


Candidate 3 evidence

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	91ai) one method is mental toughness questionnaire.
	91aii) One method is internet feedback.
	91bi) one reason is you can quickly identify strengths and weaknesses. For example if you fill out the mental toughness questionnaire and realise you struggle with your ^{concentration} anger you so know to then set your training programme specific to ^{concentration} anger . Therefore, you will be able to improve on your anger and you can move on to training on another weakness.
	Another reason is that it's reliable. As the information is coming from you and you know yourself better than anyone and therefore will know how you cope mentally

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	<p>in games. Therefore, the results to the questionnaire</p>	
	<p>will be accurate about you and therefore will</p>	
	<p>be a reliable account of any weaknesses.</p>	
	<p>q.1bii) one reason why it's effective is you are</p>	
	<p>able it's easy to do. For example it's</p>	
	<p>after a game you are able to tell</p>	
	<p>how you played and how you are</p>	
	<p>feeling inside. Therefore, the information</p>	
	<p>will be relevant and only exactly how</p>	
	<p>you are feeling.</p>	
	<p>Another reason is you it gives you a</p>	
	<p>information you can refer back to. For example</p>	
	<p>after re-testing you can refer back to this</p>	
	<p>information. Therefore you are able to</p>	
	<p>see if you have improved and if</p>	
	<p>your training is effective. </p>	

*
q(biv)

one reason a performer should collect quantitative information is that it can be used as a motivational tool. For example if you discover you aren't good at chest passes in basketball this can be used to make you determined to improve this. Therefore, you will be motivated to improve your chest passes and will work hard to do this.

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q2a. One short term goal is to 'not get nervous ^{before} my upcoming final against a rival team'.

One long term goal is to 'not get angry at the end of ^{every} netball game'.

q2b. Have to consider the goal is relevant to your sport. For example if your goal was to improve your ~~weakness~~ of ~~the~~ anger in netball you wouldn't then set about working on your set shots in basketball as it isn't relevant to your goal. Therefore, you wouldn't reach your goal and you'd be wasting time.

Furthermore, you need to make your

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	goal relevant to your information collected.	
	for example, if you have collected information	
	on your badminton game and you realised one	
	your calm nature when	
	strength is a serving however a weakness is	
	getting angry when failing at	
	net shots you wouldn't then make your	
	goal to improve your ^{nerves} serves . Therefore, you	
	won't improve on your weaknesses and you	
	will stay at the same level of performance ^{and be angry}	
	You need to consider the goal is ^{it's} achievable.	
	For example if you set your goal to be to	
	improve your anger instantly this is very	
	unrealistic. Therefore, you won't achieve your	
	goal and you then might get more angry.	
	furthermore, you need to consider your	
	goal is achievable in the amount of time	
	you have to train. for example if you set about	

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	<p>improving your nerves in order to do a successful serve and you realise you will need 10 training sessions to do this however you only have 2 left you won't be able to complete the goal. therefore, you may have to make your goal slightly easier in order to achieve it over the final 2 training sessions.</p>
	<p>You need to consider your goal as ^{measurable} specific to your weaknesses. For example if your goal was not to get angry in the last 10 minutes of your game you will have something to focus on and work towards. Therefore, this can motivate you and give you something that makes you really work hard in order to complete.</p>
	<p>Furthermore, making your goal measurable to a specific time: before, during or after a game.</p>

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	For example if your goal was to improve	
	your nerves before a game you can	
	therefore try hard before a game to achieve this.	
	Therefore, if you achieve this goal you will go	
	on to play your game well and feel positive	
	about yourself. ***	

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	(*) q2b) You need to make sure your	
	goal is specific. For example	
	if your weakness is set shots	
	in basketball you could ^{plan in} set your	
	training to do repetitive set shots	
	which is exactly about your	
	weakness. Therefore, you'll improve	
	on your weakness and be	
	able to do confident set shots	
	in a basketball game.	

q3a. Repetition-

By yourself get a ball and a net and
do repetitive shooting.

do this for 20 minutes, working by
changing up your distance from the
net and then take a 10 minute break.

q3b. You could change how long you do

it for. For example instead of doing the
activity for 20 minutes you could choose
just to do it for 10. Therefore you won't

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	get bored and will be fully motivated.
	You could change the intensity of the
	exercise. for example if before you were only
	putting 50% effort into the activity you could
	change it to 80% effort. Therefore, you will
	work a lot harder and therefore improve on
	your weaknesses quicker
	You could change your distance away from
	the net. for example if you are shooting from
	close to the net you could move to shoot from
	the outside of the circle. Therefore, you will find
	your training more challenging and you will
	improve on shooting from further away from the
	net.
	You could change the environment. For example,

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	you could chose as practising your set shots outside instead of inside. Therefore, you would need to consider you had all your equipment with you outside and if you needed to change your shooting technique due to weather eg. wind.	
	q3.c) Repetition is effective as it's specific to your weakness. for example if your weakness was set shots you'd be able just to repeatedly do set shots focusing on your technique. Therefore, you'd be able to improve on your weaknesses and then go into a game situation feeling confident about your set shots.	
	Repetition is effective as it's easy to	

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	q4a) team feedback-
	Your team are able to tell you if they
	think you are improving on your
	communication. They can watch you in
	training games and at the end of
	training sessions can refer back to
	you if your training is helping you
	improve.
	coach feedback-
	Your coach can watch you during team
	drills and can tell you if they think
	you are co-operating enough.
	This feedback can happen during your
	training session and will take 5 minutes.
	*This internal feedback-
	would You can write in your training diary
	take 10 mins after every session whether you think
	by yourself. you'd improved on your social factors
	and how you think training went.*

