



Rugby World Cup Final

This Saturday sees the Rugby World Cup Final, where New Zealand and South Africa will play for the trophy.

Analyse how mental preparation can be used by the South Africans and All Blacks to optimise performance for the game.



**The players will be motivated by the chance to lift the trophy.
Discuss what else might motivate the players?**

**Extension activity - Think about a time that you felt under pressure to perform well. What was the situation and why did it feel pressurised?
What was the outcome?**