

Sports Psychology (2.2)

Sports Psychology (2.2): Skills

- A **motor skill** is an action performed using voluntary muscles to achieve the movement e.g. football pass
- Characteristics of **skillful movements** are Fluent, Efficient, Predetermined, Aesthetic and Co-ordinated (FEPAC)
- The **difficulty continuum** (**complex** and **simple** skills).
Judged on the **decisions** that the performer has to make. The more decisions the performer has to make the more complex the skill.
- E.g. bowling a cricket ball = complex running = simple
- The **environmental continuum** (**closed** to **open** skills) The more the environment (e.g. opponents) affects skill the more open it is.
E.g. passing a football = open long jump = closed
- **Goal setting** can increase motivation and improve performance.
- The **SMART** principle ensures that goals are **Specific** (relevant), **Measurable** (see progress), **Achievable** (realistic), **Recorded** (monitor progress) and **Timed**



Sports Psychology (2.2): Guidance

- **Visual Guidance:** demo to create a mental image of how to perform a skill.
 - + For beginners
 - + quick and effective
 - + easy to remember
 - Demo is incorrect and technique is copied wrong
 - No feel for skill



- **Verbal Guidance:** description by talking someone through a skill.
 - + Quick and effective
 - + used for fine tuning a skill
 - Hard to create mental image
 - information could be wrong



- **Manual Guidance:** coach gives physical support to the performer.



- **Mechanical Guidance:** This is where equipment is used to support the performer e.g. arm bands when swimming.



- + Reduces fear in dangerous skills
- + increases safety
- + Raises confidence
- + gives kinesthetic feel of skill
- Unrealistic feeling of skill
- over reliance on support

Sports Psychology (2.2): Mental preparation

- **Imagery:** The creation of pictures in a performers mind to go to a happy place to relax. E.g. imagining a time you won a cup final.
- **Mental Rehearsal:** Going through the activity in your mind to form a mental image of the skill. E.g. lying in bed imagining taking a penalty.
- **Selective Attention:** Concentrating on relevant information and ignoring distractions. E.g. a goalkeeper focuses on the ball not the noise of the crowd.
- **Positive thinking:** Self-talk or focusing on successful past performances. E.g. telling yourself 'I can score this penalty, I have done it many times before'.



Sports Psychology (2.2): Feedback

- **Intrinsic Feedback:** Comes from within the performer.
E.g. as a player strikes the ball he knows it is a good kick by how it feels.
- **Extrinsic Feedback:** Comes from external sources such as vision or sound. E.g. after a kick a player sees the ball go through the posts so knows it is successful.
- **Knowledge of performance:** Gives feedback about how well a movement was performed e.g. coach says keep your arms bent at 90 degrees.
- **Knowledge of results:** Gives feedback about the end results of a response e.g. scoring a goal so knowing you are successful.
- **Positive Feedback:** Gives information about successful outcomes, e.g. a coach praises for a correct pass.
- **Negative Feedback:** information about unsuccessful outcomes e.g. your accuracy on that pass was not good, you need to pass to hands.

