



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