prepare Properly

Date of match: _____

Opponents: _____ Competition: _____

Poor physical preparation behaviours	Poor mental preparation	Consequences

TABLE 3.3 **Answers to Preparation Questions**

Question	Answer
What do I want work on in today's training to be ready for my next match?	
How I am going to make sure that I practice what I need to practice in training?	
What do I want to achieve in training this week?	
What do I want to prevent from happening in training?	

TABLE 3.5 Mental Preparation

Date of match: _____

Question	Answer
What do you want to happen in tomorrow's match?	
How you will make happen what you want to happen in tomorrow's match?	
How you will play to your strengths?	
How you will avoid exposing your weaknesses to your opponents?	
What is your role within the team?	
What is your role in different attacking formations?	
What is your role in different defensive formations?	

TABLE 4.2 Behaviours, Body Language, and Attitude of a Mentally Tough Rugby Player

Position: _____ Name of player: _____

Behaviours	Body language	Attitude

TABLE 4.4 ABCDE of Learned Optimism in Rugby

Question	Your answer
Adversity: What happened?	
Beliefs: What were your beliefs at that point in the match?	
Consequences: What were the consequences of those beliefs during the match?	
Disputation: How would you now dispute those thoughts if it happened again?	
Evidence: What evidence do you have?	

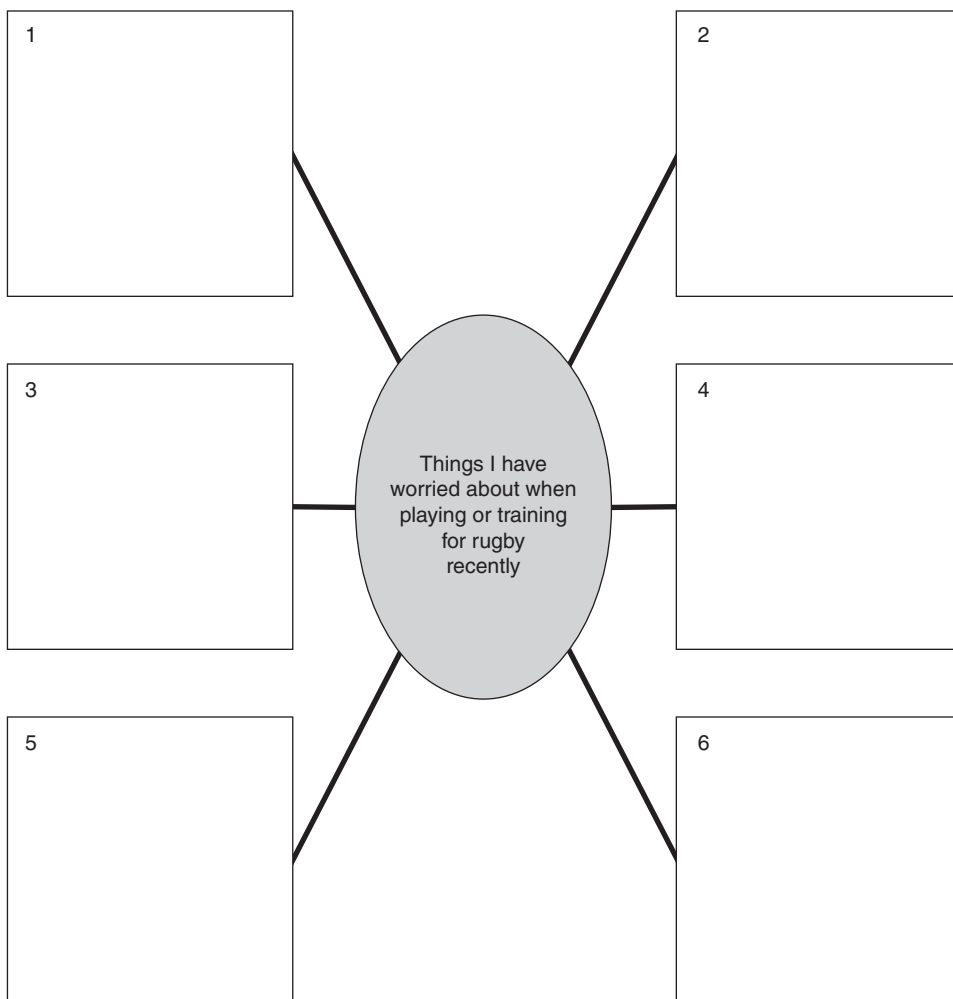


FIGURE 5.8 Stressors in rugby concept map.

