Candidate evidence

ENTER NUMBER OF UESTION		DO NO WRITE THIS MARG
la	A method to collect data on mental	
	factor is SCAT test. SCAT test	
	contains 15 questions all about anxiety	
É	dunina performance (e.g. befor a game do	
	you feel uneasy?). You can then answer	
	the questions with rarely, sometimes or	
	often. Then you flip the page and there	
	is a table that will give you a number	
	for each answer you put. Add up all	
	your answers and you will have your	
	score. If your score is less than	
	17 you have low anxiety, 17-24 is	
	17 you have low anxiety, 17-24 is average anxiety and higher than	
3	24 is high anxiety.	
	J. J	
lb	SAATURES VISURETIES & DEREGOED GOOD	
	get given to scare at the rend aton	
	engage eite ore consitarat you have	
	1	
	is condition of a sound and a sound and a sound and a sound a	
	SCAT test is valid because it is a	
	standardised fest which is the same	,
	for everyone. Due to the questions	

ENTER IUMBER OF JESTION		WRI T MA
	always remaining the same for	
	everyone it means that the table of	
	norms is reliable and accurate.	
	This means that you can clearly	
	gage if your anxiety levels are	
	normal or something you should try	
	and work on	
	ESSET LEST ANGUAG NO E be aretisable consist.	
	is in our personal repinion to correacumple	
	H	ě
	SCAT test is reliable because it is	
	your own opinion for example only	
	you know how you feel during the	
	performance and so nobody can argue	
	with your answers. This means that	
	your score will be accurate and	
7408	your score will be accurate and	2470.00
		T

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
2a Model performers will show good	
2a Model performers will show good communication by always shoutive the ball when in lots of space of	19 for
the ball when in lots of space of	ind
have time to shoot or pass.	
,	
Model performers will also show	good
team dynamics by supporting an encouraging their teammates in o to keep up the teams moral and	d
encouraging their teammates in o	rder
to keep up the teams moral and	
motivation.	
Model Performers would ensure	they
are taking their vole in the to	eam
are taking their vole in the to seriously and stay in the cor	rect
possision to allow the team to	work
as a unit.	
Model Performers will also showe	
good decision making by ch. to pass the ball to teamman	osing
in order to maintain the te	
	ums
possesion	

ENTER DO N. NUMBER OF THIS	IOT
QUESTION	SIN
	-
develop social factors is to be able	\dashv
highlight your differences and	-
similarities. For example if when the	_
ball goes out you get frustrated and	
lose concentration but when you watch	
d model performer you notice that	
they quickly get back to their position	
and affirm their teammates by	
dapping and saying "lets win the ball bach". This means that you	
nati hack it is means that you	
can highlight what you need to	
improve on and you are able to	
take advance notes on the model	
performers reaction and try to	
recipricate their actions and keep	_
up good communication with the	
fcam.	
Acadela a magazina da l	
Another reason to use model	
performers to help improve your	
social factor is to motivate you.	•
tor example you may watch a	
model performer play one of their	

ENTER NUMBER OF OF OUT	DO NOT WRITE IN THIS MARGIN
be agood as them one day and	1
so that gives you a push of	
Motivation to keep working even	7
harder and do as much as you	
can to get that good. This mean.	<u>s </u>
that you are able to notice the	
neccessity for good team dynamic	5
when performing in order to be an	
all rounded player.	
By using a model performer age	reg
can who plays the same posision	
as you in football you can get more specific, detailed taches on	
how to play that posision well to	
wathing them perform. For example	ip
if you play as a striker you	
can see clearly where the	
performer stands in order to	
cover the most space during	
different aspects of play. This	
means that you can recipricate	2
the players actions in your	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
performance to improve your	
performance to improve your voles and responsibilities within	
the game.	
2c One challenge you may face when	
2c One challenge you may face when using a model performer to develop social factors is that	
social factors is that	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
3a It is important to prioritise emotion	ia l
factors when planning a pap because	ie
They may affect your ability to	
improve other factors. For example i	
you struggle to control your anger ar	rd
easily get frustrated and augry wh	en
something doesn't work then it wis	<u>// </u>
be very difficult to try and impro	ive
your weakest shot in badminton	,
because you are likely to ge	
annoyed when you can't do it an	10
give up. This means that by prio	n tising
improving controlling your anger will mean that the other	17
will mean man the orner	
compartements of the pdp	
regarding other factors will be more effective.	
FAUTE OF CONVER	
3b A method to monitor the develope	neu+
of the emotional factor is self	
reflection. At the end of each	
training session you can write a	,
training session you can write a comment about the emotions you felt during the session. Each we	и
felt during the session. Each we	ek

