

THE MSD

MENTAL SKILLS DEVELOPMENT PROGRAM

The Mental Skills Development (MSD) website is the place to go to learn how to enhance the ten mental skills that enable effective self-management. The web-based MSD program will contain instructional material, resources, information and instruction about the mental habits, access to coaching services and more. We hope it will become the source for athletes, parents, coaches and sport psychologists for resources on improving an athlete's mental skills in the six important situations.

www.appliedskills.com/MSD.html



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AS&K SPORTS
EXCEPTIONAL MEASURES
SUPERIOR PERFORMANCE

THE MSA
MENTAL SKILLS ASSESSMENT

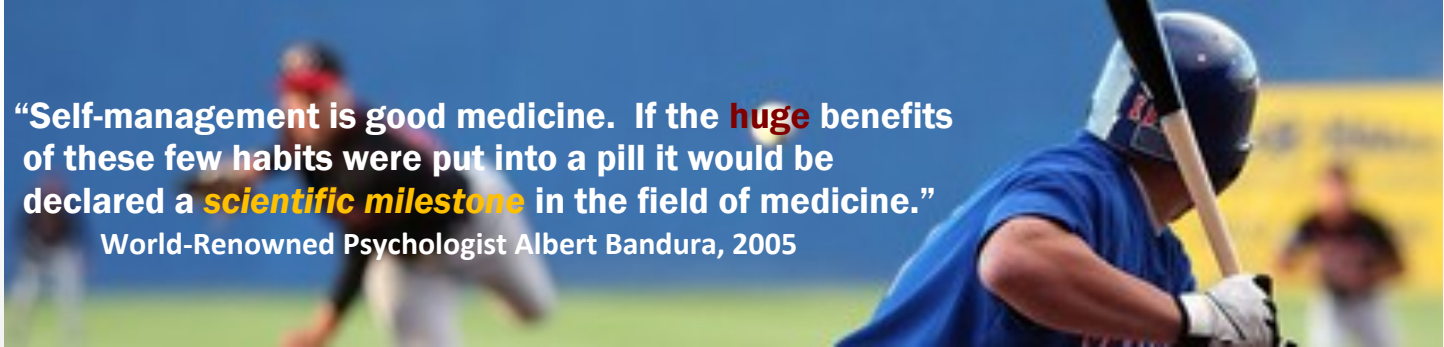
**An assessment of 10 mental skills
critical to peak performance in sports**





“Self-management is good medicine. If the **huge** benefits of these few habits were put into a pill it would be declared a **scientific milestone** in the field of medicine.”

World-Renowned Psychologist Albert Bandura, 2005



AS&K SPORTS: WHAT WE DO

Mental skills are among the critical factors needed for success in work, competition and managing life. At AS&K Sports we help athletes develop these skills. We evaluate and coach athletes on a set of ten mental skills for self-management that predict success in important situations on and off the field. Athletes, psychologists and coaches use the Mental Skills Assessment (MSA) results to make decisions about the athlete’s coaching and developmental needs.



WHY WE'RE DIFFERENT

The assessments of the mental part of the game that are available in the market today are based upon older thinking about the nature of personality. For example, older thinking argues that motivation is a fixed trait in a person and isn't affected much by situational differences or training. Today's leading thinkers disagree - and provide proof that motivation, and other

Important mental skills, are not fixed, but vary by situation and can be managed and improved with training. The older beliefs have two negative consequences, (1) they discourage a person from making attempts to build, modify, or change their own mental skills and (2) they provide little guidance for coaches or parents to assist in developing better mental skills in their athlete.

Considering the scientific evidence, AS&K Sports believes that the older assumptions are wrong. AS&K Sports created an integrated assessment (MSA) and development program (MSD) based upon the scientific evidence to build athletes' mental skills for success in sports and in life.

Visit our website:

www.appliedskills.com

The Mental Skills Assessment is a web-based assessment of 10 mental skills in 6 key situations that are critical to success. The assessment requires less than 1 hour to complete. Once completed, the athlete has immediate access to his or her report. The **10 mental skills** measured by MSA are:

Effort

Leadership

Open to Feedback

Goal Setting

Goal Implementation

Personal Control

Mastery Approach

Satisfaction

Task Confidence

Self-Worth

The questions measure the athlete's mental skills in **6 important situations**.

Practice

Game

Setbacks

Parents & Coaches

Off-Field Situations

Teammates