



PERFORMANCE MODEL

LOGAN MYERS



ROOTED PERFORMANCE
PHILOSOPHY

2026



ADAPTIVE COMPETENCE

AN INTEGRATIVE MODEL



WHERE ELITE EXECUTION MEETS COMMON HUMANITY

Designed for elite → professional Soccer environments

THE ORIGIN

PURE PERFORMANCE

(Metzler)

- Performance = Skill + Error
- SDT: Emphasis on Autonomy and Competence
- Failure = Data
- Error= Anything that pollutes the display of true skill
- Goal= Encourage athletes to take risks
- **Main Drawback = Rigid, and stale.**

Mental Fitness

(Aoyagi)

- Triad: Mind, Body, and **Soul**
 - Holistic, humanistic view of performer
- ACT & Existentialism
 - Focus on values, mindfulness
- Failure = Suffering
 - Inevitable, one needs “inspiration” to endure.
- The “enemy” is **Control**
- Serves as a guide to align actions with values.
- **Main Drawback: Very spiritual in nature, and lacks structure**





ADAPTIVE COMPETENCE

Performance = Skill + Error

Focus + Inspiration + Trust (FIT)

Performance = Skill X Willingness

Skill (Competence):

This represents the athlete's training, physical ability (SDT), AND mental skills.

Willingness (Mindfulness/ACT): This is the ability to experience difficult emotions (anxiety, frustration, "unfairness") *without* trying to delete them, while still executing the skill.

Willingness (applicable to all levels):

- Experience discomfort/pain
- Be exhausted
- be challenged/contradicted
- Make mistakes

NUANCE

If Willingness is zero (i.e., the athlete refuses to perform unless they feel "good"), performance drops to zero. If the athlete is willing to carry the "heavy backpack" of suffering and still do their best, the **Skill** can be expressed.

EXPLANATION

Traditional models lack flexibility regarding individual differences:

- Pure performance is Too Rigid
- Mental FITness overemphasizes “Spirit”

Adaptive Competence bridges these gaps:

- Mistakes/Failures aren’t just “data”, they’re universal, and inevitable experiences.
 - Growth starts with acceptance
- One doesn’t require spirit, or existential belief, but rather values to commit to in the face of unavoidable outcomes.





ADAPTIVE COMPETENCE: IN ACTION

SCENARIO

Imagine you are a center-back. You make a perfect tackle, but the ref calls a penalty and gives you a yellow card. You are surging with adrenaline and a sense of injustice.

Pure Performance:

Label the call as
"error" or "noise" that
don't add to the
athlete's skill



Labeling a bad call an "error" can
feel robotic and invalidating,
maybe even impossible.

Mental FITness:

Validates the feelings, but telling
players to "connect to their soul"
in the 88th minute can cause a
disconnect from what's important.



Acceptance without
commitment to action isn't
beneficial.

Performance = Skill X Willingness

- **Mindfulness** (Acceptance): acknowledge feelings: "I am feeling intense anger right now because I value winning and fair play".
- **Autonomy** (Values): "Do I want to be the player who implodes and gets a red, or the one who leads the defense through this?".
- **Committed Action** (Skill): "carry the anger in your backpack" and immediately focus on the tactical cue for the penalty rebound. You perform while messy.

THE TANGIBLES

Adaptive competence presents a nuanced, multifaceted approach to navigating elite performance environments.



Core components: Acceptance of what is
(scaffolded with non-judgmental
mindfulness)



Leverage Controllables
Perspective taking
"My teammates hate me" → "I care deeply
about what my teammates think because I'm a
team player".



Leveraging high performance mental skills
to commit to action.



Goal-directed self-talk:
ANTs → Inner-Coach
(Instructional/Motivational)
Dual-Process Theory
ABC Restructuring

THE BEST PART

FLEXIBLE TO THE INDIVIDUAL

Interventions are adaptable to individual preferences! Instead of being too rigid, or focusing too broadly on existentialism, **Adaptive Competence** meets the client where they are at.

High Skill + High Worry = Heavy on acceptance and Mindfulness

High Skill + Low worry = Mindfulness and CBT for scaffolding

Developing skill + Moderate Worry = Hybrid approach of acceptance/mindfulness and CBT

Developing Skill + Low Worry = Heavy on CBT Instructional Self-Talk for skill acquisition

Qualitative/Quantitative data gathered via Triangulation:

Observation: Body language, Emotional response, "Gap Time"

Self-Report: Reflection, Likert Scale of "weight"

MAAS: Pre/Post test results



THANK YOU

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