ENTER NUMBER OF QUESTION	DO N WRIT TH MAR
you can then look back at your	
previous comments the week before	
and see if they have changed or	
if they have stayed the same. This	5
allows you to see if any developme	ats _
are being made or if you need to	
are being made or if you need to alter the pap because it is so far	
ineffective.	
3c Throughout the pap you may notice	
that you have largely improved on	
that you have largely improved on the emotional factor you were priontisi	ne.
For example you may have reduced	
your anger score by 4 already at the	,
half way point of your pap when you	
goal is five and so you can reasse:	5
what your new weahnesses may be	
and priorsize them insted. This means	
you can maxamise the overall	
you can maxamise the overall improvements made throughout the pap.	
·	

ENTER NUMBER OF QUESTION		WRITE I THIS MARGII
3-2		
		-
		+
		et .
		5
1.		_
4a	A long term goal for my performance in	8
	A long term goal for my performance in the emotional factor is to reduce my	
	anger score in the pows test by 5 by	
	anger score in the poms test by 5 by the end of my 6 week pdp.	
	The own of my o week pap.	
46	One reason it is important to set a long	
.,	One reason it is important to set a long term goal when starting a pdp is to	
		-
	give you something to aim for. For example if you have aimed to assess	
	example if you have aimed to gestion	
	Heros de apres mater reduce your	30 - 20.00 GG
	score for anger then it gives you	
F20-0.	motivation to not give up and if you get angry and frustrated to	
]		

ENTER NUMBER OF QUESTION	DO, NO' WRITE I THIS MARGII
motivate you to keep going so	that
you can reach your god. Th.	τ.
means that you can heep your	
motivation high and be less	lihely
to give up as you are deter	mined
to give up as you are determined to reach your target.	
Another reason it is importan	t to
set long term goals is to m	ake
sure you stay on track for	····
example if you are also w	orking
on your smash shot in badm	inton
duning your pap you may jus	7
focus on that and forget	to work
on the emotional factor. This	means
that you have a target you	
to reach and so will be mo	re .
focused and stay on track m	ahing
sure to inclaude things that	vill.
improve auger.	
5a Repetition Drill and Condi	roned
game.	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
a weakness in your performance	2.
One thing that can allow the repet	
help encode gove the chosen shot in	2005
your muscle memory. This is good	
because it allows you to play the movement of the shot to a high	
standard without having to think	
about it too much. This results in being able to focus more on wh	ere
to aim the shot or what your	
greatly improve your overall	,,,,,,
performance.	
Conditioned games are go	rod
because they force you to play y weak whot in a game. This is go	rod
because you are able to practic	e
what it is like playing the show	tin _
more comfortable with playing	<i>i¥.</i>
This means you will be more	

ENTER IUMBER OF UESTION	DO N WRITI THI MARG
confident when it comes to using	
it in a competitive game as you	
have expenience.	
Combination doith are effective	
because	
Conditioned comes are effective	
Conditioned games are effective because they allow you to also work on milliple shots. This is positive because	
multiple shots. This is positive because	
it allows you to practice all of your	
shots collectively, and the same	
This means that you are	
overall performance at once.	
overait perjormance as once.	
	3500
	_

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
6a	· The session started with a quick 5	
	minute warm-up which was just	-
	playing a quick half court game with	_
	a parmer.	
	· With the same partner wer then set up	-
	a repetition drill where we took	<u> </u>
	turns feeding the shuttle to eachother	/
	to play a smash shot. We did the	
	shot 10 times each before switching	 -
	the feeder.	
	· After 10 minutes of this we placed	
	hoops on one side of the court and	
	the continued the smash shot	
	repetition drill but this time with	_
	a points system. Each effective	_
	smash shot earned 5 points and if	_
	ex the shot landed in the hula hoop	
	then you would get 10 points. We	
	did this for another 10 minutes	_
	in order to work on accuracy.	_
	· During both repetition drills we	
	o During both repetition drills we implemented a rule which was if	-
	you missed the shuttle or played a bad shot you had to close your	
	a bad shot you had to close your	_

