Higher PE – Methods of gathering information

5) Explain why it is important to collect information about the impact of the mental factor on performance before starting a development plan.

It is important to collect information about the impact of the mental factor on a performance before starting a development plan so that you know what you have to work on for example you could use a mental toughness questionnaire. Using a mental toughness questionnaire allows you to single out certain elements of your game that you don’t do as well as others. If you do the questionnaire and find out that handling pressure is one of your weak points then you can make that the main focus of your training. In football you may feel under pressure when playing against a better opposition so there is more pressure on you to play well, this will make you feel nervous before the game which could affect your performance. This means that you could make games in training more pressurised by adding more players into one team, this will make it harder as there will be more players shutting the ball down which means you would have less time on the ball therefore enhancing your ability to cope with high pressure situations. Having information on the mental factor will give us an indication on how much we have to work on for example if there is only one section on the questionnaire then it will be easier to develop an improvement plan but if there are several things that are low scored then it may be harder so more time and effort will have to be put in to develop a training as there will be much more things to work on for example if concentration and pressure are two of your weak points then it may be difficult to create a development plan which incorporates these two things. If you know the impacts something such as motivation will have on your performance then you will be able to see if it is important enough to put into your development plan.