

Box 1: Keywords

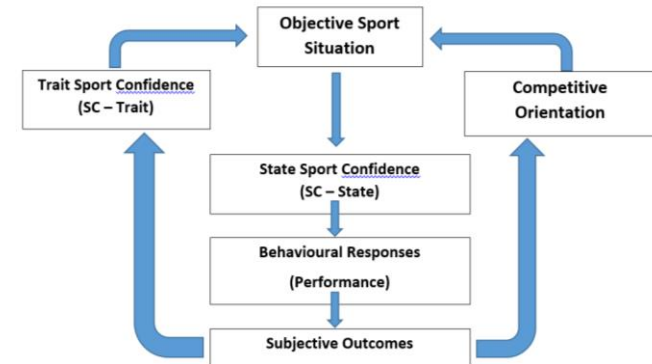
Word	Definition
Confidence	A belief in the ability to master a task.
Trait confidence	A belief in the ability to do well in a range of sports.
State confidence	A belief in the ability to master a specific sporting moment.
Competitive orientation	The degree to which a performer is drawn to challenging situations.
Objective sporting situation	The performance takes into account the situation in which the task is being undertaken.
Self-efficacy	A belief in the ability to master a specific sporting situation.
Performance accomplishments	What you have achieved already.
Vicarious experience	Seeing others do the task.
Verbal persuasion	Encouragement from others
Emotional arousal	A perception of the effects of anxiety on performance.

Box 2: Key skills

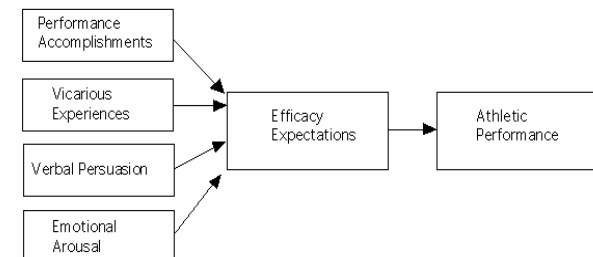
- Understand and be able to explain and apply the factors which promote confidence in sport by looking at the theories of Bandura and Vealey.

Box 3: Confidence in Sport

Vealey's Model of Sport confidence – the interaction of factors that influence confidence. Confidence gained in one area of sport could be used to improve confidence in a different sporting activity.



Bandura, 1977, suggested that confidence could vary with the situation and from moment to moment. Sport specific confidence is called self-efficacy. Bandura, suggested that self-efficacy is influenced by four factors and these factors can be used by coaches to improve performance and confidence.



Box 4: Improving confidence

Coaches and players can use the four influences on self-efficacy to help improve and promote player confidence.

1. Control arousal with relaxation or stress management techniques
2. Give an accurate demonstration
3. Point out successful performances
4. Give support and encouragement
5. Allow success during training by setting tasks within the capability of the performer
6. Set attainable goals
7. Attribute any success achieved to the athlete
8. The coach or player may use the technique of mental practice to help the performer go over a routine or sequence in the mind

A coach giving a team talk. Giving encouragement improves confidence.



If a high jumper cleared a higher height in training than the one in the competition they may feel more confident of success.

Box 5: Home-field advantage

The home field advantage is a balance between confidence and anxiety – the influence of the home crowd could increase confidence in the home team and cause anxiety in the away team.

Research shows the home team usually wins, however the pressure the home crowd create can cause the home team to 'choke' and experience the catastrophe effect.



29 gold medals, London 2012

Box 6: Pathway

Previous knowledge: Personality, attitude, achievement motivation

Future links: Attribution, social facilitation and inhibition, arousal, anxiety, stress management, aggression, leadership, group dynamics, goal setting.

Careers: from curriculum narratives

Box 7: Cross curricular links