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

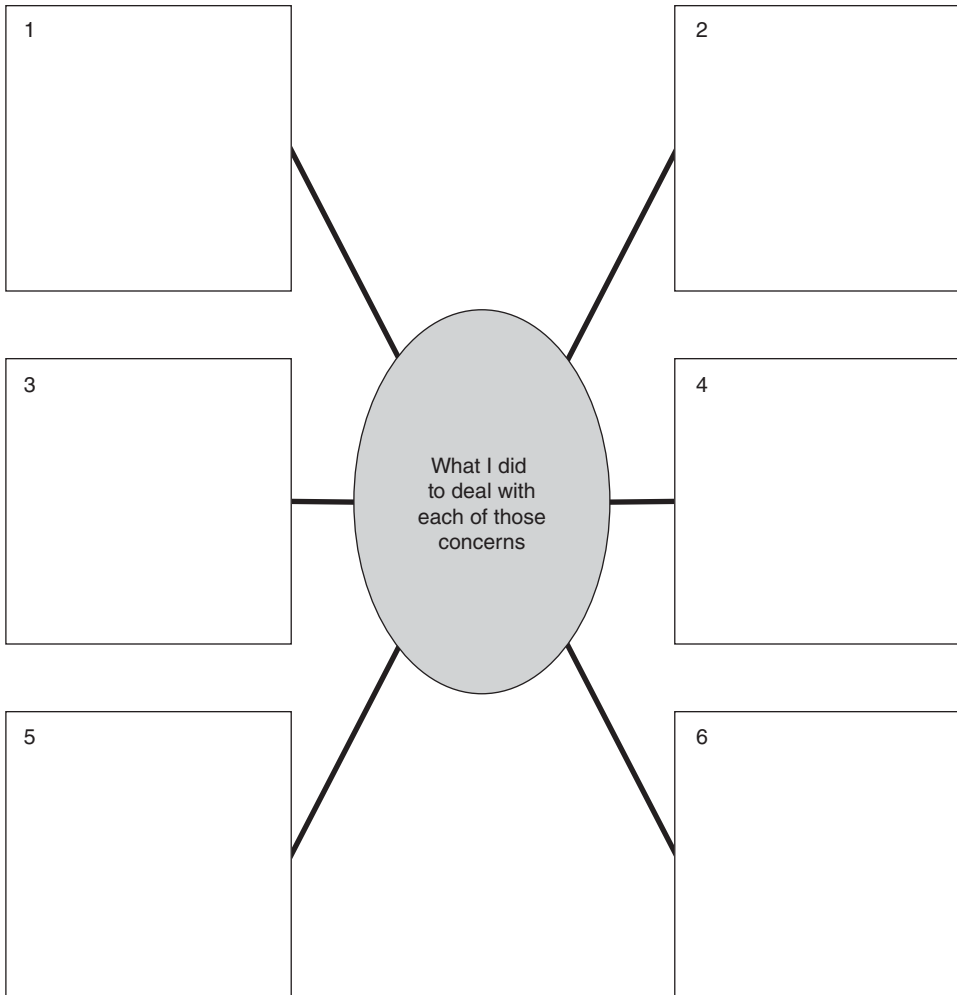


FIGURE 5.9 Coping strategies in rugby concept map.

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 5.2 Identifying Controllable Stressors

	Controllable stressors
1.	
2.	
3.	
4.	
5.	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 5.4 Identifying Uncontrollable Stressors

	Uncontrollable stressors
1.	
2.	
3.	
4.	
5.	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 5.6 Identifying Who You Can Rely on for Support

	Person
1.	
2.	
3.	
4.	
5.	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 6.1 Seeing Imagery Scoring Table

Question number	Answer
1.	
3.	
6.	
8.	
TOTAL SCORE FOR SEEING IMAGERY ABILITY: _____	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics). Adapted from C.R. Hall and K.A. Martin, 1997, "Measuring movement imagery abilities: A revision of the Movement Imagery Questionnaire." *Journal of Mental Imagery* 21(1-2): 143-154.

