



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