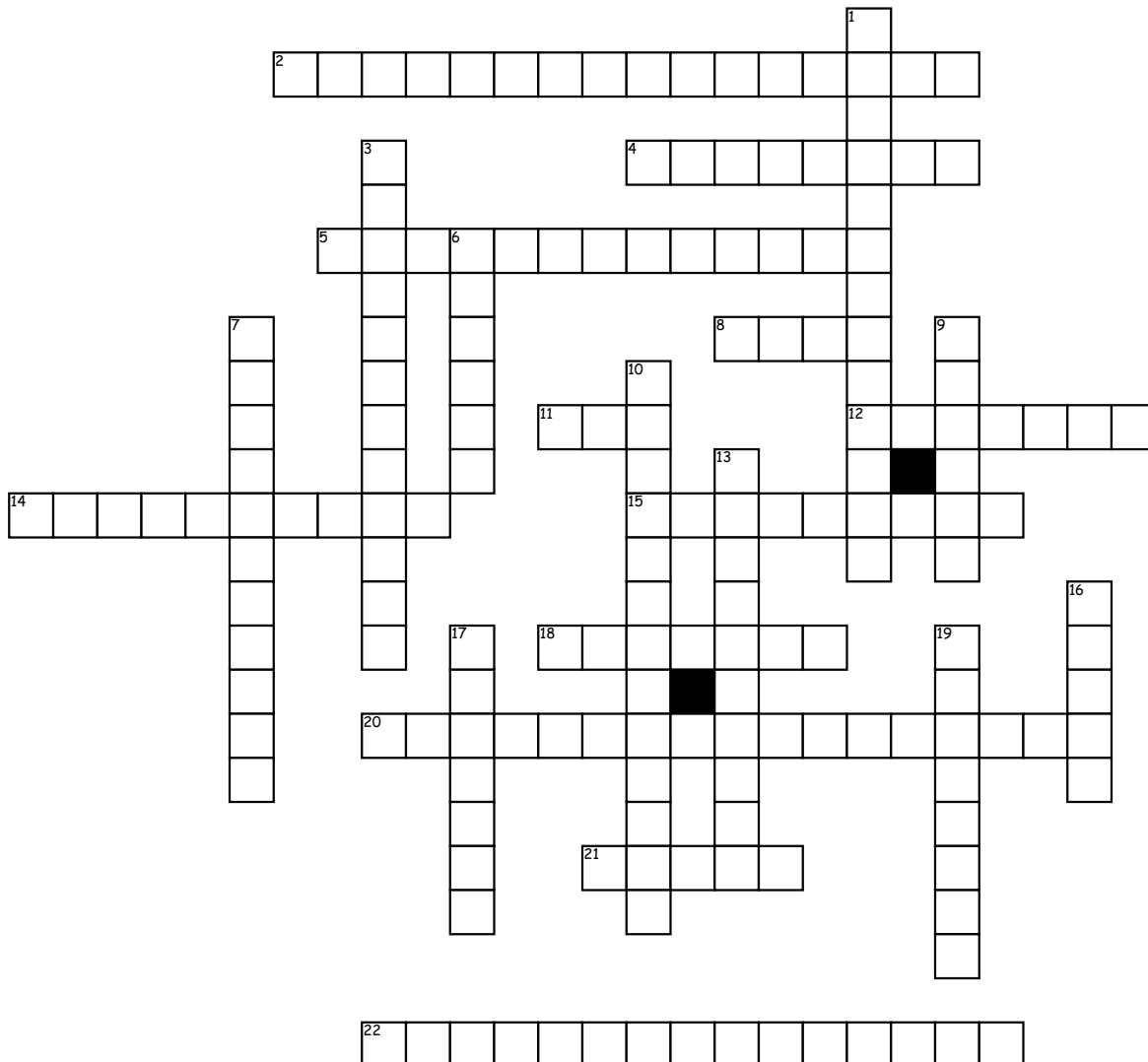


Factors



Across

2. Staying calm under pressure and not getting annoyed
4. What factor is power, speed, strength
5. talking to each other during a game
8. Unable to perform due to anxiety
11. ability of your heart and lungs to work continuously
12. A formation or gameplan
14. Creating new skills to take it past opponents

15. What factor is confidence, self esteem and fear

18. Moving your body quickly in and around opponents

20. Using the same muscles over and over again

21. A combination of strength and speed

22. Going over something time and time in your head

Down

1. Staying focussed on the game and your opponent

3. Thinking and moving at the same time, involves catching and throwing

6. What factor is mental rehearsal, managing emotions and motivation

7. A range of movement across joints which help you stretch

9. What factor is team-work, co-operation and communication

10. Never giving up in a match

13. Believing in yourself and your ability

16. Moving quickly to an object

17. You must show this to team-mates and the referee

19. Working together to get a common goal