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	q4b(i) you can become closer with team--	
	mates creating good relationships. for	
	example if during a team building exercise	
	you prove your trust for team mates, you	
	there will then know you are able to	
	trust each other in games too. Therefore	
	during conditioned games you can	
	pass the ball to each other & when	
	→ communicating and shouting for the ball	
	you can pass the ball in front of the player	
	knowing they will be able to get it.	
	Good → You can learn set plays, for example if	
	contribution means your team can learn to contribute, in	
	training you can practice what	
	different ways in order to get the	
	ball up the court to the shooter.	
	Therefore, at the training practice games	
	you can practice these set plays in order	
	to make them efficient in order to use	
	them in your upcoming games.	

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q4 bii)	
<p>strong communication in a game means you are able to pass the ball to your team mates. For example if you communicate with your team mate in order to let them know you want the ball and are away from a defender. Therefore, your team mate won't make a pass to a player who is getting tightly marked by a defender or won't get called for a held ball.</p> <p>Improving on your roles/responsibilities means your team have a greater chance of winning. For example if you are a shooter in netball and you carry out your role well and get the ball and shoot. Therefore, your team have a greater chance of getting a higher score and your team mates will be happy with you.</p>	

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q.5.	One development need was in volleyball
	my serves were bad. The model performer
	was effective in making the serves go
	over the net whereas mines never went
	over the net. They followed through in the
	serve creating power where as mines were
	weak.
	Another weakness was my net play in
	badminton. The model performer was quick on
	their toes in order to reach the shuttle
	where as I was too slow and failed to reach
	the shuttle before it hit the ground.
	chest
	A strength was my ^{chest} passes in netball. at
	me and the model performer both made a
	strong pass in front of our team mate in order
	for them to run onto the ball.

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	For example my training programme had me doing 20 minutes of repetitive shooting however I changed this to only 10 minutes as I was getting bored. Therefore, I was able to stay concentrated easier for the 10 minutes and was more motivated.
	I adapted the environment of my training. For example my training had me doing partner practice of chest passes outside however I decided to change this to inside due to the wind. Therefore, the wind was no longer changing the direction of the passes and affecting the strength of the passes.
	I adapted my goal of my training. For example my goal was to improve my set shots however after re-testing I realised I had

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	<p>achieved this goal and therefore was able to set my goal specific to another weakness. Therefore, I was able to improve on more than one of my weaknesses, meaning I increased my variety of different skills.</p>	
	<p>Another adaption was I made my training easier. For example my training had me doing repeated continuous running for 2 hours, however I was not able to do this so I decreased it down to 40 minutes. Therefore I no longer felt like a failure and no longer dreaded going to training as I could now achieve what my training had planned for me.</p>	
	<p>q7a1. The player may become anxious in front of a crowd. For example, the loud amount of noise might make the</p>	

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	<p>performer scared and worried about how the crowd might think of them. Therefore, the noise distracts the performer and therefore they struggle to keep concentrated in the game.</p>
	<p>The player may become angry as the opposition keep turning over the ball. For example the team turn out to be a lot harder than expected and therefore the player is struggling to pass the ball to someone as everyone is being marked tightly by the defence. Therefore, the player gets ^{called} held for a held ball which makes the player frustrated and angry.</p>
	<p>The player becomes anxious as her shots aren't going in. For example the player takes there first shot and misses it which makes them scared to take another shot incase</p>

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	<p>they miss again. Therefore, the player chooses to pass when in a shooting position instead of shoot and as a result gets taken off at the end of the quarter.</p>	
	<p>The player becomes anxious as their set play they practiced in training didn't work. For example as a centre the player took the centre pass and in training the player would pass to the WA however the WA was getting tightly marked as in the game and therefore the player couldn't pass to them. As a result ^{the player} they started panicking and made a pass to the WA who was getting marked. Therefore, the opposition were able to intercept the ball and therefore gain possession.</p>	

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	<p>97b) Accuracy could be impacted on the live performances negatively. As the player could get shaky hands due to being nervous about the crowd and therefore misses their shots. As a result the team struggle to ^{take} make a lead over the opposition and the player is taken off at the end of the quarter.</p>
	<p>Stamina could be impacted in the end of a live performance negatively. As if the players stamina is worn they would struggle to keep going at the end of the match. Therefore, they won't be tight on an offence and the opposition will easily get the ball up the court to the shooters.</p>

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	<p>speed endurance could be impacted negatively at the end of a live performance. As if your speed isn't strong at the end of the game you would struggle to use a change of speed in order to get away from your defender to create shooting opportunities. Therefore, your team mate won't have anyone to pass to as you are getting strongly marked meaning they'd get called up for a foul ball and the other team would therefore gain possession.</p>
	<p>Power could be impacted negatively at the end of a live performance. As after playing a full game of netball by the last 10 minutes you are really tired and weak and as a result the players passes might not be powerful and as a result</p>

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	might not reach their level be strong.	
	Therefore, a weak pass would be easier	
	for the opposition to intercept creating	
	them opportunities for them to get last minute	
	goals which would be crucial especially if the	
	score was close. ★	

	q7b. * Balance could be impacted negatively	
	at the end of a live performance. As	
	since you are tired you could start	
	making silly mistakes such as not	
	balancing at when catching the ball	
	resulting in you doing footwork	
	Therefore, the opposition would gain possession	
	and your team mates might be annoyed at you.	