

Date: \_\_\_\_\_

[illegible]

2. this causes us to worry and feel stressed

4. a type of feedback from outside your body

## 5. skills that cant be broken down more

6. a factor that may effect skill level

**7. a state of readiness or alertness**

9. we set these to reduce anxiety and to dive us in sport

10. bonus money is this in sport

**1. enjoyment is part of this to drive us in sport**

### 3. big muscle movements

## 8. what we use with information