

Enter the following statements into the advantages/disadvantages columns in the table in your booklet.

Can give more technical/detailed information

Reduces fear and anxiety

The performer might not feel capable of matching the demonstration

Not all of the information might be taken in

The demonstration must be accurate

Can be in the form of a video if the coach isn't able to demonstrate

Builds confidence

Useful for beginners who have never seen the skill

Useful for elite/experts who just require 'tweaks' to certain skills

Shows exactly how the skill should be shown

The performer might not be able to ask questions

The performer might lose concentration

Eliminates danger

Gives the performer some intrinsic feedback on the skill

Can be a very useful method if used alongside visual guidance

The performer may become dependent on the support

The language could be too complex for beginners to understand

Might not be possible for all sports