**CLASSIFICATIONS OF SKILLS:**

(Identify the two classifications and then identity 4 sports of your choice along the continuum & explain your reasons).

 (There are 5 to remember & to apply to a sport)

1.
2.
3.
4.

**CHARACTERISTICS OF A SKILL:**

**2.2 SPORTS PSYCHOLOGY**

**PART 1**

**GOAL SETTING:**

(Explain each of the goals settings and apply to a sporting example.)

R:

S:

A:

T:

M: