1). Concentration/attention skills(focusing)

* Define concentration
* How can concentration be improved in sport? Provide examples
* How does the type of concentration vary from sport to sport? Provide examples to illustrate your answer.

2). Read snapshot ‘in the zone’ page 204-206 and complete (Q 1-3)

3). Mental rehearsal/visualisation/imagery (page 206)

* Define mental rehearsal and provide examples of sports who use it.
* What are the advantages and disadvantages of this technique?
* What is the importance of mental rehearsal to improving performance?
* What does mental rehearsal require to be effective?

4). Relaxation techniques (page 207)

* What are relaxation techniques used for in sport?
* List down and explain the various relaxation techniques used by athletes.

5). Goal Setting (page 208)

* What are goals?
* How do goals assist athletes?
* Distinguish between the following types of goals: short-term, long-term, behavioural and performance. Provide examples for each.

6). Read ‘the psychology of winning’ (page 210-211) and complete inquiry task on page 209

* Read what motivates Libby Trickett? and complete inquiry on page 211
* Complete revision questions (1-16) on page 214. Please note that the weblink for question 14 appears below.

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