

Guidance and feedback on performance

Guidance: A method to learn a new skill, tactic or piece of information.

Guidance methods:

- **Visual** (seeing) – live demonstration, video footage, chart or court markings
- **Verbal** (hearing) – from coach, peer
- **Manual** (physically assist movement) – from coach eg Aiding a performer by physically supporting them to provide assistance or move into a position eg. When performing a handstand to maintain correct position.
- **Mechanical** (use of objects/aids) Using equipment to assist a performer. e.g. floats in swimming, harnesses in trampolining, stabilisers on a bicycle.

Visual guidance:

Advantage: Good for novices, performer sees what the skill looks like, quick and effective, can copy others

Disadvantage: Must be of good quality if the demonstration is wrong then the skill will be learnt incorrectly, some skills too complex to learn this way alone.

Verbal guidance:

Advantage: Useful for higher level/elite performers, good for developing tactics, quick to share information, questioning can make performers think.

Disadvantage: Can lead to information overload, difficult to hear in noisy environments, complex things are difficult to explain

Manual and mechanical guidance:

Advantage: useful for complete beginners, allows performer to develop a feeling for the skill, creates the feeling of safety for the beginner.

Disadvantage: May lead to a false sense of feel/kinaesthetic, may become dependent on the support.



Feedback: received either during or after a performance which if done well should lead to future improvement.

Positive feedback: identifying what is good or correct about performance.

Advantage: Motivating particularly for beginners, highlights success meaning the performer will be likely to repeat the action or skill, reinforces the correct technique/method/tactic being used.

Disadvantage: Could suggest performance was better than it was, over confidence, does not support the improvement of the skill.

Negative feedback: Highlighting what is bad or incorrect about performance

Advantage: Enables coach to provide guidance on how a skill can be performed better, helps performer to priorities improvement, allows advanced/elite performers to reflect and improve.

Disadvantage: demotivating, beginners may struggle to know how to respond or give up.

Extrinsic feedback: Received (externally) from outside of the performers body, eg from a coach/peer.

Advantage: Beginners need feedback from coaches to be made aware of technique

Disadvantage: Not always available, could be an unreliable source

Intrinsic feedback: sometimes referred to as kinesthetic feedback, received via receptors in the muscles. Sensations that are (internally) felt by the performer, providing information from movement.

Advantage: experienced performers can make immediate adjustments

Disadvantage: Requires high level of knowledge based on experience which beginners may not have.

Knowledge of results: Information for performer about time, placing, result

Advantage: quick measure, allows to see how much success has occurred

Disadvantage: demotivating if poor results

Knowledge of performance: Feedback on performance generally and technique.

Advantage: It can cover many different aspects within a performance so feedback can be detailed and focused. Normally based around technique, tactical choices or fitness related components.

Disadvantage: Can be hard to break a performance down to provide detailed feedback without experience.

Mental Preparation in Sport.

Imagery: Creating pictures of a successful performance in our mind. Can improve concentration, creates a feeling of movement an emotional feeling eg happiness/confidence. Mainly used to lower stress and anxiety. Example: Such as imagining lifting a trophy or scoring a goal.

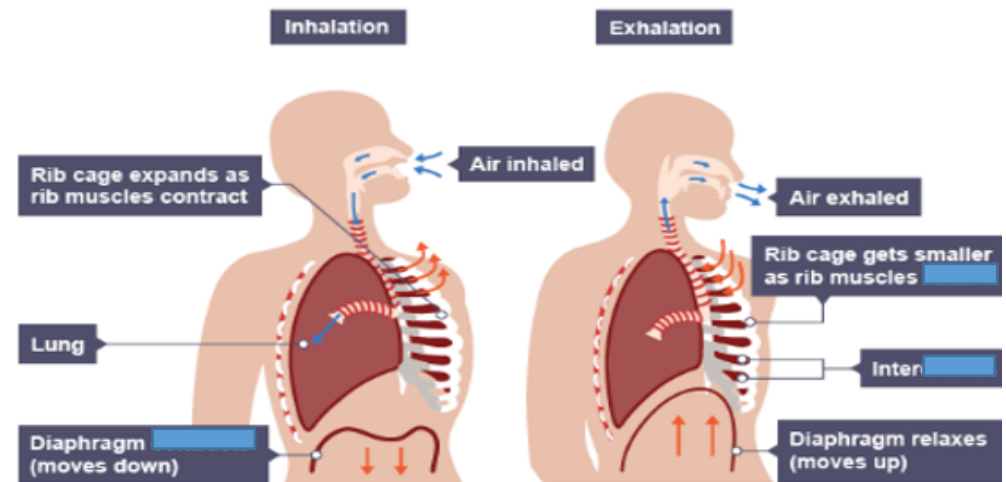
Mental rehearsal: Can involve both internal and external imagery. External is picturing yourself from outside of the body. Internal is imagining yourself doing the activity through your own eyes eg a movement pattern following the route in bobsleigh/motorsport. This prepares the athlete for the event ahead reducing anxiety and preparing them for the movements/actions they need to perform.

Selective attention: The ability to only focus upon the relevant information or stimuli for the execution of the skill. EG. A penalty taker in football ignoring the noise from the crowd and distractions from the goal keeper to successfully score.

Positive thinking: Sometimes called 'positive self-talk' involves the participant being positive about past experiences and performances and future efforts by talking to themselves or thinking how successful they might be. Eg. A gymnastic telling themselves "they can do it" before performing a floor routine.

Paper 1 knowledge recall! Can you complete the diagram and missing words below?

The mechanics of breathing



| Inhaling | Exhaling |
|---|--|
| Diaphragm contracts and moves [blank] | Diaphragm [blank] and moves [blank] |
| Intercostal muscles [blank] moving the ribs [blank] and [blank]; | Intercostal muscles [blank] moving the ribs back [blank] and [blank] |
| This increases the chest cavity [blank] pressure forcing air into the [blank] | This [blank]; the chest cavity [blank] pressure, forcing air out of the lungs. |

Possible exam questions

- Give a sporting example of visual guidance and name 2 advantages and 2 disadvantages of this type of guidance (5 marks)
- Give a sporting example of verbal guidance and name 2 advantages and 2 disadvantages of this type of guidance (5 marks)
- Give a sporting example of manual guidance and name 2 advantages and 2 disadvantages of this type of guidance (5 marks)
- Give a sporting example of mechanical guidance and name 2 advantages and 2 disadvantages of this type of guidance (5 marks)
- Give a sporting example of imagery and explain how it can impact a performance (5 marks)
- Give a sporting example of positive self-talk and explain how it can impact a performance (5 marks)
- Give a sporting example of selective attention and explain how it can impact a performance (5 marks)
- Give a sporting example of mental rehearsal and explain how it can impact a performance (5 marks)
- Using a practical example name an advantage and a disadvantages of positive feedback (3 marks)
- Using a practical example name an advantage and a disadvantages of negative feedback (3 marks)
- Using a practical example name an advantage and a disadvantages of knowledge of results as a form of feedback (3 marks)
- Using a practical example name an advantage and a disadvantages of knowledge of performance as a form of feedback (3 marks)
- Using a practical example name an advantage and a disadvantages of intrinsic feedback (3 marks)
- Using a practical example name an advantage and a disadvantages of extrinsic feedback (3 marks)

Top exam tip: Create flash cards to learn an example of each type of guidance/feedback/preparation technique, who it is suitable for, a practical example and the advantages and disadvantages.

You could mix you flash cards up and try to reorganise them back into the categories to test yourself.

Cover the information above and have a go at the exam questions. Check your answers afterwards to see which parts you need to revisit.