

AS OF MARCH 2025

PLAYER ONBOARDING GUIDE



NTANGIBLE

MEASURE THE UNMEASURABLE

Introduction & Thank You!



Welcome to NTangible, where we answer the question every athlete has asked themselves: Am I clutch? For years, people have thrown around words like "guts" and "grit" without truly understanding what it means to perform under pressure. We define clutch as the ability to succeed in high-stakes moments, and our test doesn't just measure that ability—it predicts it. Our testing is 14.2 times more accurate in predicting success in these moments than traditional mental assessments.

Thank you for taking the time to engage with our system. Our goal is to give you new insights into your mental game so you can unlock even more of your potential. Understanding your results will help you improve your performance in the moments that matter most. Whether you're new to mental performance assessments or have used similar tools before, NTangible is designed to provide real, actionable insights that can help you take your game to the next level.

Mental performance has always been one of the biggest differences between good and great athletes, yet it's still one of the least developed areas of training. NTangible gives you a structured way to evaluate and improve your mental fitness, just like you do with your physical skills. Some of the best in the game, from championship coaches to top sports psychologists, have emphasized the importance of mental strength.

Introduction & Thank You!

**"THE MIND OF A BEGINNER IS EMPTY, FREE OF THE HABITS OF THE EXPERT, READY TO ACCEPT, TO DOUBT, AND OPEN TO ALL POSSIBILITIES."
- SHUNRYU SUZUKI, ZEN MIND, BEGINNER'S MIND**

As Phil Jackson once said, "The strength of the team is each individual member. The strength of each member is the team." NTangible helps you find that individual strength and use it to your advantage.

Success in sports isn't just about physical skill. It's about how you handle pressure, how you bounce back from mistakes, and how you approach every opportunity. This guide will help you understand your NTangible results, what they mean, and how you can use them to sharpen your mental edge. No matter what sport you play, no matter what level you compete at, this information will help you become a more focused, confident, and resilient athlete.

It's important to note that NTangible is not a replacement for mental health care or specialized sports support. It's a tool to help you develop your mental fitness, especially in situations where access to those resources may be limited. It can also help identify areas where additional support might be useful. The goal is to help you recognize and train the mental skills that make a difference in high-pressure moments.



Psychology Behind NTangible



NTangible is built on principles of sports psychology and behavioral analytics. The assessments measure key mental attributes that influence athletic performance, such as resilience, decision-making under pressure, and emotional regulation. Unlike physical assessments that gauge speed, strength, or agility, NTangible evaluates the emotional and psychological factors that drive performance. Our system is based on established psychological frameworks, including attentional control theory, growth mindset research, and behavioral response mechanisms.

Our team of sports, military, and industrial psychologists created this test to measure one thing—your ability to perform in high-pressure situations. This isn't a personality test. It's not about intelligence in the way most people think. It's about how your mind works when the game is on the line. Research has shown that athletes who believe they can improve through effort—what's called a growth mindset—tend to be more resilient and persistent.

NTANGIBLE ASSESSMENT MEASURES:



