

Type of Feedback	Explanation	Application
Intrinsic	<p>Intrinsic feedback is within the performer</p> <p>They understand how the movement feels from feedback from the muscles</p> <p>It is important so performers can spot their own errors</p> <p>Intrinsic feedback should be developed so the performer is not reliant on others</p>	<p>Used by experienced performers as the skill is well learnt and they can make amendments to their own performance based on their internal feedback</p> <p>E.g. When a gymnast is performing a somersault, they will be able to use internal feedback from their muscles to readjust their body to successfully perform the skill</p>
Extrinsic	<p>Extrinsic feedback is feedback from outside the performer</p> <p>Extrinsic is important as someone watching the skill can observe and explain what needs to be done to correct it</p>	<p>Used by less experienced performers as they are unlikely to detect their own errors</p> <p>E.g. When a gymnast is performing a somersault they may land falling backwards. A coach may tell them to stay tucked for longer, which will enable them to land on their feet</p>
Concurrent	<p>Concurrent feedback is given during a game</p>	<p>Used by experienced and less experienced athletes and can be intrinsic or extrinsic E.g.</p> <p>A gymnast may alter their body position during a somersault to perform it correctly (intrinsic)</p> <p>A coach may tell the performer to point their toes during a somersault, this will aid performance (extrinsic)</p>
Terminal	<p>Terminal feedback is given after the performance</p> <p>This may be due to the rules or the skill not being suitable</p> <p>Feedback should be given as soon as possible after the performance</p>	<p>E.g. A Gymnast performs a practice somersault. The coach would give feedback on how to improve the skill. The gymnast then performs again</p>

Feedback

The ability and experience of a performer and the type of skill will affect the type of feedback given!

Effective feedback is used to:

- Provide information about the skill being performed
- Help improve performance or the skill
- Reinforce good practice

To be effective it must:

- Be short and concise
(you can only process small amounts of information)
- Be given as soon as possible
(while it is still fresh in their memory)
- Be relevant to the performer
(specific to them not the whole group)

Summary



Intrinsic Feedback

An experienced performer uses intrinsic feedback from their muscles to adjust their body position to perform the skill successfully

Extrinsic Feedback

A less experienced performer gets extrinsic feedback from their coach to explain how their performance can be improved

Concurrent Feedback

A coach gives concurrent feedback during a game of basketball

Terminal Feedback

Team GB cycling team analyse data and performance after a race so feedback can be given to improve performance