



# STAYING MOTIVATED

## Why important?

Staying motivated is not always easy and we will sometimes go through stages where we are just not feeling it! but we should not beat ourselves up about this, as this is normal! However, ultimately, the more motivated we are – the more we will train, the better we will train, and all this will have an impact on performance in tournaments further down the line. **Motivation is seen as a drive for success** and a wish to fulfil a need, this drive can be simulated from within intrinsic or extrinsic stimuli which arouse or dictate behaviour.

We must remember, we are all different, and the key is to find out what motivates you!

**Intrinsic** – internal, own self-worth, highly motivated individual – ‘a go getter’. Fun, enjoyment and satisfaction that is experienced by achieving something.

**Extrinsic** – external, concerned with how others view them, need something to motivate me – Rewards, medals, trophies.

**Also, for coaches, it is Important to know the individuals you are working with and know how they respond to certain requests/ situations. Not everyone thinks the same as you!**

Let us take a look at some strategies from an athlete and coach perspective.

## What to do?

Here are some tips, that you could try, to help improve both your training and competition level.

| GOAL SETTING   | REINFORCEMENT  | FEEDBACK   | COACH & ATHLETE COMMUNICATION  | DRILL/ PRACTICES  | ROLE MODELS/ ELITE ATHLETES  | PERFORMANCE PROFILING   |
|--|--|--|--|---|--|---|
| <ul style="list-style-type: none"> <li>Agreed between coach and performer</li> <li>S.M.A.R.T. Goals</li> <li>Short term – long term goals</li> <li>Challenging but achievable</li> <li>Must be monitored</li> <li>Must be reviewed periodically</li> </ul> | <ul style="list-style-type: none"> <li>Learning to behave in a certain way</li> <li>Rewarding desirable behaviours for them to continue.</li> <li>Dog with a treat! If the dog learns to sit and be rewarded with a treat it will continue to do so.</li> <li>Example in sport may be a certificate, badge, well done, etc.</li> </ul> | <ul style="list-style-type: none"> <li>Constructive</li> <li>Given at the correct time</li> <li>Positive</li> <li>Different types of feedback</li> </ul> | <ul style="list-style-type: none"> <li>Positive</li> <li>Enthusiastic</li> <li>Encouraging</li> <li>Body language</li> <li>Clarity of instruction</li> </ul> | <ul style="list-style-type: none"> <li>Pitched at correct level</li> <li>Must be challenging</li> <li>Must be varied to prevent boredom</li> <li>Must be achievable</li> <li>Must have a purpose</li> <li>Usually, individuals are motivated towards competition</li> <li>Must relate what is being done in training to game</li> </ul> | <ul style="list-style-type: none"> <li>Good to use as a vision for individuals</li> <li>Try not to choose a role model for the wrong reasons – breaking the rules</li> <li>Olympics, Commonwealth Games, Home Nations, National Championships</li> </ul> | <ul style="list-style-type: none"> <li>Refer to previous Snap Card <b>“Know your Game”</b></li> </ul> |

**All of this is easier said than implemented – like improving your serve, all of the strategies highlighted, take practice!**

