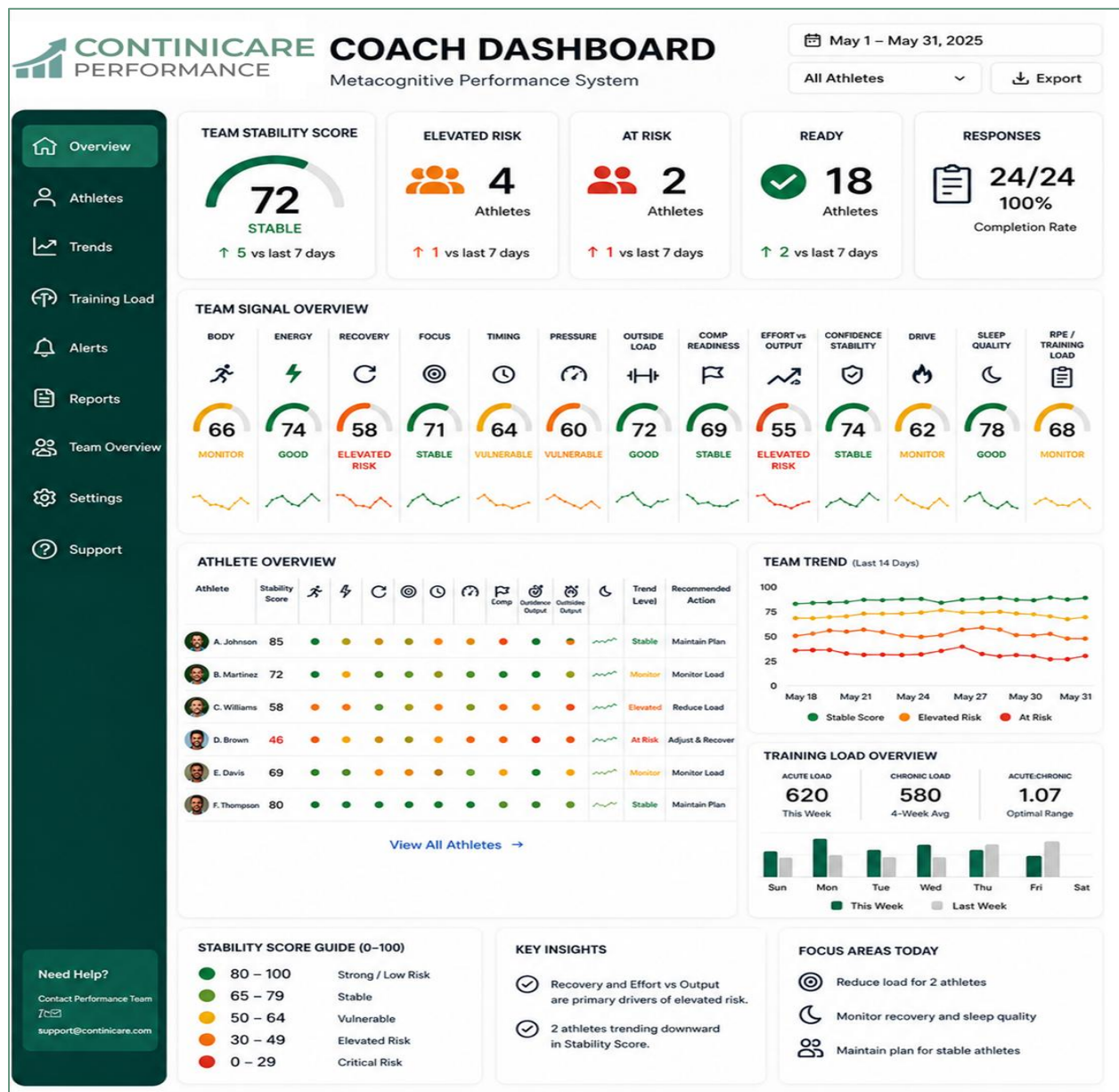


# Metacognitive Performance System (MPS)

Detect Instability Before Performance Declines

In most cases, instability begins days earlier through subtle changes in focus, timing, recovery, confidence, cognitive clarity, and effort efficiency. The Metacognitive Performance System (MPS) helps coaching staff detect these signals early — before performance decline, decision breakdown, overload, or non-contact injury become visible.