WINNERS MINDSET WITHIN HIGH LEVERAGE SITUATIONS

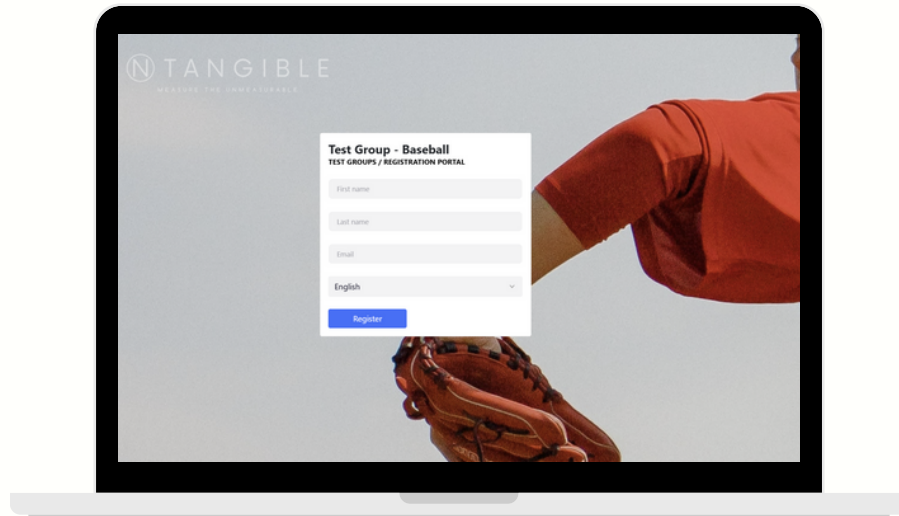


SELF AWARENESS OF SKILL LEVELS



PERSONAL CHARACTERISTICS & TRAITS

How NTangible Works



The NTangible test is a structured, interactive assessment that takes you through different scenarios and response-driven tasks. It measures your emotional regulation, situational awareness, competitive mindset, and resilience. The test adapts to your choices, creating a personalized evaluation that highlights your mental strengths and areas for growth. Your results are analyzed using our proprietary algorithms, which generate an instant score and report.

If you haven't taken the test yet, we encourage you to do so. Many athletes find that it answers questions they didn't even know they had about their own mental approach. The test has four sections: The NTangible Complex is a word association exercise. The second section asks you to picture yourself in a high-pressure situation and describe your thoughts. The third section has you recall a past high-stakes moment and analyze your response. The final section, NTelligence, asks you to rate your confidence in different competitive situations. These responses are processed through our algorithms, and within 30 seconds, you receive your NTangible score and insights.

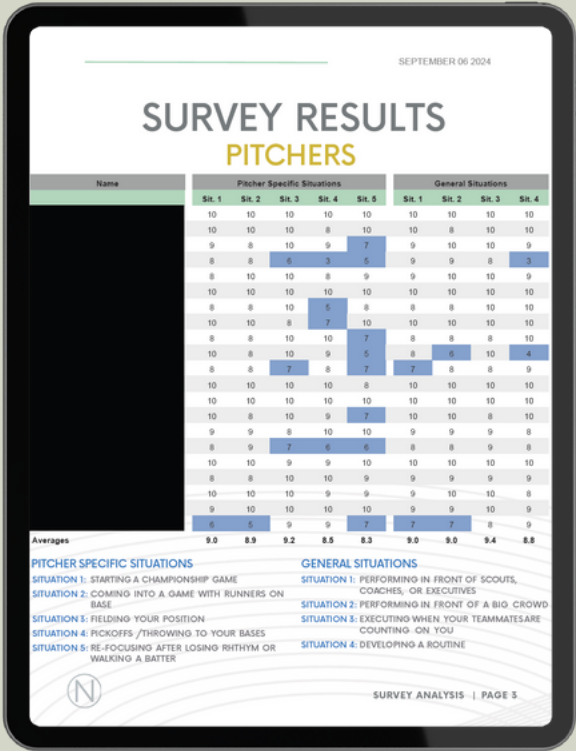


NTangible Reports



Your NTangible Score is a number between 0-1000 that represents your overall mental fitness. This isn't a fixed trait—it's a starting point for improvement. Athletes who score above 800 are mentally elite, excelling under pressure. Those who score lower may benefit from targeted mental training. Just like you can build physical strength, you can strengthen your mental game. Your score is not destiny. It's a guide for growth.

Another key part of your coach's report is "NTelligence", which shows how your tendencies show up in real-game situations. You may remember this section of the test. These sport-specific insights help you recognize strengths and opportunities for growth. Some athletes are surprised by their own self-assessments and that's where real learning begins. If you rate yourself low in a key situation, that's an opportunity to build confidence. If you rate yourself too high, it might be a sign to take a deeper look at how you actually perform under pressure.



Understanding the Range of Scores



Athletes are not static in their mental performance. NTangible provides range-based insights that show how an athlete fluctuates over time and in different conditions. Mental performance is not a fixed trait but a constantly evolving aspect of an athlete's development. Understanding the range of an athlete's mental fitness allows coaches to tailor training programs and game strategies accordingly.

