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Analyse the psychological strategies athletes could employ to enhance performance.
Bycnological strategies hat
athletes could employ to
enhance ner performance would
be before a game, to think of
a une Troy peaged Ther
a time that they played their sport which made them happy, this would put mem in a positive frame of mind.
in a positive home of mind.
another way is to concentrate
solely on the your own performance, 3 not compare it with anyone elses.
performance, 3 not compare
it well aryone elses.

Question 22 continues on page 20