Unlike traditional athlete monitoring systems that focus primarily on physical load, MPS measures the cognitive and metacognitive factors that influence execution under pressure.



The MPS combines daily athlete check-ins, cognitive readiness tracking, training load monitoring, and trend detection into a single integrated coaching intelligence platform. The objective is simple:

- Detect instability early
- Support self-regulation
- Maintain stable performance under load

### The Four Critical Performance Stability Signals

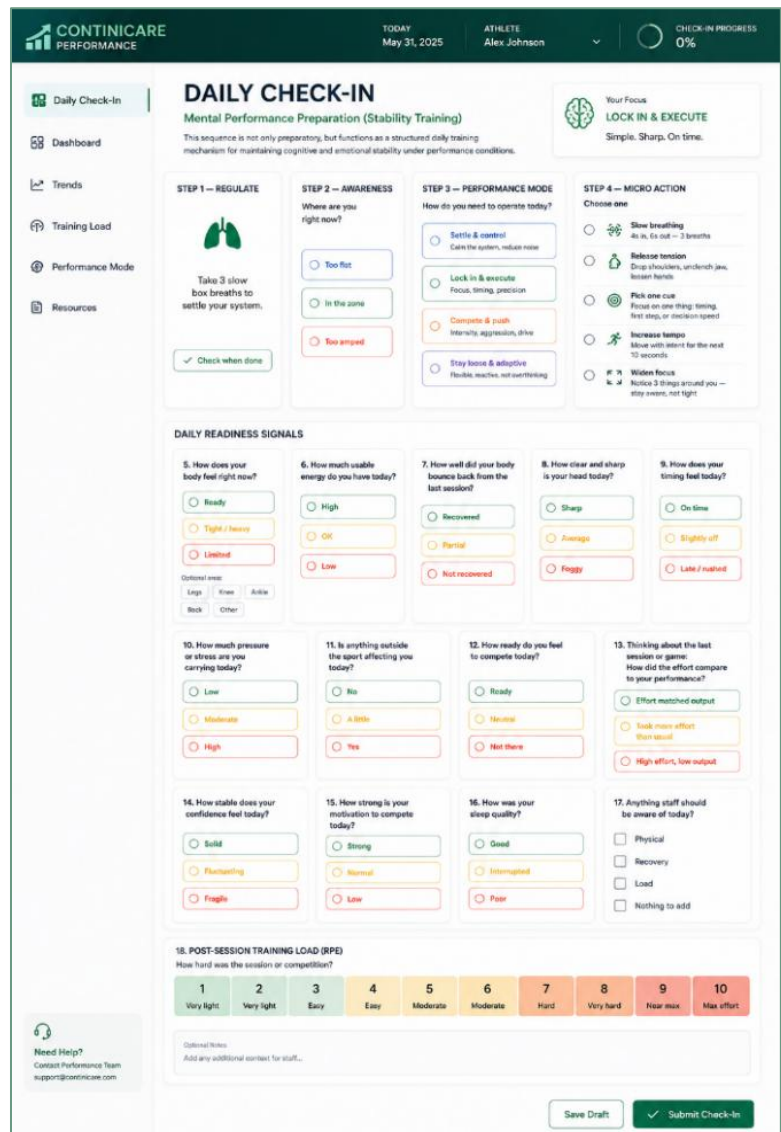
- Focus — sustained attention and cognitive clarity
- Timing — reaction speed and decision timing
- Effort vs Output — efficiency and effectiveness
- Confidence Stability — emotional stability and belief

### Daily Check-in

MPS is not simply a monitoring system. The daily check-in functions as a structured metacognitive training process that helps athletes improve awareness, self-regulation, and execution under pressure.

