

- visualisation
- mental rehearsal
- relaxation / meditation
- positive attitude / confidence
- anxiety over performance
- optimum arousal / control

Marks

Question 22 (continued)

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

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~~Psychological~~ Psychological strategies play a large role in an individual performing to the best of their ability.

Such strategies as visualisation, this involves individuals visualising certain techniques that are specific to the nature of the sport & their certain role. For instance a hooker in

rugby league need to ~~do~~ do a lot of tackling, these visualisation specific aspects of that technique such as hitting with the shoulder on the opponents legs, & then grabbing with the arms. This visualisation ensures specific techniques are performed well. ~~the~~

So athletes use relaxation techniques prior to a performance, such as listening to music, or meditation, this enables the body to remain calm & focused on the task at hand. Meditation techniques relax the hold body & mind.

~~If~~ If an individual remains positive prior to a performance & always focuses on positive aspects of his game this

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## Question 22 (continued)

will ~~enhance~~ enhances their performance & they will gain confidence.

An individual needs to apply all these techniques to manage the anxiety to ~~be~~ ensure that they have optimum arousal prior to a performance if a individual is under or over arousal they will not perform to their maximum potential.

All these techniques control a individual levels of arousal.

After a performance a individual may analyze their performance on video.

~~If~~ recorded they can discover what they did well & what needs improving, this will give them a psychological advantage as they are motivated & continue to improve their performance.

Many other factors need to be considered that affect a individual mental approach such as ~~conf~~ confidence, prior experience, personality, heredity.

## End of Question 22

Psychological strategies determine a individual's performance & has a large effect on the athletes performance.