

1. Provide an example of each of the three types of goals that athletes should set (outcome goals, performance goals and process goals)

- Outcome goals

- Performance goals

- Process goals

2. You are coaching an athlete who becomes extremely anxious prior to competition. The athlete gets themselves into quite a 'state', and is extremely anxious and nervous, often to the point of throwing up prior to a competition. How can you assist this athlete?

3. An athlete who is returning to competition after an injury to their right knee has a problem with their confidence when landing on the right leg. The knee itself is quite sound, but the athlete is fearful of sustaining another injury. Describe how mental imagery could be used to assist the athlete?

4. List three areas of performance that mental imagery can be used to improve.

i.

ii.

iii.

5. How can a coach motivate athletes to give full effort and commitment?

6. How can a coach deal with an over motivated athlete?

7. How can a coach help athletes who unravel at the first failure or slightest error.
8. What can a coach do to create a positive environment for team selection processes?
9. What strategies can a coach use to assist athletes who are not selected for a team.
10. You are coaching a group of teenage girls. One of the girls in the team has been showing some changed behaviour of late, sometimes seeming quiet and withdrawn, and at other times aggressive and angry. One of the other players in the team has also mentioned that the girl in question is known to harm herself by cutting her arms. You are concerned about the girl's welfare. What should you do?