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
eyes and do 20 seconds of dee	
o At the end of the session we	g angry.
of the end of the session we	did a
10 minute conditioned game wi	101.6
the condition was 2 points if	909 24
win the point using a smash shi	//.
66 A change I made to the session	n was
to only do 10 minutes of the	e
reperson drill and replace the	1 1
10 minutes with a combination	on drill.
1	
Another change I made to the ses:	
was to play around the world to	
minutes as the warm-up vorther a half court game.	I nam
- Court game.	
6c The reason I swapped the rep	rebition
drill for a 10 minutes of a	
combination drill is because	
minutes of the repetition drill	was too
boring. Due to the repetition	drill
becoming boring after a white lost concentration and wasn	<i>le</i> 1
LI 105T CONCENTY OF TON CIND WASH	7

ENTER	DO NOT
NUMBER OF QUESTION	THIS
properly paying attention to the	
properly paying attention to the drill and so switching to a	
combination drill after 10 minutes	
meant I could stay engaged for longer.	
This meant I had more motivation and	
was able to put more effort into the	
drills making them more effective and	
meaning the overall session was more.	
enjoyable.	
I decided to replace the 5 minute	
game as a warm-up with around the	
world because more people participated	/
enthusias bically. In the origional	
session group people would start the	
session off with a game but it wasn't	
very fun and people didn't put much	
affort into it, where as around the world	1
is very fun and high paced meaning	_
people enjoyed it and ran around	_
far more. This meant it was far more	اح
effective as a warm-up as everyone	
was moving and it started the class	
of high energy to motivate everyone.	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
7 CRE had an impact on the performer:	S
motivation as at the end of the game	
they "look tired" and then at the	
same time "lose motivation. This worked	
Due to bad CRE the performer is	
unable to play to the same standard	
throughout the game as they get too	
tired resulting in them wanting to give	
up because they feel too fatigued to	
heep trying. This means that all motivation	1
is lost and the performer doesn't	
want to continue playing due to	
lack of energy and the opponents	
will likely score more goals as the	
player is not doing much to stop	
them.	
Speed	
Good explang impacted the players	
performance as at the start of the	
performance they were "high energy"	
allowing them to make effective	
decisions. Because of the performers good against they were able to get to the ball far quicker that the	-
good agating they were able to get	
LITO The ball far quicker that the	

ENTER NUMBER OF QUESTION	DO NOT WRITE II THIS MARGIN
opponents allowing them more time	
to find the best option of who to	
pass to before they are tackled.	
Due to this the performers team	
are able to keep possesion of	
the ball and find the space	
allowing them to take shots	
giving them lots of chances to	
score.	

ENTER NUMBER OF QUESTION		DO NOT WRITE I THIS
QUESTION		MARGIN
		ea Ke
		- 4
8a	The performer could have used	
	positive self talk during the	
	performance to improve concentration	
	and motivation. For positive self	
	talk the performer Holle would	
	say positive affirmations to	
	themselves either outloud or in their	
	head whenever the ball goes out of	
	play. They could say something like	
	"I've got this" or "keep going" to	-
	try and motivate them to continue	1
	and boost their motivate so as	
	not to give up.	
or see Elliste	J	

ENTER NUMBER OF QUESTION		DO NO WRITE I THIS MARGII
86	It would be appropriate as positive	
	self can be done at any point in the	
	The end of the game when the	
	performer "appears to lose motivation"	1500
	They can use positive self talk to help	
- (them not give up and heep pushing	
	until the end. This allows them to	ļ
	heep playing and try their hardest	-
	right up until the last minute.	ļ
	Another reason positive self talk would	
	have been appropriate in that performance	: -
	is that it can be done very quickly.	
	For example if the ball goes out then	
	the player can quickly say something to	
	Memielf and it does not distractivem	ļ
	from the game. This means that the	
	player doesn't lose concentration or	
*	player doesn't lose concentration or focus but still receives the benefits of	
	he positive self talk.	
2000	· · · · · · · · · · · · · · · · · · ·	