



Guidance & Feedback

Within sporting performance, guidance and feedback is crucial to ensuring a performer can improve in their sport.



From the following topics, identify what is missing:



Visual Guidance
_____ Guidance
Verbal Guidance
_____ Guidance

Intrinsic Feedback
_____ Feedback
Knowledge of Performance
Knowledge of _____
Positive Feedback
_____ Feedback

With a partner, come up with at least one sporting example of each of the following:

Visual Guidance

Verbal Guidance

Knowledge of
Performance

Intrinsic Feedback

Positive Feedback