

Unit 1 Task Sheet 3(b)

AC3.2: Strategies to improve psychological performance.

Scenario: You have been asked by your PE teacher to demonstrate your understanding of the strategies that could be used by a coach to improve the psychological performance of a sports performer or team.

Describe the following strategies and explain why they might be used to improve the psychological performance of a sports performer or team.

Strategy	Description/Explanation
Imagery	
Mental Rehearsal	
Self Talk	
Goal Setting (Inc: SMARTER It and st goals)	