



# Feedback & Guidance

**Elite darts players rely on feedback and guidance to maintain consistency, refine technique, and cope with pressure in a high-profile environment.**



**Identify one type of feedback a darts player receives during a match.**

**Why might visual guidance (e.g. video playback) be more effective than verbal guidance for improving throwing technique?**

**Suggest how a darts coach could use feedback to help a player recover after missing several key throws.**

**With a partner, discuss examples within darts of the following:**

**Visual Guidance**

**Verbal Guidance**

**Knowledge of  
Performance**

**Intrinsic Feedback**

**Positive Feedback**