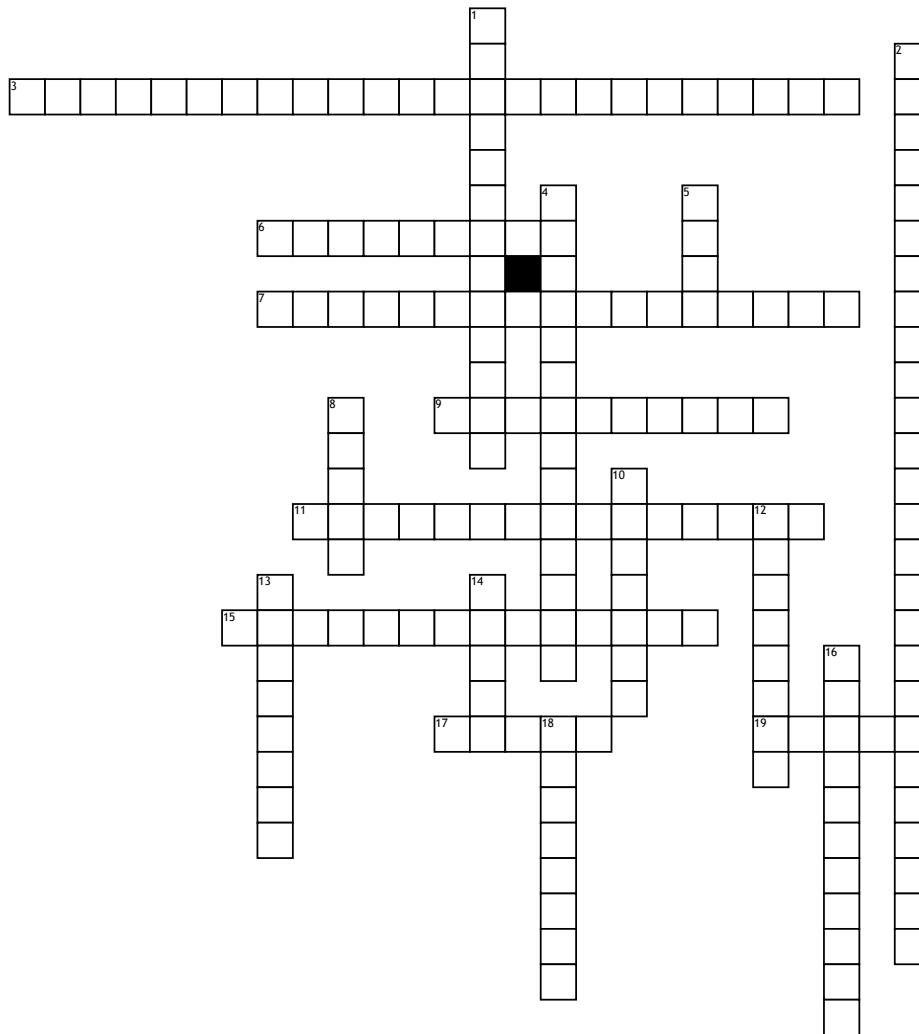


Factors Impacting Performance



Across

- 3. This would refer to the position I play in my team and the duties I need to carry out in my team.
- 6. This is a fancy word for sportsmanship and is an unwritten rule in sport.
- 7. The ability of a muscle or a group of muscles to be able to repeat an action or set of actions over a long period of time.
- 9. A belief a person has about their ability to execute a specific task successfully in order to obtain a certain outcome.
- 11. This is the ability to overcome set backs.
- 15. The ability to make good decision, quickly, whilst under pressure is a vital skill for any player.

- 17. A firm belief in the reliability or ability/actions of someone else, being unaware of the outcome results in uncertainty and therefore a risk of failure.
- 19. What is the ability for the whole body or a part of the body to move from A to B in a short period of time?

Down

- 1. What is the ability to block out any distractions and focus only on the match?
- 2. This is the ability of the heart and lungs to provide oxygen to the working muscles over a long period of time.
- 4. This is the level of nervousness, boredom, stress that you feel before/during a sporting event.

- 5. This reaction is induced by a perceived threat, which causes you to quickly pull away or usually hide.
- 8. What is the combination of speed and strength?
- 10. What is the ability to move and change direction and position of the body quickly and effectively while under control?
- 12. A reaction to something unplanned or unexpected.
- 13. The ability to work well in a team is a vital skill in all aspects of life.
- 14. This is the effect of retaliation. It is a strong, uncomfortable emotion after being provoked.
- 16. This can be defined as the range of movement around a joint.
- 18. This can be explained as the greatest force that can be applied against a person or object.

Word Bank

- | | | | |
|--------------------|-----------------|----------------------------|------------------------------|
| Strength | Trust | Power | Agility |
| Speed | Surprise | Roles and Responsibilities | Cardio Respiratory Endurance |
| Mental Toughness | Concentration | Confidence | Etiquette |
| Muscular Endurance | Team Work | Level of Arousal | Flexibility |
| Anger | Decision Making | Fear | |