

# Factors Impacting on Performance

<u>Mental</u>	<u>Emotional</u>
<ul style="list-style-type: none"> <li>• Focus</li> <li>• Concentration</li> <li>• Problem Solving</li> <li>• Motivation</li> <li>• Determination</li> <li>• Level of Arousal</li> <li>• Decision Making</li> <li>• Mental Toughness</li> </ul>	<ul style="list-style-type: none"> <li>• Confidence</li> <li>• Anger</li> <li>• Fear</li> <li>• Frustration</li> <li>• Trust</li> <li>• Happiness</li> </ul>
<u>Social</u>	<u>Physical</u>
<ul style="list-style-type: none"> <li>• Communication</li> <li>• Contributing to a team</li> <li>• Cooperating</li> <li>• Relationships</li> <li>• Team dynamics</li> <li>• Roles &amp; responsibilities</li> <li>• Team work</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Fitness</u> <ul style="list-style-type: none"> <li>• Cardio-respiratory</li> <li>• Endurance</li> <li>• Speed</li> <li>• Power</li> <li>• Agility</li> <li>• Rhythm</li> <li>• Timing</li> </ul> </li> <li>• <u>Skills &amp; Techniques</u> <ul style="list-style-type: none"> <li>• Accuracy</li> <li>• Consistency</li> <li>• Skill Repertoire</li> <li>• Creativity</li> </ul> </li> <li>• <u>Tactics</u></li> </ul>

# How to use this book

- This short booklet provides QR codes to information about each of the 4 factors.
- These QR codes take you to a web page that contains text and video in relation to each factor.
- To use QR codes you need to download a QR code reader. There are plenty to choose from at your app store and they are normally free. A good QR code reader is I-nigma QR reader.
- Use your QR code reader to scan the QR code beside the factor and this will take you directly to the appropriate webpage.

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5	Emotional Factors
6	Social Factors
7	Physical Factors (Skill)
8	Physical Factors (Fitness)

# Answering how factors impact on performance questions

## Answer Structure

Name the factor & activity & Identify if you are talking about it positively or negatively



Explain why the factor leads to a positive or negative impact.



State what could actually happen in the performance because of this.



State what the outcome of this might be.

## Example response

Poor mental toughness (mental factor) can have a negative impact on performance in hockey because.....

when a game is close, such as at 1-1, I start to feel pressure and my muscles tighten when in possession

This results in skills such as passing being performed less fluently and effectively and therefore my passes not going accurately to a team mate.

The impact of this is that the opposition are able to intercept the pass, gain possession of the ball and potentially score on the counter attack

Using this structure would give 1 point of how a factor can impact on performance

# Mental Factors



## Decision Making



Decision-making is the process of choosing what to do in a performance from a range of options and then putting the decision into practice. Within any sporting performance there are a huge number of decisions that a performer will make that will have a huge bearing on the success of the performance.

## Mental Toughness



Mental Toughness is the ability to cope with the many demands that sport places on you. It is the ability to remain determined, focused, confident and cool under pressure.

## Focus



Focus is the ability to devote you full attention to the task at hand, tuning out distractions. Top athletes are able to focus on what matters in order to be successful and ignore everything else that doesn't.

## Level of Arousal



Level of arousal is the level of excitement, stress, nervousness and aggression you feel as you get prepared to participate in an activity.

Methods of Gathering Data	Approaches to Develop Performance
Mental Toughness Questionnaire	Positive Self Talk
Sports Competition Anxiety Test (SCAT)	Mental Imagery
Performance Profiling Wheel	Circle Breathing
Self Reflection Sheets	Simulation Training
	IF THEN Planning

# Emotional Factors



## Anger



Anger is an emotion normally associated with being offended, frustrated or wronged. Managing anger is extremely important in sport to avoid reacting negatively to a situation.

## Fear



Fear is an emotion induced by a perceived threat, which causes you to quickly pull away or, in sporting terms, usually hide. In sport fear can be a fear of getting physically hurt or it can be a fear of failure.