TABLE 6.2 Feeling Imagery Scoring Table

Question number	Answer
2.	
4.	
5.	
7.	
TOTAL SCORE FOR FEELING IMAGERY ABILITY: _____	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics). Adapted from C.R. Hall and K.A. Martin, 1997, "Measuring movement imagery abilities: A revision of the Movement Imagery Questionnaire." *Journal of Mental Imagery* 21(1-2): 143-154.

TABLE 7.1 Feelings of Confidence in Matches

Details and feelings	Felt most confident	Felt least confident
Opposition		
How did you feel?		
What specific aspects of your performance stood out (e.g., tackling, passing, kicking, or other)?		

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 7.2 What You Would Like to Accomplish in Rugby

1.	
2.	
3.	
4.	
5.	

TABLE 7.4 Changing Negative Self-Talk Into Positive Self-Talk

Situation	Negative self-talk	Positive self-talk (changed into)

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 8.3 Choking Under Pressure Experience

Match	
Why was the match important to you?	
What happened?	
How did you feel physically?	
How did you feel psychologically?	

TABLE 8.5 Order of Behaviours in a Preskill Routine

Order of behaviours	Behaviour
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

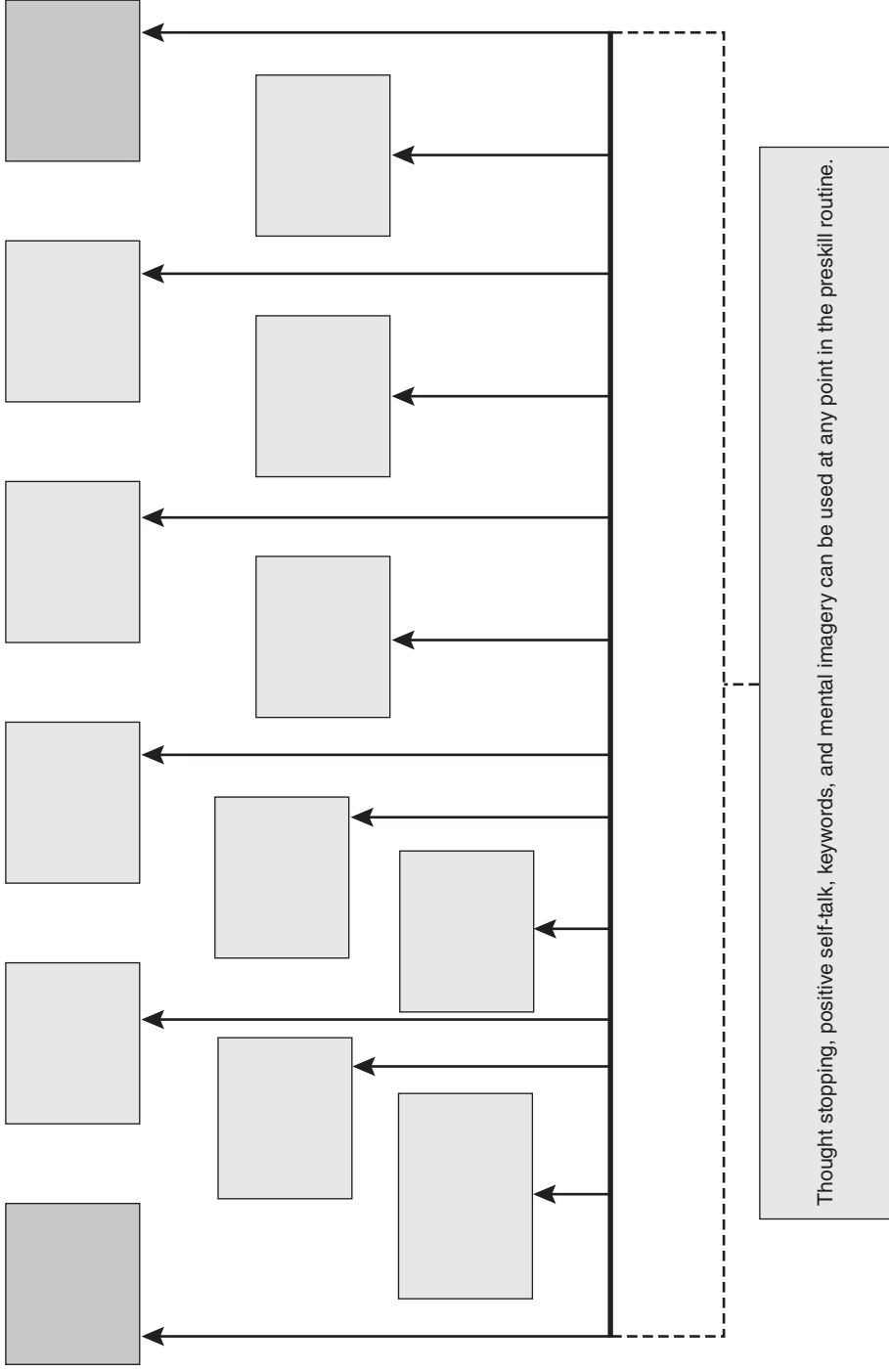


FIGURE 8.2 Preskill routine.

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 9.2 Skills–Challenge Relationship in Rugby

Skills–challenge relationship	Situation	How did this make you feel?
1. Your skills were not sufficient to meet the challenge posed by your opponents.		
2. Your skills were far greater than the challenge posed by your opponents.		
3. Your skills were equal to the challenge posed by your opponents.		

TABLE 9.4 Sources of Feedback in Rugby

Source of feedback	Example
Awareness of bodily sensations	
Visual information	
Coach information	
Teammate information	
Outcome information	
