

# Modes of pressure training

Mode of training	Pressure sources	Pressure on intensity	Rating (1-10) Athlete/Coach	
<b>Altering task</b> – scoring options e.g. certain hits, confirmation, being holder	Expectation, reality testing	low      mod      high 1 2 3 4 5 6 7		
<b>Creating disadvantage</b> – referee, starting with deficit, yellow card, opponent scores double	Expectation, judgement, comparison	1 2 3 4 5 6 7		
<b>Controlling environment</b> e.g. Distance, position, mask, use of foils,	Expectation, judgement	1 2 3 4 5 6 7		
<b>Competition simulations &amp; consequences</b> – including level needed to reach next round, impact on selection, relegation and promotion.	Consequence, judgement, comparison	1 2 3 4 5 6 7		
<b>Scrutinised performances</b> – feedback from key individuals on performance e.g. Keith Cook and other coaches	Judgement, comparison & consequence	1 2 3 4 5 6 7		
<b>Distractions</b> – noise levels, heat, lighting, observers, time delays	Expectation, judgement & comparison	1 2 3 4 5 6 7		
<b>Lack of preparation/knowledge</b> – changing of the goal posts whilst maintaining expectations of performance	Expectation, judgement, comparison, consequences.	1 2 3 4 5 6 7		