



Ellen White became England's record goal-scorer after scoring a hat-trick in England's 20-0 demolition of Latvia. She now has scored 48 goals for England.



2. Performing at the highest level requires controlling arousal levels. How can a footballer use the following techniques to stay calm before an important match?

- Deep Breathing
- Positive Self-Talk
- Mental Rehearsal

1. Explain the difference between intrinsic and extrinsic motivation.

Give an example of how Ellen White may have been intrinsically motivated to become England's record goalscorer.

Give an example of how Ellen White may have been extrinsically motivated to become England's record goalscorer.

3. Losing 20-0 can be damaging for a team's motivation moving forwards.

How can the Latvian coaching team help their players to overcome this defeat?

How can they motivate their team before their next match?