**Factors Affecting Performance**

Completing your warm-up was a way of **Physically** preparing yourself for the game of basketball.

Before you play any game, however, it is important to prepare yourself **Mentally**, **Emotionally** and **Socially**, to be able to perform at your best.

**Mental Preparation**

Before you start your activity you need to mentally prepare for a performance. You need to make sure that your ‘head is in the game’!

This will help you with:

1. **Concentration** and **Focus** – thinking about the game ahead and not being distracted by other issues. Remember your game plan, tactics, opposition, strengths and weaknesses.
2. **Rehearsal** – go over in your mind what you are planning. Picture it being successful. What would that look like and feel like? E.g – intercepting a pass and scoring a lay up.
3. **Motivation** – being ready to start the game. Fired up, excited, ready for the challenge.

**Emotional Preparation**

Emotional rehearsal is a way of preparing for your activity to make sure that you make the best use of your feelings.

This will help you with:

1. **Confidence** – going into the game well planned and knowing your role and responsibilities. Making sure that you are sure that you can cope with the demands of the game.
2. **Nerves** – being excited and looking forward to the game without worrying or becoming too nervous. Increased nervousness may result in mistakes or hesitation. You need to find ways of reducing nerves. E.g. listen to music, deep breathing, closing your eyes and picturing success.
3. **Anger** – ensuring that you are not over excited and this leads to frustration and anger if things don’t go your way during the game. There is nothing to be gained from losing your temper or composure. You need to stay calm. E.g. deep breathing, walk away, count to 10

**Social Preparation**

Social factors are how well you can get on with your team-mates, respond to the opposition and deal with the game environment.

This will help you with:

1. **Etiquette** – playing the game in a sporting manner, to allow all players to be able to express themselves and showcase their talents. Playing by the rules and helping and encouraging others to do that too. E.g. give the ball to the other team at a side ball, shake hands at the end of the game, thank the referee
2. **Team-Work** – in all team games this will be vital as you cannot win a game on your own. You need to have good team spirit and mutual respect, to be able to trust your teammates and make sure everyone plays their role effectively. This will include encouraging your team-mates, especially if they make a mistake.
3. **Environment** – this includes the hall/pitch/venue you are playing in, the audience or crowd watching you and the weather conditions if outdoors. You need to be able to perform well when other people are watching, use this to inspire you and not be put off if they shout negative comments.