

Question 22 (continued)

- (c) Analyse the psychological strategies athletes could employ to enhance performance. 10

Athletes have many mental strategies and problems during performance. To help them come over the top of their problems they need planning to defeat anxiety. The athlete also needs to know how to take unimportant things out of their head. By ~~only~~ only concentrating on the job at hand they forget about their surroundings such as negative comments from opposition or crowd. This is known as Mental Rehearsal. The athlete to be able become good at ignoring surroundings in an open environment where anything can happen; The athlete must first master these activities in a closed environment where there is no crowd pressure, weather conditions are not a factor and the athlete has plenty of time because they can do the activity at their own pace.

There are many methods an athlete has to enhance performance though first going through cognitive, associative, and autonomous forms of performance in which the athlete has less mental pressure on them at the beginning of the cognitive stage, because they can do it at their own pace and do it over and over, in a closed environment



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Question 22 (continued)

As the athlete works their way up to automatic stage. They may have more pressure on them because different conditions are now introduced. Such as: crowd pressure, opposition, weather factors, the game can be played anywhere and you cannot do the activities at your own pace you may even have to exceed the pace you are used to. But if the athlete is at the automatic stage they know how to cope with these problems better than in the cognitive stage.

Advice from coaches on how to concentrate on the job at hand is important because they help with motivation also. The athlete's motivation is affected by the team's performance whether they are winning or losing and also the individual whether they play good or bad for example: in cricket this athlete makes a duck when they bat and drops a catch. The athlete's motivation will be very low.

End of Question 22