



Liverpool - Man City Starter Resource

With 6 matches left to play in the Premier League season, both Liverpool and Man City are still in the hunt to win the title.

Analyse how mental preparation can be used by the Liverpool and Man City players to optimise performance during the final matches of the season.



The players will be motivated by the chance to lift the Premier League trophy. What else will be motivating the players?

Extension activity - Think about a time that you felt under pressure to perform highly in sport. What was the situation and why did you feel under pressure? What was the outcome in terms of your performance?