Athletes complete a short daily check-in that supports both readiness monitoring and performance self-regulation.

- ↓ Athlete Daily Check-In
- ↓ Stability Analysis
- ↓ Trend Detection
- ↓ Coach Dashboard Alerts
- ↓ Load & Recovery Adjustments
- ↓ Performance Stabilization



The app helps athletes:

- improve awareness under pressure
- regulate cognitive and emotional state
- reinforce performance routines
- track recovery and readiness trends
- stabilize confidence and execution consistency

The system is designed not only to observe performance stability, but to actively support it over time.

## The Athlete’s Dashboard

The Athlete has their own personal app that supports them and allows them to track their readiness and performance stability.

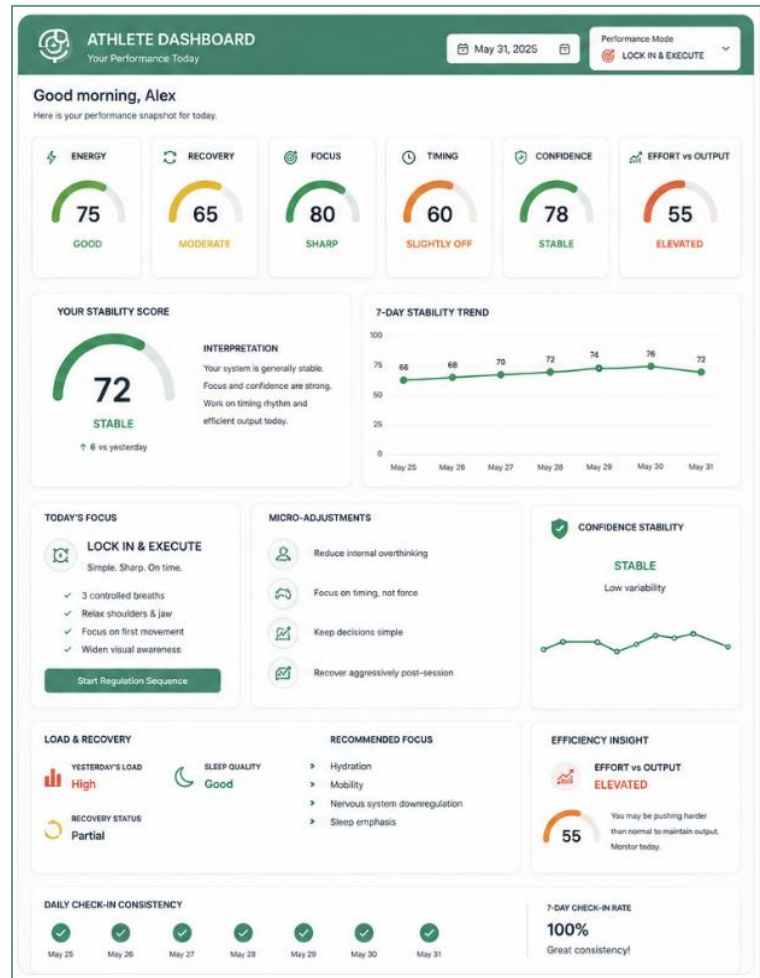
*Athlete Performance Support:*

- improve awareness under pressure
- regulate cognitive and emotional state
- reinforce performance routines
- monitor readiness and recovery trends
- stabilize confidence and execution consistency

## Detect Instability Before Performance Declines

Performance decline, cognitive overload, confidence disruption, and non-contact injury often emerge gradually — not suddenly.

Small shifts in focus, timing, recovery, and effort efficiency frequently appear before visible performance breakdown occurs.



The Metacognitive Performance System (MPS) helps organizations identify these signals early so coaching staff can respond before instability affects performance outcomes.

The goal is not simply to monitor athletes. The goal is to develop athletes who can recognize instability, regulate their response, and execute consistently under pressure.

MPS helps make that process measurable, trainable, and repeatable.