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**TEST OF PERFORMANCE STRATEGIES<sup>®</sup>**

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender M F

Sport \_\_\_\_\_ Event(s)/  
Position \_\_\_\_\_

Years participating in sport \_\_\_\_\_ Today's Date \_\_\_\_\_

Current performance level (circle one):

International                  National                  Collegiate                  Regional  
Junior National          Club          Recreational          Other \_\_\_\_\_

This questionnaire measures performance strategies used by athletes in various sport situations. Because individual athletes are very different in their approach to their sport, we expect the responses to be different. We want to stress, therefore, that there are no right or wrong answers. All that is required is for you to be open and honest in your responses.

Throughout the questionnaire, several terms are used which may have different meanings for different individuals. Because of this, these terms are defined below with specific examples to sport where appropriate. Please keep these definitions in mind when responding to items with these terms.

**COMPETITION:** a tournament/meet where individuals or teams perform against each other.

**SKILL:** a specific element of your sport performance. For example, free throw shooting in basketball or a jump in figure skating.

**PERFORMANCE:** your execution of specific sport skills during training and competition.

**ROUTINE:** a set of behaviours that is performed regularly in preparation for your performance in sport. An example may be going through specific stretches while listening to a song on your walkman prior to every performance.

**WORKOUT:** a structured practice session to work on various elements of your sport.

**VISUALIZATION/IMAGERY/REHEARSAL:** these terms refer to the act of picturing in your mind some aspect of your performance. An example would be seeing and feeling yourself execute a specific skill perfectly.

TOPS 2

Each of the following items describes a specific situation that you may encounter in your training and competition. Please rate how frequently these situations apply to you on the following scale:

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Always

Never      Rarely      Sometimes  
Often      Always

Please put a circle around your answer

	1	2	3	4	5
1. I set realistic but challenging goals for practice.	1	2	3	4	5
2. I say things to myself to help my practice performance.	1	2	3	4	5
3. During practice I visualize successful past performances.	1	2	3	4	5
4. My attention wanders while I am training.	1	2	3	4	5
5. I practise using relaxation techniques at workouts.	1	2	3	4	5
6. I practise a way to relax.	1	2	3	4	5
7. During competition I set specific result goals for myself.	1	2	3	4	5
8. When the pressure is on at competitions, I know how to relax.	1	2	3	4	5
9. My self-talk during competition is negative.	1	2	3	4	5
10. During practice, I don't think about performing much - I just let it happen.	1	2	3	4	5
11. I perform at competitions without consciously thinking about it.	1	2	3	4	5
12. I rehearse my performance in my mind before practice.	1	2	3	4	5
13. I can raise my energy level at competitions when necessary.	1	2	3	4	5
14. During competition I have thoughts of failure.	1	2	3	4	5
15. I use practice time to work on my relaxation technique.	1	2	3	4	5
16. I manage my self-talk effectively during practice.	1	2	3	4	5
17. I am able to relax if I get too nervous at a competition.	1	2	3	4	5
18. I visualize my competition going exactly the way I want it to go.	1	2	3	4	5
19. I am able to control distracting thoughts when I am training.	1	2	3	4	5
20. I get frustrated and emotionally upset when practice does not go well.	1	2	3	4	5
21. I have specific cue words or phrases that I say to myself to help my performance during competition.	1	2	3	4	5

## TOPS 3

	Never	Rarely	Sometimes	Often	Always
22. I evaluate whether I achieve my competition goals.	1	2	3	4	5
23. During practice, my movements and skills just seem to flow naturally from one to another.	1	2	3	4	5
24. When I make a mistake in competition, I have trouble getting my concentration back on track.	1	2	3	4	5
25. When I need to, I can relax myself at competitions to get ready to perform.	1	2	3	4	5
26. I set very specific goals for competition.	1	2	3	4	5
27. I relax myself at practice to get ready.	1	2	3	4	5
28. I psych myself up at competitions to get ready to perform.	1	2	3	4	5
29. At practice, I can allow the whole skill or movement to happen naturally without concentrating on each part of the skill.	1	2	3	4	5
30. During competition I perform on 'automatic pilot'.	1	2	3	4	5
31. When something upsets me during a competition, my performance suffers.	1	2	3	4	5
32. I keep my thoughts positive during competitions.	1	2	3	4	5
33. I say things to myself to help my competitive performance.	1	2	3	4	5
34. At competitions, I rehearse the feel of my performance in my imagination.	1	2	3	4	5
35. I practise a way to energize myself.	1	2	3	4	5
36. I manage my self-talk effectively during competition.	1	2	3	4	5
37. I set goals to help me use practice time effectively.	1	2	3	4	5
38. I have trouble energizing myself if I feel sluggish during practice.	1	2	3	4	5
39. When things are going poorly in practice, I stay in control of myself emotionally.	1	2	3	4	5
40. I do what needs to be done to get psyched up for competitions.	1	2	3	4	5
41. During competition, I don't think about performing much - I just let it happen.	1	2	3	4	5
42. At practice, when I visualize my performance, I imagine what it will feel like.	1	2	3	4	5

	Never	Rarely	Sometimes	Often	Always
43. I find it difficult to relax when I am too tense at competitions.	1	2	3	4	5
44. I have difficulty increasing my energy level during workouts.	1	2	3	4	5
45. During practice I focus my attention effectively.	1	2	3	4	5
46. I set personal performance goals for a competition.	1	2	3	4	5
47. I motivate myself to train through positive self-talk.	1	2	3	4	5
48. During practice sessions I just seem to be in a flow.	1	2	3	4	5
49. I practise energizing myself during training sessions.	1	2	3	4	5
50. I have trouble maintaining my concentration during long practices.	1	2	3	4	5
51. I talk positively to myself to get the most out of practice.	1	2	3	4	5
52. I can increase my energy to just the right level for competitions.	1	2	3	4	5
53. I have very specific goals for practice.	1	2	3	4	5
54. During competition, I play/perform instinctively with little conscious effort.	1	2	3	4	5
55. I imagine my competitive routine before I do it at a competition.	1	2	3	4	5
56. I imagine screwing up during a competition.	1	2	3	4	5
57. I talk positively to myself to get the most out of competitions.	1	2	3	4	5
58. I don't set goals for practices, I just go out and do it.	1	2	3	4	5
59. I rehearse my performance in my mind at competitions.	1	2	3	4	5
60. I have trouble controlling my emotions when things are not going well at practice.	1	2	3	4	5
61. When I perform poorly in practice I lose my focus.	1	2	3	4	5
62. My emotions keep me from performing my best at competitions.	1	2	3	4	5
63. My emotions get out of control under the pressure of competition.	1	2	3	4	5
64. At practice, when I visualize my performance, I imagine watching myself as if on a video replay.	1	2	3	4	5