2.

3.

(There are 4 to remember & to apply to a sporting example)

1. I
2. M R
3. S A
4. P T

**TYPES OF GUIDANCE:**

(There are 4 to remember & apply to a practical example).

**MENTAL PREPARATION:**

**2.2 SPORTS PSYCHOLOGY**

**PART 2**

**TYPES OF FEEDBACK:**

(There are 6 types of feedback to remember & apply to practical examples.)

**BELOW EXPLAIN THE ADVANTAGES AND DISADVANTAGES OF USING EACH TYPE OF GUIDANCE:**