Feel for correct skill	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics). Adapted, by permission, from S. Jackson and M. Csikszentmihalyi, 1999, *Flow in sports* (Champaign, IL: Human Kinetics), 97.

TABLE 10.2 ABCs of Anger

Antecedents (cause) of your anger	Behaviour	Consequence

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 10.4 Antecedents, Thoughts, and Reactions to Anger

Antecedents	Thoughts	Body reactions

TABLE 10.6 Why Particular Antecedents Cause Anger

Antecedents	Why it causes anger

TABLE 10.8 Inappropriate and Ideal Responses to Anger

Antecedent	Inappropriate behaviours that you have committed in the past when you have lost control of your anger	How you would like to behave in the future

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

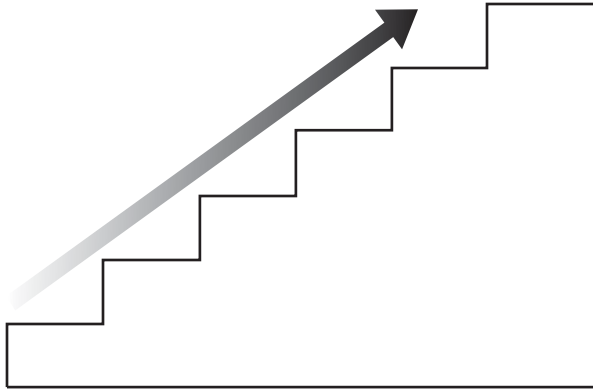


FIGURE 11.3 Goal-setting staircase.

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 11.2 Returning to Rugby After Injury

Weaknesses preinjury	Goal for your return to rugby

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 11.4 Crucial Physical and Psychological Factors During Rehabilitation

Physical	Psychological

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 11.6 Meanings Associated With the Most Vital Factors in Rehabilitation

Quality	Meaning

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 14.1 Rank Order Coach–Athlete Relationship

Rank order	Coach–athlete relationship combination
1.	
2.	
3.	
4.	

From A. Nicholls and J. Callard, 2012, *Focused for rugby* (Champaign, IL: Human Kinetics).

TABLE 14.3 Coach–Athlete Relationships

Coach–athlete relationship type	Your experience
Effective and successful	
Effective and unsuccessful	
Ineffective and successful	
Ineffective and unsuccessful	

TABLE 15.3 Clarifying Your Center

Question	Answer
What captures your imagination?	
What are your dreams?	
What is that causes you to smile, increases your pulse, and causes you to speak animatedly with other players or coaches?	
What is it that motivates you to expend your physical and mental energy in rugby?	