

Hi

This week I am going to move away from anatomy and physiology and take a look at a different aspect of A Level PE, sport psychology.

This week I would like you to listen to the following podcast featuring former England Netball coach and sister to Gary and Phil, Tracey Neville. She is talking about her story and success working with England Netball. She talks knowledgeably about many sport psychology aspects that come up in this A Level.

<https://open.spotify.com/episode/6CS3Y92LWChNk8vXJFPqNY>

(its called the high performance podcast and came out on 13th April. If this spotify link doesn't work you should be able to access it wherever you get your music streaming)

Once you've listened to it I would like you to think about and write down what your coaching philosophy would be were you to become a coach in your sport. You will need to think about your approach in terms of leadership styles and how you would interact with your athletes to optimise performance. I would love to know your thoughts on this, so feel free to email me with your response to this.

These websites will help you with understanding these leadership aspects

<https://brianmac.co.uk/styles.htm>

<https://prezi.com/oxhto6vrlmn-/leadership-in-sports/>

<https://brianmac.co.uk/coachphil.htm>

Don't forget to add this to unifrog and get in touch if you have any questions.

Thanks