**OUTCOME 1.1 PREPARING FOR A PERFORMANCE**

In the table below are examples of different Physical, Social, Mental and Emotional Factors which impact on performance.

|  |  |
| --- | --- |
| **PHYSICAL**  - Endurance - Agility  - Speed - Coordination  - Strength - Timing  - Flexibility - Balance  - Power - Reaction time | **SOCIAL**  - Responsibility - Cooperation  - Etiquette - Contributing to team  - Respect  - Leadership |
| **MENTAL**  - Level of Arousal - Mental Rehearsal  - Managing Anxiety - Imagination  - Concentration/Focus - Flair  - Motivation | **EMOTIONAL**   * Confidence * Self-Esteem * Anger * Fear - Nerves |

**Task**

* Think about your own performance in BASKETBALL and identify what you think are **your strengths** and **areas for development**.
* Complete the box below with 1 or 2 factors in each box.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Physical** | **Social** | **Mental** | **Emotional** |
| **My Strengths** |  |  |  |  |
| **My Areas for development** |  |  |  |  |