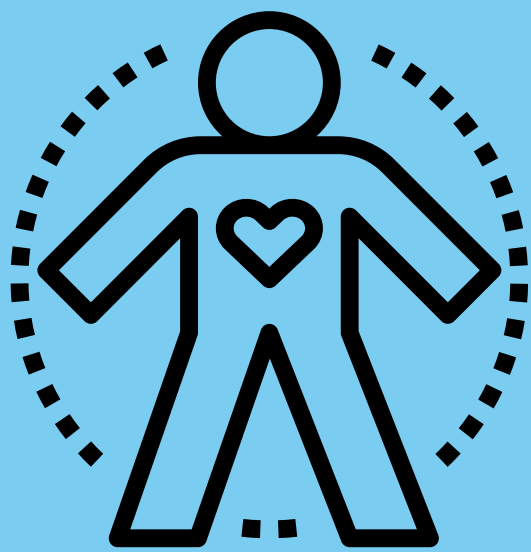


WHAT MOTIVATES ATHLETES?

Internal vs. External motivation

INTRINSIC MOTIVATION

Intrinsically motivated athletes participate in sport for internal reasons, particularly pure enjoyment and satisfaction. Intrinsically motivated athletes typically concentrate on skill improvement and growth.



EXTRINSIC MOTIVATION

Extrinsic motivation may come from social sources, such as not wanting to disappoint a parent, or material rewards, such as trophies and college scholarships. Extrinsically motivated athletes tend to focus on the competitive or performance outcome.

EXTRINSIC REWARDS CAN BE USED TO MAINTAIN OR STRENGTHEN INTRINSIC MOTIVATION

If a reward is viewed as informing athletes about their ability in a positive manner, then the rewards will likely foster internal satisfaction and intrinsic motivation.



WHAT CAN COACHES DO TO MAINTAIN OR INCREASE INTRINSIC MOTIVATION?

- Give nonverbal and verbal positive reinforcement based on the specific behaviors of your athletes.
- Recognize athletes' specific contribution to practice or the team; you will be positively informing athletes about their ability.
- Work together with your athletes to set individual and team goals that are challenging and realistic.



FROM THE ASSOCIATION FOR APPLIED PSYCHOLOGY, "[EXTRINSIC REWARDS AND MOTIVATION](#)"

BY STEPHANIE HATCH, DANIELLE THOMSEN, JENNIFER J. WALDRON