

Guidance and feedback on performance



UNTAMED
EDUCATION

2.2.3 Sports psychology

Intrinsic Feedback

Concurrent

Mechanical

Extrinsic Feedback

Guidance and feedback on performance

Visual

Verbal

Manual

Guidance

Terminal



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1. Types of guidance

- ▶ **Guidance** is a way of giving **information** to a performer.
- ▶ It assists in **learning** a skill or refining a performance.
- ▶ There are four different types:
 - i. **Visual**
 - ii. **Verbal**
 - iii. **Manual**
 - iv. **Mechanical**



2. Visual

- ▶ Watching **someone else perform** the skill can be motivating, inspiring and informative.
- ▶ Copying someone you **admire** is **stronger** than someone you don't. **Role models** are powerful demonstrators.
- ▶ It is useful for all levels of performer especially **young** and **inexperienced** performers.
- ▶ When teaching a skill through **demonstration** it is important that the learner is paying **full attention**, has the ability to copy the skill and is **motivated** to repeat it.



3. Verbal

- ▶ This is when someone **describes** the skill.
- ▶ The **performer** hears the guidance.
- ▶ **Higher-level performers** are able to respond more readily than inexperienced performers.
- ▶ However, this type of guidance can be boring and often **complex** tactics or skills are hard to **describe**.





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4. Manual

- ▶ This involves a coach **physically guiding** you through the skill.
- ▶ They move the body into **position** and **support** them in the skill.
- ▶ This is effective for **beginners**.
- ▶ However, it can be **demotivating** as the performer may not feel they are performing the skill themselves and it may feel different without the manual guidance.



5. Mechanical

- ▶ The use of **aids** or **objects** to assist in the skill learning process.
- ▶ These are used in **high risk** skill learning found in Gymnastics or Trampoline.
- ▶ It allows the performer to learn **without fear**.
- ▶ However, the equipment is often expensive and the performer may rely on the aid.



6. Feedback

- ▶ The brain is constantly **receiving feedback** from all the senses this helps to improve and refine the skill learnt. There are different types of feedback:

Intrinsic Feedback – Comes from inside.

- ▶ This feedback from the body's own **sensors**, seeing the ball fly when you hit it, hearing the sound of contact on the ball, feeling the contact on the ball.

Extrinsic Feedback - Comes from outside.

- ▶ There are two types of extrinsic feedback;
 - ▶ **Knowledge of Results** - Seeing you scored.
 - ▶ **Knowledge of Performance** - Your coach tells you that you need to open out of the somersault earlier in diving.



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Concurrent

- ▶ Used to **motivate** the athlete and let them know what they are doing **correctly**.
- ▶ However, it may make the athlete feel the performance was more positive than it actually was.

Terminal

- ▶ Used to inform the athlete about an **incorrect** movement and what they must do to correct it.
- ▶ It can be **demotivating** and overuse can leave athletes not knowing what to focus on.

7. Graphical representation

- ▶ Sports professionals collect large amounts of **data** about their individual and team performance.
- ▶ It can be received at the **end** of the performance (terminally) or **during** (concurrent).
- ▶ This is represented **graphically** or using **images**.

