Mental Factor- Monitoring and Evaluating performance

Describe how you monitored and evaluated the mental factors that impacted on your performance.

Plan:

Factors- Anxiety and Motivation

Monitoring- Anxiety-Training Diary/Motivation- Coach feed back

Evaluation- Anxiety-SCAT test/Motivation-Coach feed back

In netball a way in which you can monitor anxiety is by using a training diary. This would be done by the performer designing a training programme which focuses around their anxiety in a game such as practising being an important player e.g. Centre. When the performer has completed each session they would then write a short description on how they felt it went and how their anxiety has developed each session. The performer should record their development needs and targets each time they record in their diary in order to know what to work on the next time, they should also record their thoughts and feelings of how they believe it went regarding if it was helpful or didn’t have any impact on their anxiety development. The feedback they received should be included which will help develop the session even further and finally any changes they wish to make that they feel will be affective to their development. A way in which they can evaluate their Anxiety at the end of the training programmes is by using a SCAT test. A list of statements will be given to the performer regarding anxiety, they will then answer these statements using “rarely, sometimes and often”. After this has been completed they will refer to the analysis finding what score their answer corresponds to given a final total. Less than 17 means the performer has a low level of anxiety, 17 to 24 means the performer has an average level of anxiety and finally more than 24 the performer has high levels of anxiety. This test would be completed at the beginning of the training programme and the end of the programme meaning the performer is able to compare thee data they have collected being able to see how far their anxiety has developed.

In netball a way in which the performer can monitor motivation is by using coach feedback. This would be done by after each week of sessions by their coach who will be writing down different places where they can develop further, what they can change and also where they are doing well. The performer will then take the feedback into consideration altering different areas of where they need to develop but could also give them confidence in their motivation having the right balance if the feedback is positive. The negative feedback can essentially motivate the performer even further to do well in their performance. They can also use this method to also evaluate performance. The performer would take note of each feedback collecting them altogether and at the end of their programme look at each areas of feedback in order from the beginning of the programme to the very end. This way the performer can see each areas where they have developed and how the feedback gets more positive throughout the weeks giving them confidence and indication they have developed well on their motivation.