

## Orienteering Quiz – Performance Feedback Answer Sheet

Control Point	Question		Tick for your answer	Check your answer with the 1 <sup>st</sup> number
9	Which one of these types of feedback should coaches avoid using with a beginner?			
		<b>Negative</b>		9
4	Which one of these is an example of a netball coach giving feedback as knowledge of results?	<b>"You scored three times in the first quarter."</b>		7
6	Which one of the following is an example of manual guidance?	<b>Moving a player's arm through the correct motion for a tennis shot.</b>		7
13	Which one of these is an example of visual guidance?	<b>Observation of another player's technique by a netball player</b>		1
3	Which one is the best example of constructive feedback?	<b>"Try to hold on to the ball longer and wait for your team mates to help you out."</b>		5

