

Nerves And Performance

Case Study 1

Despite his years of experience, a well known goal kicker is often very nervous before the game. He settles down once he has kicked his first goal. If he misses he is nervous all day.

Case Study 2

A league player described how shattered he felt after playing in a losing grand final team. He felt he had let his team mates, the coach, supporters, his family and himself down. He never played again.

Case Study 3

Some coaches' rant and rave after a bad loss, others are quiet and look for ways to improve.

Case Study 4

A famous athlete under enormous pressure from the public and the media to always create new records was performing well below her best. She stopped giving media interviews.

Activities

Go through the newspapers and collect statements made by athletes and/or coaches after a bad loss or a poor performance. Look for trends.

1. Can you identify different styles used by coaches/athletes in dealing with a loss or a poor performance?
2. How would each of these styles affect you if you were the athlete?
3. Interview a local sporting identity about the techniques they find useful in dealing with nerves and in getting over poor performances. Report on your findings.
4. If you were the coach of an athlete or a team, what would you do immediately after the poor performance?
5. How would you prepare for the next competition in just seven days time?

