**Task 1** - Name and Explain the four different types of Guidance.

**V** _____ **Guidance**

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**V** _____ **Guidance**

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**M** _____ **Guidance**

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**M** _____ **Guidance**

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**Task 2** - What four aspects of a task will determine the type of guidance used?

Co_____ Un_____ Sa_____ Ex_____

**Task 3** - Advantages and Disadvantages for each type of guidance.

| | | |
|---|---|---|
| Can be a video if coach is unable to demonstrate. | Gives performer intrinsic feedback on how the action feels | Used to get across more technical information. |
| Giving elite athletes quick points to “tweak”. | Reduces Fear & Anxiety for complex/risky skills. | Builds confidence for complex/risky skills. |
| Useful for beginners to see how the skill looks and try to copy | Eliminate danger with safety equipment. | Effective when coupled with Visual Guidance. |
| Performer may feel they are unable to replicate demonstration | Performer may lose concentration and miss | Performer may become dependent on supportive |
| might not be possible for all sports / skills. | Performer may become dependent on the coach’s support/positioning | Demonstration must be accurate or errors in performance can develop |

**Task 4** - Tick (/) or Cross (x) the suitability of types of guidance for beginners / Experienced athletes (answer as if it was the only guidance being used).

| | Verbal | Visual | Manual | Mechanical |
|---|---|---|---|---|
| **Complete Beginner Swimmer** | | | | |
| **Elite Boxer** | | | | |
| **Beginner Cricket Batter** | | | | |
| **Elite Pole Vaulter** | | | | |