

## Question 22 (continued)

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

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Before an event, an athlete could be experiencing many different feelings - from stress, anxiety & fear to being relaxed, excited and nervous.

~~Psych~~ Psychological strategies are extremely important when an athlete is about to perform. One form of a psychological strategy would be encouragement. Intrinsic & Extrinsic forms should be used. The athlete should visualise themselves doing their performance, relax and breathe comfortably. The coach should also encourage the athlete using a positive form rather than negative.

~~Relaxing~~ <sup>Relaxation</sup> plays a large part amongst our athletes. Relaxing before an event can help calm the nerves that an athlete is experiencing - there are many ways an athlete can relax such as yoga or even meditation. ~~As long as the athlete doesn't become too unaroused for the event, psychological strategies can help the athlete overcome their fears, and help to enhance their performance.~~

PTO

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## Question 22 (continued)

Yoga can help an athlete to focus on their event. It also improves their flexibility, making it easier to train and perform. Meditation can be used to an extent. Such as, the athlete should lie down and just breathe slowly and comfortably for approx 20 minutes. During that time, they should visualise what the event will look like - how will it start & end, how will they perform? The greatest strategy that I believe is the best would be encouragement. The athlete should speak out loud that they are prepared for the event, they are ready to win, they have put in the effort at training - ready to give 110%.

End of Question 22