## Happiness (Confidence)



Happiness is a positive emotion that ranges for contentment to intense joy. A person who is happy will feel good about themselves and their lives in general. Happiness impacts on sport through impacting on other qualities such as confidence and optimism.

Confidence is commonly defined as the sureness of feeling that you are equal to the task at hand. Confidence is YOUR belief in YOUR ability to complete a physical skill or task required in your sport.

Methods of Gathering Data	Approaches to Develop Performance
Sports Emotion Questionnaire	Positive Self Talk
Sports Competition Anxiety Test (SCAT)	Mental Imagery
Performance Profiling Wheel	Circle Breathing
Self Reflection Sheets	Simulation Training
	IF THEN Planning

# Social Factors



## Communication



Communication is your ability to share clear and concise information with others. Communication is a two way street. When communicating with others there are at least two people involved, one person who is communication giving information and another who is receiving information (e.g. Speaking & Listening). Therefore to be a good communicator you need to be a good listener.

## Contributing to a team



In any activity, where you work with at least one other person, you are a member of a team. Within the team you will have to contribute something that helps the team. Each member of the team is expected to contribute and this can determine whether a team is successful.

## Cooperation



Co-operating is where you work together with others to achieve a common goal.

## Relationships



Relationships are the way in which your team members regard and behave towards one another. Relationships can have a profound impact on the potential success of team performance. You could have a group of exceptionally talented players that on paper should be successful, but if they have a poor relationship then they will almost certainly produce a weaker performance..

Methods of Gathering Data	Approaches to Develop Performance
Youth Sports Environment Questionnaire	Defining Roles
Team/Group Feedback	Team Building Games
Performance Profiling Wheel	
Self Reflection Sheets	

# Physical Factors (Skills)



## Accuracy



Accuracy is the ability to direct a ball, shuttle or any other object used in an activity to a target area with precision. A performer can also demonstrate accuracy by performing movements with precision so that they look exactly like a model performance.

## Consistency



Consistency is the ability to perform skills / movements correctly over and over again. Consistency is key for an effective performance.

## Creativity



Creativity is the ability to perform unusually, innovatively and uniquely. It can be described as being able to face a problem and create a solution that is not expected or is different from the normal. Being creative can be shown in different ways, such as tactically or through a series of skills in the activity.

## Skill Repertoire



Skill Repertoire is the range of skills that the performer is able to perform effectively. A skilled performer will have a large repertoire of skills that they can perform to a high standard.

Methods of Gathering Data	Approaches to Develop Performance
General Observation Schedule (GOS)	Shadowing
Focused Observation Schedule (FOS)	Repetition Drills
Performance Profiling Wheel	Conditioned Games
Self Reflection Sheets	Mental Imagery

# Physical Factors (Fitness)

## Cardio-Respiratory Endurance

The ability of the heart and lungs, to work for a long period of time without tiring. Aerobic endurance is important in a range of activities. For example:

*In football aerobic endurance is important in order to continue getting back to defend throughout the whole 90 minute game*

Aerobic endurance is also very important as it helps you to recover after a bout of exercise.

*In volleyball having a good level of aerobic endurance allows you to recover better after each rally.*

## Speed

The ability to move the whole body part of the body very quickly in a short time. Speed is your ability to cover a distance in a short period of time. Speed is important in a range of activities. For example:

*In hockey speed is important in order to move quickly in order to keep up with a forward to prevent them from scoring.*

## Power

Power (sometimes called elastic strength) is your ability to make explosive actions by using strength quickly. Power is a combination of strength and speed. Powerful actions in sport include jumping, throwing and striking/hitting. Power is important in a range of activities. For example:

*In rugby the kicker must have good power in order to ensure their kick covers the required distance to get to the posts.*

## Agility

Agility is the ability to change direction or position of the body quickly, while under control. Agility is important in a number of activities. For example:

*A hockey player needs excellent agility in order to be able to move one way then the other quickly in order to get away from their marker.*

*Agility is also important in volleyball as players need to be able to move their body quickly and precisely in order to stop attacks from scoring.*