

 <p>Positive Feedback:</p> <p>What's good or correct about performance</p> <p>Advantage: Motivating, highlights success</p> <p>Disadvantage: Could suggest performance was better than it was</p>	 <p>Negative feedback:</p> <p>What's bad or incorrect about performance</p> <p>Advantage: Enables coach to provide guidance on how a skill can be performed better, helps performer to prioritise improvement</p> <p>Disadvantage: demotivating, beginners may struggle to know how to respond</p>	 <p>Extrinsic feedback:</p> <p>Received from outside of the performer, eg from a coach.</p> <p>Advantage: Beginners need feedback from coaches to be made aware of technique</p> <p>Disadvantage: Not always available</p>
 <p>Intrinsic feedback:</p> <p>Sometimes referred to as kinesthetic feedback, received via receptors in the muscles. Sensations that are felt by the performer, providing information from movement.</p> <p>Advantage: experienced performers can make immediate adjustments</p> <p>Disadvantage: Requires high level of knowledge to know what to do next</p>	 <p>Knowledge of Results:</p> <p>Information for performer about time, placing, result</p> <p>Advantage: quick measure</p> <p>Disadvantage: demotivating</p>	 <p>Knowledge of performance:</p> <p>Feedback on performance generally and technique.</p> <p>Advantage: Many aspects to one performance so feedback can be detailed for or focused.</p> <p>Disadvantage: Hard to break a performance down to provide detailed feedback</p>

Mental preparation for performance
<p>Imagery: Can improve concentration, it is creating pictures in our mind. Creating a feeling of movement or an emotional feeling for example happiness. Mainly used to help cope with stress and anxiety. Such as imagining lifting a trophy or scoring a goal.</p> <p>Mental rehearsal: Can involve both internal and external imagery. External is picturing yourself from outside of the body. Internal is imagining yourself doing the activity. It follows a movement pattern or action such as a gymnastics routine, or racing around a track.</p> <p>Selective attention: The ability to discriminate between information that is relevant and information that is unimportant in the execution of the skill. Factors that affect selective attention include - relevance, expectation and vividness.</p> <p>Positive thinking: Sometimes called 'self-talk' involves the participant being positive about past experiences and performances and future efforts by talking to themselves or thinking how successful they might be.</p>

Visual guidance:**Advantage:**

- useful for all levels
- good for novice
- performer sees what is required
- vision is dominant sense, can copy others

Disadvantage:

- Must be of good quality,
- some skills too complex

Verbal guidance:**Advantage:**

- Useful for high level,
- highlights key points
- quick to share information
- questioning can make performers think

Disadvantage:

- Can lead to information overload,
- difficult to hear in noisy environments,
- complex things are difficult to explain

Manual guidance:

Aiding a performer by touching them to provide assistance or move into a position.

Advantage:

- useful for complete beginners
- allows performer to develop correct feel

Disadvantage:

- May not think they are really performing skill

Mechanical guidance:

Using equipment to assist a performer.

Advantage:

- good for potentially dangerous skills,
- performer gains a feel for skill without fear,
- builds confidence.
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Disadvantage:

- equipment may be expensive
- performer may become reliant on the aid.