

Orienteering Quiz – Performance Feedback

Control Point	Question		Tick for your answer	Check your answer with the 1 st number
9	Which one of these types of feedback should coaches avoid using with a beginner?	Extrinsic	<input type="checkbox"/>	5
		Knowledge of results	<input type="checkbox"/>	2
		Negative	<input type="checkbox"/>	9
4	Which one of these is an example of a netball coach giving feedback as knowledge of results?	"You scored three times in the first quarter."	<input type="checkbox"/>	7
		"You need to shoot from above your head."	<input type="checkbox"/>	4
		"You must keep your passes short and fast."	<input type="checkbox"/>	6
6	Which one of the following is an example of manual guidance?	Using a float when practising a swimming stroke.	<input type="checkbox"/>	2
		Moving a player's arm through the correct motion for a tennis shot.	<input type="checkbox"/>	7
		Explaining how to position the body to play a badminton shot.	<input type="checkbox"/>	8
13	Which one of these is an example of visual guidance?	Observation of another player's technique by a netball player	<input type="checkbox"/>	1
		Feedback from coach after watching an gymnast's performance.	<input type="checkbox"/>	9
		A coach guiding an athlete's arm to imitate a javelin throw.	<input type="checkbox"/>	3
3	Which one is the best example of constructive feedback?	"You played really well! Well done!"	<input type="checkbox"/>	2
		"Try to hold on to the ball longer and wait for your team mates to help you out."	<input type="checkbox"/>	5
		"You need to pass the ball much better next time."	<input type="checkbox"/>	4

