

# Performance criteria

What are they and how can you use  
them to improve?

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## Definition

Objective descriptions of behaviour,  
phrased as a Q by which performance  
can be assessed.

These processes build up to the  
performance.

Remember British Cycling – the marginal gains  
statement?

“Examine everything that might have an effect on  
the riders’ performance, and find a way to make it  
slightly better.”

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## How to write PCs

“Whenever it was either possible / necessary / desirable did I . . .”

There is then a quantifiable description of the behaviour in question, for example

“from the AP to the control ensure I knew the control code/description?”

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## Uses of PCs

1. Facilitates objective evaluation of athlete performance.
2. Encourages goal-setting -> raises levels of commitment to achieve (competition without goals means just taking part).
3. Helps to offset competition anxiety (which can be habitual) because athletes concerned are focussed on their performance (not themselves) and what they want to achieve through it.
4. PC provide appropriate subject matter for mental rehearsal programmes.
5. PC put the coach and athlete on the same wavelength; they eliminate confrontation.
6. PC help to keep the athlete focussed in the present.

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## Remember . . .

- There should be no one set of PCs for a sport; they are individual to the athlete and their circumstances.
- PCs must be athlete owned; they will then interact with them and do something to improve them.

## 4 'C's

### Confidence

- Attitude: +ve or -ve?

### Commitment

- Goal setting: process vs. outcome

### Composure

- Competitive anxiety
- Self-management techniques

### Concentration

- Centred in the present
- Exclude irrelevant cues & internal distractions

## Have we made a start?

Are you happier with  
Identifying  
Performance  
Criteria

- for yourself
- with an athlete?

