

# Framework Quick Reference

All core models in one document. Keep this alongside the weekly materials as a navigational tool during vetting.

## WEEK 1-2 FOUNDATION

### ACT Hexaflex — Psychological Flexibility Model

Six processes. Psychological flexibility = all six operating. Inflexibility = fusion + experiential avoidance dominating.

Present Moment Awareness	Mind in past or future (rumination, worry)	Contact with now — what's happening right now	MBAT · breath anchor · check-in
Cognitive Defusion	Thoughts believed literally ("I'm not good enough")	Thoughts as mental events ("I'm having the thought that...")	Naming, labeling, leaves exercise
Acceptance	Avoidance of discomfort (suppression, numbing)	Willingness to feel — feel it and compete anyway	MI evocation of values > discomfort
Self-as-Context	Overidentification with role/outcome ("I am my stats")	Observer perspective — who watches the thoughts	Values work · defusion exercises
Values	Goals as values · vague ideals · externally driven	Ongoing directions · intrinsically chosen · identity-level commitments	Values clarification · MI questions
Committed Action	Pattern-consistent action absent · avoidance dominates	Doing what matters · values-aligned behavior · behavioral standards	Standards translation · PPL rituals

## WEEK 2 & 5

### SDT / 3Cs Framework — Motivational Architecture

Autonomy	Choice	Decisions made for athlete without input or rationale	Right choice offered · rationale given · athlete voice sought
Competence	Confidence	Athlete doesn't understand why or doesn't believe work helps	Purpose stated clearly · developmentally appropriate language · honest feedback

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Relatedness	Connection	Athlete not known personally or socially isolated from group	Coach knows one personal fact · eye contact · social geography mapped
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**PRE-INTERVENTION CHECKLIST (3CS)**

Before any mechanical, tactical, or technical intervention: (1) Does this athlete feel they have a say? (2) Are they confident the work will help? (3) Do they feel known and connected? If any answer is no — intervene there first. The best technical intervention fails on an athlete who doesn't feel seen.

WEEKS 1-4 · MBAT

## Nideffer Attention Model + MBAT Quadrant Mapping

Broad External (Assess)	Broad	External	Read game · scan environment · multiple inputs	Paralysis · overload · analysis freeze	Week 3 — Open Monitoring
Narrow External (Perform)	Narrow	External	Lock to target · execute · automaticity online	Tunnel vision · miss peripheral info	Week 1 — Focused Attention
Broad Internal (Analyze)	Broad	Internal	Plan · strategize · connect mental models	Overthinking during execution	Week 4 — Connection Practice
Narrow Internal (Rehearse)	Narrow	Internal	Single cue · breath · body check · imagery	Excessive self-monitoring during execution	Week 2 — Body Scan

WEEK 4

## Wulf OPTIMAL Theory — External vs. Internal Cues

**USE: External Focus Cues**

- Direct attention to effect of movement, not mechanics
- "Through the ball" · "Hit the target" · "Smooth release"
- External focus outperforms internal for acquisition AND performance
- Applies to all skill levels — not just beginners
- Exceptions: isolated strength work, rehabilitation (conscious re-patterning is the goal)

**AVOID: Internal Focus Cues**

- "Keep elbow in" · "Bend knees" · "Rotate hips"
- Internal focus invokes conscious motor control
- Conscious control interferes with automated motor programs training has built
- "Don't focus on mechanics during performance" is OPTIMAL Theory, not preference
- When context shifts back to performance: external focus returns as default

WEEK 3

## Evans Arousal Model — Red Head / Blue Head

Red Head (1-4 on scale)	Sympathetic NS dominant · fight/flight activated · PFC offline	Reactive · narrow · impulsive · cognitive control gone · pattern-matched threat response	Composed breath · reset cue · external process target · physical grounding
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Blue Head  
(optimal zone)

Prefrontal cortex online ·  
arousal at individual optimal

Decision-making intact ·  
situationally adaptive ·  
automated skills accessible ·  
composure under activation

Maintain via MBAT practice · Evans  
check-in · pre-performance ritual

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#### THE EVANS CHECK-IN PROTOCOL

Before performance (Prime): "Where are you on 1–10?" → Breath or activation to move toward optimal. During performance (Perform): brief check-in between efforts → composed breath → return to external process cue. After error: check-in → reset cue → return to next play. The sequence is Prime/Perform/Learn — Evans lives primarily in Perform.

WEEK 3

## PETLEP Imagery Framework

Physical	Body in same position as real performance	"Stand in batting stance during imagery, not seated on couch"
Environment	Replicate the actual performance environment	Use sounds, smells, visual field of the real venue if possible
Task	Imagery content matches specific task demands	Pitch-specific, not generic "being good at baseball"
Timing	Real-time duration — not fast-forwarded	Full 4-second free throw routine, not compressed highlights
Learning	Update content as skill develops	Imagery of current form, not ideal form athlete can't yet execute
Emotion	Include actual emotional activation of performance	Nervous before a big at-bat → include that in the imagery
Perspective	First-person internal vs. external (watching yourself)	Most motor learning research favors first-person; match athlete's natural tendency

**PLAN B IMAGERY**

Standard PETLEP imagery rehearses execution. Plan B imagery rehearses the recovery — a mistake followed by a values-guided reset and return to process cue. Trains the neural pathway for response after error, not just perfect performance. Include in routine after standard imagery. This is a Baker-developed PETLEP application.

WEEK 4

## Prime / Perform / Learn — PPL Framework

Prime	Before	Intentional psychological preparation & activation	Breath anchor · arousal check-in · values activation · process cue selection	Pre-pitch · pre-game · pre-season · pre-career
Perform	During	Real-time regulation & refocus	Evans check-in · composed breath · defusion if needed · external process cue	Between pitches · between plays · between innings
Learn	After	Extract learning · reset emotionally · set next intention	1 Up/1 Down/1 Forward · After Action Review · Values Check-In	Post-effort · post-game · weekly · post-season

WEEK 5

## Developmental Stage Framework

Sampling	Under 13	Fun · engagement · multi-sport · movement literacy	Games over drills · positive relationships · intrinsic motivation	Early specialization · outcome pressure · adult performance frameworks
Specializing	13–18	Skill development · identity formation · increasing commitment	Values work begins · process emphasis · increasing structure	Elite-level pressure · identity collapse to sport only
Investing	18–22	Full commitment · performance optimization · identity integration	Full IP framework · outcome accountability · career planning	Skipping values foundation · treating collegiate as professional
Elite	22+	Performance optimization · career longevity · transition planning	Full IP framework · systems consultation · transition work	Ignoring identity & values · pure output focus without meaning

**THE UNDER-13 FINDING**

Research is unambiguous: for athletes 13 and under, the single strongest predictor of future elite performance is whether the athlete had fun at practice and in games — not winning, not physical metrics, not early specialization. Apply the wrong developmental frame to this population and you are actively working against long-term development.

WEEK 3 & EXAM

## Gucciardi Mental Toughness Definition

**DEFINITION**

"Mental toughness is the ability to pay attention to the right thing, at the right time, regardless of circumstances." — Dr. Daniel Gucciardi

Right Thing	Attention on the correct object for this moment	Wrong attentional quadrant for the task (Nideffer)	Attention mapping · Nideffer training · MBAT
Right Time	Shifting when required — not staying fixed	Rigid attention · cannot transition between modes	MBAT integration · attention flexibility training
Regardless	Under pressure, fatigue, adversity, distraction	Red Head state · fusion with threat thoughts	Evans model · defusion · Blue Head training · values