4.10 Concentration, Selective Attention and Positive Self-Talk: 10-minute Pack

Total Marks

AQA 8582 · Calculators not allowed · about 10 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Name one cue a netball shooter should focus on immediately before attempting a shot during a match.

(Total for Question 1 is 1 mark)

---

2 A snooker player is at the table about to attempt a difficult long pot. Tick one box to identify the stimulus they should treat as IRRELEVANT and ignore using selective attention.

- ☐ A) The position and angle of the object ball
- ☐ B) The line of the shot to the pocket
- ☐ C) A distant spectator's watch beeping
- ☐ D) The amount of side/spin needed on the cue ball

(Total for Question 2 is 1 mark)

---

3 State one example of an external distraction a tennis player might face during an outdoor match on a windy day.

(Total for Question 3 is 1 mark)

---

4 Give an example of positive self-talk a long-distance runner could use to keep going during a physically difficult final kilometre of a race.

(Total for Question 4 is 1 mark)

© Revision Library | revisionlibrary.co.uk

5 Define 'positive self-talk' for a gymnast about to perform a floor routine.

(Total for Question 5 is 1 mark)

6 A gymnast is about to attempt a difficult vault they have previously fallen on in training. Compare an example of positive self-talk and an example of negative self-talk the gymnast might use in this situation.

(Total for Question 6 is 2 marks)

7 A darts player faces a long match made up of many individual throws. Describe how using the same pre-throw concentration routine every time could help the player maintain focus across the whole match.

(Total for Question 7 is 2 marks)

8 Explain how selective attention helps a goalkeeper react more quickly to a deflected shot during an open play situation in a match.

(Total for Question 8 is 2 marks)

© Revision Library | revisionlibrary.co.uk

Mark scheme · 4.10 Concentration, Selective Attention and Positive Self-Talk: 10-minute Pack

Question 1

any one of: rim/hoop alignment / hold of the ball / eye on the target / foot placement, oe **B1**

Answer: For example, rim alignment.

Question 2

C **B1**

Answer: C

Question 3

e.g. the wind affecting the ball's flight, crowd noise/movement, or an opponent's reaction/gesture, oe **B1**

Answer: For example, the wind affecting the flight of the ball, or noise and movement from the crowd.

Question 4

e.g. 'keep pushing, you are nearly there' or 'strong legs, stay relaxed', oe (any genuinely encouraging phrase relevant to the situation) **B1**

Answer: For example, 'keep pushing, you are nearly there.'

Question 5

using encouraging, task-focused statements to build confidence and maintain motivation before or during performance, oe **B1**

Answer: Using encouraging, task-focused statements to build confidence and maintain motivation before or during performance.

Question 6

positive self-talk, e.g. 'I have trained this vault, I can land it cleanly', oe (an encouraging, confidence-building phrase) **B1**

negative self-talk, e.g. 'I fell on this last time, I am going to fall again', oe (a discouraging, doubt-creating phrase) **B1**

Answer: Positive self-talk: 'I have trained this vault, I can land it cleanly.' Negative self-talk: 'I fell on this last time, I am going to fall again.'

Question 7

repeating the same set routine before every throw (e.g. the same stance, breath and focus point) gives the player a familiar, practised process to rely on, oe **B1**

this makes it easier to reset concentration after each throw, rather than concentration gradually fading as the long match goes on, oe **B1**

Answer: Repeating the same set routine before every throw gives the player a familiar, practised process to rely on, making it easier to reset concentration after each throw rather than letting it gradually fade as the long match goes on.

Question 8

selective attention focuses on key visual cues such as the ball trajectory and opponent limb movement, oe **B1**

development: by filtering out crowd noise and irrelevant player movement the goalkeeper can anticipate and respond faster to the deflection, oe **B1**

Answer: Selective attention focuses on key visual cues such as the ball trajectory and opponent limb movement, and by filtering out crowd noise and irrelevant player movement the goalkeeper can anticipate and respond faster to a deflected shot.

© Revision Library | revisionlibrary.co.uk