

Guidance and feedback on performance



UNTAMED
EDUCATION

3.2.1 Sports psychology

Intrinsic Feedback

Negative

Mechanical

Extrinsic Feedback

Guidance and feedback on performance

Visual

Verbal

Manual

Guidance

Positive



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1. Types of guidance

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



2. Visual

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



3. Verbal

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





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4. Manual

- ▶ This involves a coach _____ **guiding** you through the skill.
- ▶ They move the body into _____ and _____ them in the skill.
- ▶ This is effective for _____.
- ▶ However, it can be _____ 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 _____ or **objects** to assist in the skill learning process.
- ▶ These are used in **high** _____ skill learning found in Gymnastics or Trampoline.
- ▶ It allows the performer to learn **without** _____.
- ▶ However, the equipment is often expensive and the performer may rely on the aid.



6. Feedback

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

_____ **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.

_____ **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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Positive

- ▶ Used to _____ 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.



Negative

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

