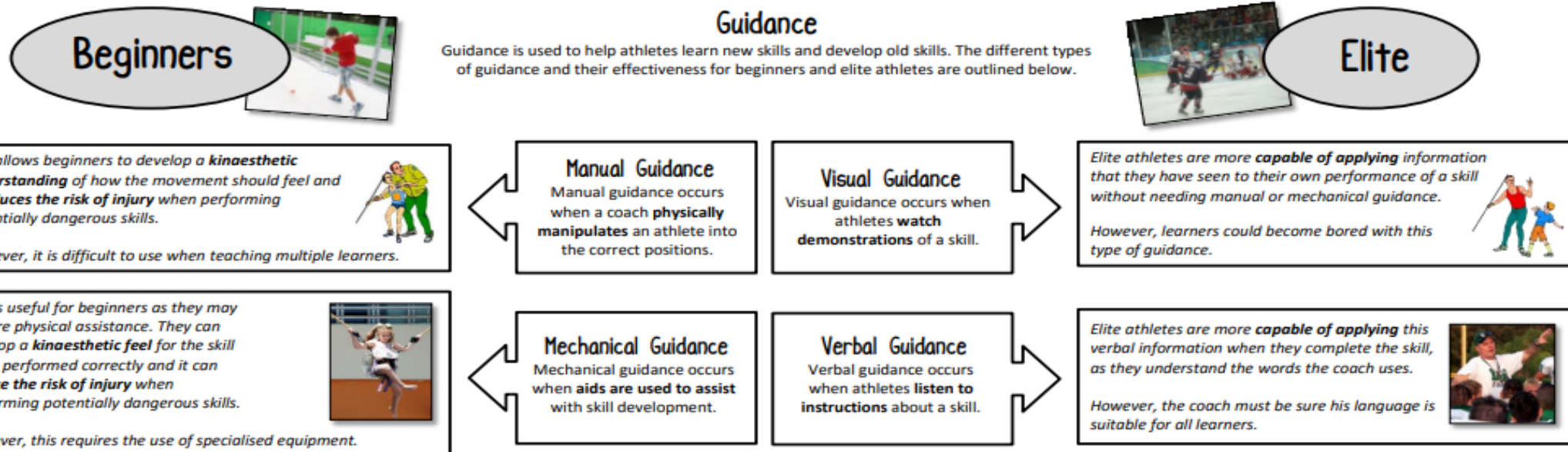


Guidance and Feedback on Performance

In order to ensure that athletes develop their skills, it is important that they receive guidance when practising their skills and feedback when performing these skills.



Feedback

Feedback is used to inform athletes whether their performance was successful or not, in order to provide information which can aid future performances. The different types of feedback and their effectiveness for beginners and elite athletes are outlined below.

