



# Rugby World Cup Final

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



RUGBY  
WORLD CUP  
FRANCE 2023

**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?**