

Skill Ability Trait Basic skill Complex skill Open skill Closed skill Self paced skill Externally paced skill Gross movement skill
 Fine movement skill Performance goals Outcome goals SMART target Information processing Selective attention Intrinsic feedback
 Extrinsic feedback Kinaesthetic feedback Guidance Feedback Arousal Aggression Direct aggression Indirect aggression Introvert
 Extrovert Motivation Intrinsic motivation Extrinsic motivation

Classifications of Skill

Open ↔ Closed
 Basic ↔ Complex
 Gross movement ↔ Fine movement
 Self paced ↔ Externally paced

Most skills will lie on multiple continuums, as they will encompass many different parts of the classifications

Basic Information Processing Model

Input: Receive information from the environment through your sense. Use **selective attention** to focus on the important cues

Feedback: You receive intrinsic or extrinsic feedback (or both). This helps you to improve the skill the next time you perform it

Decision making: When you decide how to respond to the input. Use your long term memory to find the best response

Output: Your muscles react to messages from the brain telling them what to do to perform the skill

The use of goal setting and SMART targets

SMART Target

Specific
 Measurable
 Accepted
 Realistic
 Time bound



Types of Goals

Performance goals- own personal performance, no social comparison
Outcome goals- winning/result, being better than other people



Goal setting is used to enable performers to keep motivated throughout their training and continue to develop

Guidance

Mechanical



Manual



Visual



Verbal



Feedback

Positive: What went well in your performance + it motivates - emphasise positive aspects too heavily

Negative: What didn't go well in your performance + helps prioritise - demoralising

Knowledge of Results: Did you score, where did you come? + quick measure of success - demotivating if there can only be one winner

Knowledge of Performance: Did I perform well? + Many aspects of performance - can be challenging to break expert performances down

Intrinsic: How did it feel? + can make immediate adjustments - requires high level of knowledge

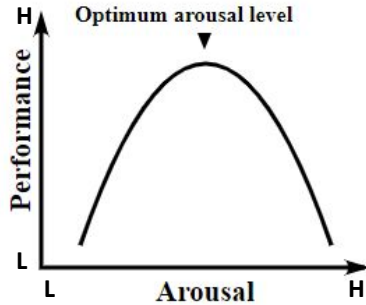
Extrinsic: What does my coach say? + beginners need it to learn - difficult to find qualified coaches

Sports Psychology



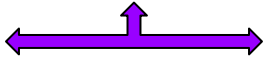
Arousal - A physical and mental state of alertness/readiness, varying from deep sleep to intense excitement

The Inverted U Theory



An optimal performance occurs when a performer reaches an optimal level of arousal. You are more likely to perform at your best when you are in the best possible physical and mental state

Gross movement: Requires higher levels of arousal, very alert to ensure strength, endurance and speed



Fine movement: Requires lower levels of arousal, very calm to ensure coordination and concentration



FURTHER READING



Mental Preparation for Performance

Stress Management Techniques

DEEP BREATHING

Very aroused, breathing can be rapid and erratic. Taking slow deep breaths increases O₂ to the brain, helping to limit arousal from stress and anxiety

MENTAL REHEARSAL, VISUALISATION & IMAGERY

Cognitive techniques to change the way you think in order to change the way you behave. They help you relax and focus so you don't become too aroused. MR involves rehearsing a successful performance in your mind, before doing it for real. V & I involves imagining a positive outcome or relaxing experience, to calm the nerves

POSITIVE SELF TALK

Cognitive technique that involves 'reframing' your thoughts, turning each negative into a positive. Helps to reduce arousal from anxiety and stress

Aggression

Direct Aggression

Directly aimed at other players and involves physical contact. As long as the physical act is within the rules of the game. E.g. to win a point

Indirect Aggression

Doesn't involve physical contact with players. Taken out on an object in order to gain an advantage

Motivation

Intrinsic - the drive that comes from within.

Wants to succeed because it gives them a sense of personal pride, accomplishment or satisfaction. Sense of self-worth increases. *It results in higher level of personal achievement, more likely to lead to continued effort*

Extrinsic - the drive to perform well or win to gain external awards, such as prizes, medals, trophies. *Can become reliant on extrinsic motivation to keep going. Can cause an unhealthy sense of pride*

Introverts

- Quiet, shy, passive
- Individual sports
- Thoughtful, enjoy being on their own

Personality

Extroverts

- Sociable, active, outgoing, talkative
- Team sports
- Enthusiasm