

1. a 2. c

3

1. f c a d b e (shorts bursts of acceleration are largely seen in goal-scoring situations and could be the difference in beating a defender and finding the net)

- 2. b c f e a d (long been known that it's better to direct an athlete's attention to the environment around them rather than focusing on their body positions which seems to interfere with the fluidity)
- 3. c a e b f d (analogies can make it easier for someone to learn how to move their body in the right way by hiding complicated instructions within simple spoken words)
- 4. e c a f d b (these findings focus on the highest level of youth football, they could easily be used in schools or on a Saturday morning )

4 1. (1) a (2) d (3) c (4) c (5) a (6) b (7) d 2. a, f, h

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