

## Unit 1 Task Sheet 3(c)

**AC3.3:** Strategies to improve technical 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 technical and tactical performance of a sports performer or team.

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

Strategy	Description/Explanation
<b>Feedback</b> (Inc: intrinsic, extrinsic, KP/KR)	
<b>Coaching</b> (Inc: training prog, types of practice and guidance.	
<b>Biomechanical Analysis</b> (Inc movement analysis)	