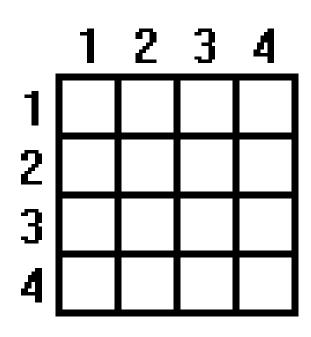
MOTIVATION AND MENTAL PREPARATION

OBJECTIVES

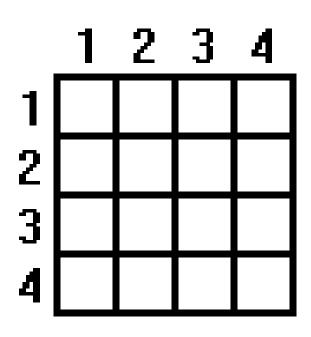
- Define motivation and understand it's importance in sport
- Understand the different types of motivation
- Be able to set SMARTER goals

STARTER – SYMMETRICAL WORD BOXES



- 1. Matter unit
- 2. Lion handler's task
- 3. Warning sign
- 4. fix

STARTER - SYMMETRICAL WORD BOXES



- 1. Grime
- 2. Sugar ...
- 3. Centimeter or gallon, for example
- 4. Measure

MOTIVATION

• "The driving force that makes you decide what to do and how much effort to put in."



MOTIVATION

- The more motivation you have
 - The harder you will work
 - The more likely you are to succeed



WHY DO YOU DO YOUR SPORT?

TYPES OF MOTIVATION

Intrinsic

- Comes from the activity itself
- You like it for it's own sake
- It makes you feel good



Extrinsic

Comes from outside the activity









DISADVANTAGES OF EXTRINSIC MOTIVATION

- Reward to difficult or easy to attain it may put you off
- Competition for the rewards may put you under too much pressure
- You may lose interest in sport if you fail to get a prize

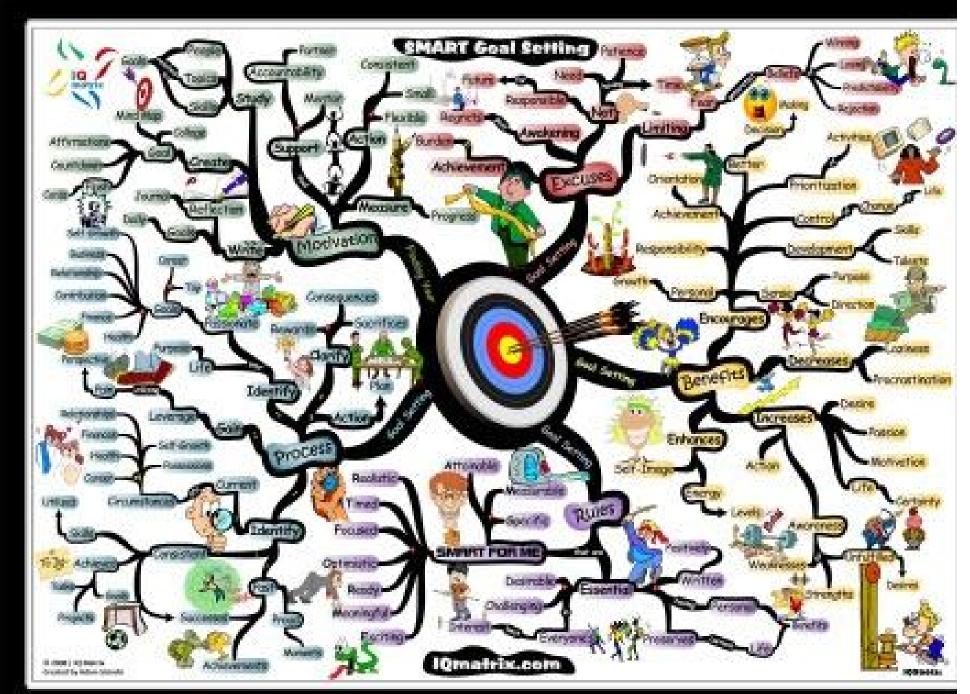
INTRINSIC MOTIVATION





MOTIVATION AND GOALS

- A goal to aim for is a good motivator
- A goal motivates you to work hard
- It helps you prepare mentally for performance, since you know where you are aiming for
- Acts as a sign post giving you direction in your training
- It is something to check your progress against
- Having goals makes you feel less anxious and more in control
- Meeting a goal increases your confidence



SMARTER GOALS

Specific

• Measurable

Agreed

• Realistic

• Time-Phased

Exciting

• Recorded