Most scores on NTangible tests will range from around 500 to 800. We have found that anything under 650 needs assistance to get up to this level or higher to have sustained success. There are some so physically gifted as to overcome this, but it's seen in those players that perform well in practice, but not in games. We remember the clutch players and the big moments because so few can consistently come up big in them.

It's also important to understand that the ability to succeed in high-leverage situations doesn't mean that someone will succeed every time, even with the highest of NTangible scores. Maybe the Defender is just as good! Maybe this shot just clanged out. For many, just being able to keep up a standard level of performance as the stakes get higher and higher is a big positive.



NTangible Assessment Score Range

>800

Athletes over 800 are mentally elite. We can all see who's the biggest, the strongest, runs the fastest, or jumps the highest. We know who's practiced hard and who has certain skills. Elite mental athletes are likely known as well, but now we can measure and quantify this to hone it even more. Michael Jordan and Tom Brady didn't stop practicing after that first ring.

651-
799

It's the middle that can often be confusing. Most players will fall here and how much a player can improve mentally is the true sign of improvement. We're often asked what's the difference between a 675 and a 680. The simplest answer is "a little bit, but noticeable." What's the difference between a 4.4 and a 4.5 dash at the NFL Combine? Again, this is something that is trainable and now that you know the number, you can compare and prepare.

<650

Lowest levels of predictive measure and performance in high-leverage situations

➞ EASIEST WAYS TO INTERPRET SCORES



HIGHER THE SCORE

MORE LIKELY TO PERFORM IN HIGH
LEVERAGE SITUATIONS

ABOVE LEVEL OF PLAY AVERAGE

MORE LIKELY TO BE A BETTER STATISTICAL
PLAYER OVERALL



More Resources/Reading

The Mindful Athlete by George Mumford

- Used by Kobe Bryant and Michael Jordan, this book breaks down mindfulness techniques for peak performance.

Choke: What the Secrets of the Brain Reveal About Getting It Right When You Have To by Sian Beilock.

- Dr. Beilock was the head of Dartmouth after her groundbreaking work on why some people fail under pressure. This is perhaps the greatest scientific study into the performance mind available.

The Inner Game of Tennis by Timothy Gallwey

- A classic on how athletes can silence self doubt and trust their training.

Relentless by Tim Grover

- A look into the mental approach of elite competitors like Michael Jordan and Dwyane Wade.

The best players are lifelong learners. Keeping up with the latest research and methodologies will give yourself an edge beyond just skill and conditioning!



Some Exercises To Start You Off



Understanding your NTangible results is just the beginning. The real challenge is how you use them. Mental performance training should be as normal as lifting weights or running drills. If an athlete struggles with speed, they train to get faster. The same should be true for mental skills. Developing your clutch ability should be a natural part of your training routine.

BOX BREATHING

Technique used by Navy SEALs and elite athletes alike. Athletes inhale for four seconds, hold for four seconds, exhale for four seconds, and hold again for four seconds. This rhythmic breathing pattern helps stabilize emotions and increase focus during high-pressure moments.

MISTAKE RECOVERY

In these drills, athletes intentionally make mistakes—such as missing a free throw or dropping a pass—and immediately reset their focus for the next repetition. The key is to simulate real-game conditions where mistakes are inevitable but must be quickly processed and put aside.

PRESSURE SIMULATION

These practice sessions replicate high-stakes game moments, such as penalty shootouts or final-minute plays, conditioning athletes to remain composed under intense pressure. It's a variant of what we all used to do as kids in the back yard.

NTangible is here to help you build a mindset that thrives under pressure. By understanding your results and training your mental game, you can become an athlete who not only plays at a high level but dominates when it matters most. Keep training, stay focused, and remember—clutch isn't something you're born with. It's something you build.



Disclaimer

The content provided in this onboarding guide is intended for informational purposes only. While NTangible offers insights, suggestions, and assessment scores to support player and performance development, these should not be interpreted as definitive evaluations or diagnoses. All feedback, scores, and recommendations are based on the information available at the time of assessment and may evolve with further context or individual progress. Players are encouraged to use this guide as a supplementary tool, applying their own expertise and judgment. NTangible assumes no liability for decisions made solely based on this material.

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