

# Dynamics of motivation in sports

- Understanding and enhancing motivation is one of the most popular area of research in psychology as well as sports psychology.
- Motivation is an internal energy force that determines all aspects of our behaviour.
- In sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfil their potential.

# Motivational techniques for coaches and athletes

## 1. Goal setting-

- Athletes should be encouraged to set a few ambitious but achievable long-term goals.
- To keep athletes on track with their long-term goals, they should also set appropriate medium-term goals.
- Goals need to be monitored and revised on a regular basis.

## 2. Using extrinsic rewards-

- The key aspect in using extrinsic rewards effectively is that they reinforce an athlete's sense of competence.

## 3. Rewards and punishment-

## 4. Competition.

- (a) Individual Competition- Athletes is inspired to perform better than other participants of his group.
- (b) group competition- A match is organised between the two teams or groups.

5. Knowledge of progress.

6. Success and failure.

7. Will to learn.

